



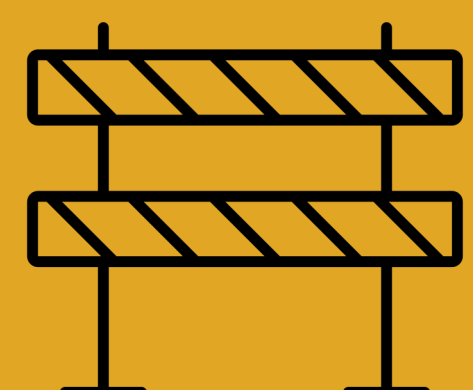
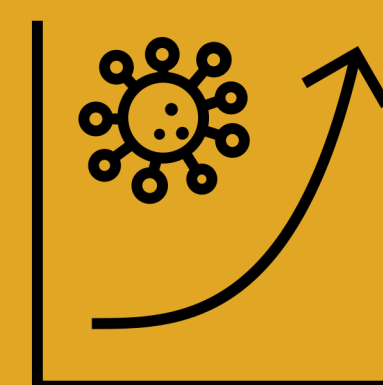
Living Better at Home: The Experience of the Elders of the Mataqaskiye Maliseet First Nation (MMFN)

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1. Background

Problem: Increased chronic diseases and prolonged recovery periods among indigenous populations due to limited access to health care and services, social isolation, a decline in informal caregivers, language barriers and respect for cultural practices.



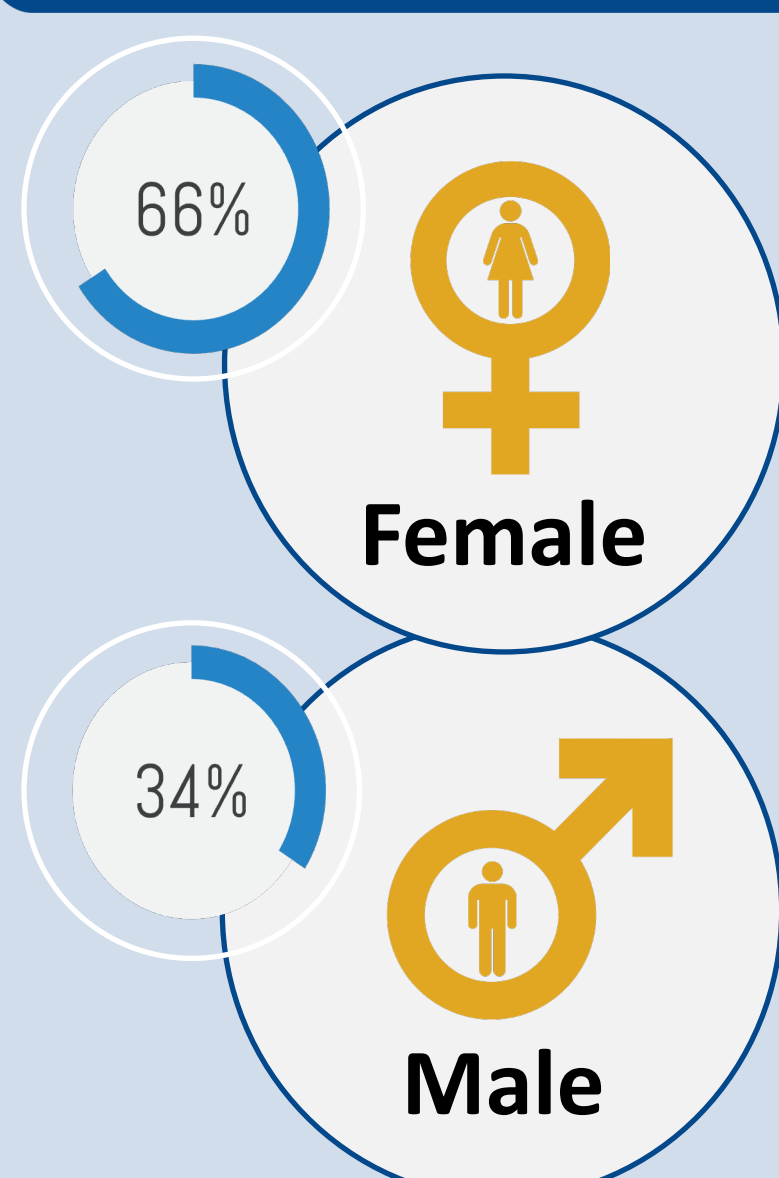
Purpose: Reduce barriers to accessing health care and services by using a mobile application on an electronic tablet connected to the MMFN Community Health Center.

2. Methods

Community-based participatory research using a mixed design with repeated measurements was selected to conduct the semi-structured interview.



94% of People Wanted To Stay Home



3. Exploration Phase

- An increasing number of 55-65-year-old population (50%)
- 26% were caregivers, and 23% depended on others for transportation
- Pain and sudden changes in physical aspects of health were the main issues that affected general health status

Health Needs Identified

- Transportation, language barriers and physical limitations
- Indoor and outdoor home management and home care
- Social activities and technology training

5. Evaluation Phase

Added Services

Return home after hospital discharge, equipment loans, telephone follow-ups, friendly visits

650 Requests Executed

555 transportation requests, 95 requests for in-home service

High Level of Appreciation

4.98/5

Other Benefits

Rehabilitation program added on iPad, stress reduction and stronger sense of security for Elders, connectedness to the outside world

4. Conception Phase

Mobile Application Development

- Bilingual
- Images, symbols and text
- Offer answer choices
- Instructions to follow
- Hire Global Health Auxiliaries (Project Coordinator)

Elders' Training Session

- Bilingual

Implementation

- Two weeks to pre-test and an adjustment period
- Officially launched on October 15th, 2020

Three Initiatives Proposed

- 1 Transportation services, accompaniment and translation
- 2 Home services (interior and exterior maintenance, nursing care e.g., bathing)
- 3 Other requests (groceries, paying bills, etc.)

Conclusion

- The IAA-MEI project initiatives make living at home more accessible for MMFN Elders, especially for women who live alone, because the initiatives are helpful, accommodating, safe, reliable, and available within the MMFN community.
- The Band and Council of the MMFN supported the Elders in their community by purchasing an adapted vehicle.
- The Global Health Auxiliary position (Project Coordinator) was secured for the future by the Band and Council of the MMFN.
- Development of a strong sense of belonging to the PNMM community and a growing desire to stay safely in their home.
- Pursue recruitment strategies and provide regular training sessions to PNMM Elders.
- Always prepared to meet Elders' emerging health needs.

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