

Voices of our Elders

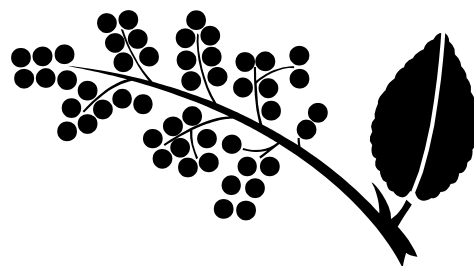
UNIVERSITY OF ALASKA ANCHORAGE

National Resource Center for American Indians,
Alaska Natives, and Native Hawaiian Elders

Providing Elder Care Services in Rural Alaska

*Tips and recommendations for communication, safety,
and health of Alaska's most precious resource—Our Elders.*

**Native food is essential
for Elder's physical,
mental, and
spiritual well being.**



**Historical trauma has impacted the Elder's ability
to acquire and transmit cultural knowledge.**

- Boarding schools and missionary era brought disruptions in parenting, loss of language, and suspension of the dissemination of cultural knowledge.
- Elders are concerned that youth are not interested in learning the traditional ways.
- Many rural communities are beginning to reinitiate healing programs using Elders in teaching traditions to the adults and youth.

Subsistence
is more than
nutrition

Bridging
the Gap

Cross-Cultural Communication Strategies:

1. Engage in active listening; listen more than talk.
2. Allow for cultural pauses in speech; do not interrupt.
3. Share traditional foods when you are invited by an Elder.
4. Seek out community protocols; leave your biases at the door.
5. Be sensitive to nonverbal communication patterns.