



EMBRACING RED RIVER MÉTIS VALUES TO REDUCE STIGMA SURROUNDING DEMENTIA

Written by the Manitoba Métis Federation - Health and Wellness Department

Sometimes as people grow older, their minds change in ways that make it hard to remember things, think clearly or do daily tasks. This is called dementia. It can happen to anyone, not just elders. Sometimes people do not understand dementia and treat those living with it differently. This can make people living with dementia feel lonely or scared.

But in the Red River Métis way of life, we believe in kindness, respect, and looking after one another. Our teachings remind us that we are all connected like the threads of a sash, and every person matters. Let us learn how to make our community a safe and joyful place for everyone including those with dementia.

There are several ways we can help reduce the stigma around dementia in our Community. By following these steps, we can make sure everyone feels respected included and cared for.



Learning Through Stories

As Red River Métis, we pass down our culture and teachings through stories. When we listen to stories and talk about dementia, we understand it better. This helps us move past fear and allows us to connect with those living with dementia.



Seeing What People Can Do

People with dementia still have gifts. It could be their stories, songs, smiles or wisdom. As they are part of our Community, we should focus on what they can share with us not what they cannot do.



Being Kind and Patient

If someone living with dementia, they may repeat questions, forget names or daily tasks. We can support them by being patient and caring for them because every person deserves love and respect.



Making Our Community Welcoming for Everyone

As Red River Métis, we see our Community as an extended family where everyone has a place. We can make our spaces more welcoming by using clear signs, creating calm areas when things get overwhelming, and encouraging participation in both everyday life and special gatherings.

If you need Mental Health Support, you can contact our
Mental Wellness Support Line at 1-833-390-1041 ext. 1.

Any questions or concerns, please
contact us at healthresearch@mmf.mb.ca



Talking Openly

In Métis culture sharing stories over food brings us together. Talking openly about dementia helps everyone understand it better. When we speak kindly and openly, we make people feel safe and loved.



Helping the Helpers

Family and friends who care for someone with dementia do important work that can be hard. We can support them by offering a helping hand, a kind word or just being there when they need someone to talk to. Caring is a shared responsibility in our Community.

TOGETHER WE CAN MAKE A DIFFERENCE

When we learn to care and include others, we build a community that honors every person. Let us live by the Red River Métis values of kindness, respect, and love just like our ancestors taught us. Together we can make sure everyone feels safe, valued, and a part of our family.

The Health and Wellness Department of the MMF is dedicated to improving the lives of Citizens through research, healthcare services, and innovative solutions. By working collaboratively and engaging with the community, we can better understand and address the unique health needs of Citizens while respecting and preserving our rich cultural traditions.



If you need Mental Health Support, you can contact our
Mental Wellness Support Line at 1-833-390-1041 ext. 1.

Any questions or concerns, please
contact us at healthresearch@mmf.mb.ca