

“I’m here and I’m going to  
do what I’m going to do”:  
What is an HIV Older?

Canadian Aboriginal AIDS Network

The WoW Team

***We acknowledge that we are gathered in the territories of the Cree, Dakota, Lakoda, Nakoda, Déné, Saulteaux and Anishnaabe First Nations and the homeland of the Métis.***

***We also wish to acknowledge that our project is engaging with communities from sea to sea to sea, where First Nation, Métis and Inuit peoples' relationships with the land continues to this day.***





## Conflict of Interest Disclosure

In the past 2 years we have been employees of: **CAAN, UVic, Waterline Resources Inc,**

In the past 2 years we have been consultants for: **????.**

In the past 2 years we have held investments in the following pharmaceutical organizations, medical devices companies or communications firms: **N/A**

In the past 2 years we have been members of Scientific advisory boards for: **COMPANY NAMES**

In the past 2 years we have been speakers for: **COMPANY NAMES**

In the past 2 years we have received research support (grants) from: **CIHR, SHHRC, Island Health**

In the past 2 years we have received honoraria from: **CIHR**

I agree to disclose approved and non-approved indications for medications in this presentation: **YES/NO**

I agree to use generic names of medications in this presentation: **YES/NO N/A**

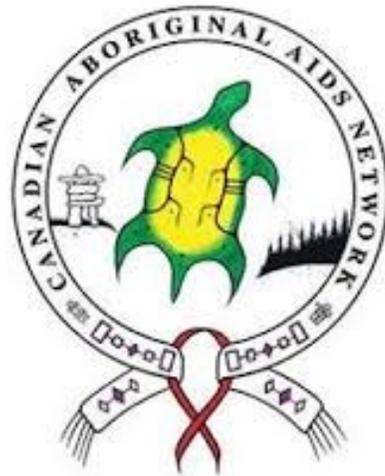
There are relationships to disclose: **YES/NO**



**CIHR IRSC**

Canadian Institutes of  
Health Research

Instituts de recherche  
en santé du Canada



**University  
of Victoria**



# Introduction

- *Weaving our Wisdoms*
- Land-based health interventions
- What is an HIV Older?



# The WoW Study

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*Using a Land-Based Approach to Optimize Whole-istic Health among Indigenous People Living with HIV*



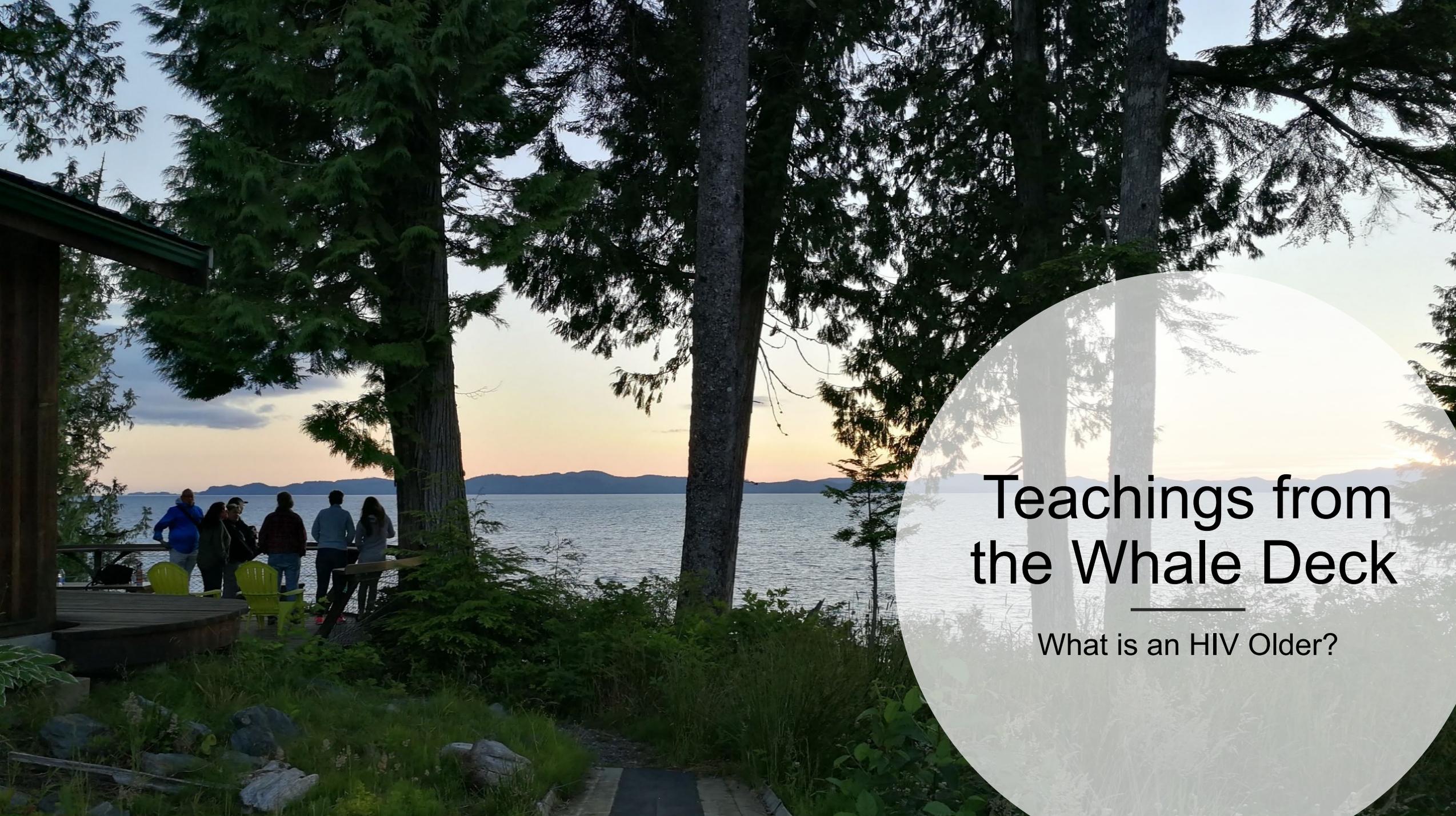
# Land-Based Health Interventions for IPHAs

- Centres land as the foundation of Indigenous belief systems
- Recognizes urban, rural, and remote land bases
- Honours past, present, and future relationships with the land



*“It is a connection to something bigger than ourselves. It is a spiritual connection in the built up and natural environment”*

*WoW HIV Older, 2019*



# Teachings from the Whale Deck

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What is an HIV Older?



# Qualities of an HIV Older

**Self-Determination**

**Have transformed their anger into strength**

**Practices self-care**

**Resilience**

**(Re)storing and (re)storying**

**Honours Laughter**

**Humble and curious**

**HIV Stewardship**

**Know traditional knowledge can optimize HIV wellness**

**Self-Compassion**

**Reconciled their diagnosis with living life**



# Being an Eagle

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An HIV Older is a knowledge  
keeper of HIV history

A bald eagle is shown in flight, its wings spread wide, flying over a nest. The nest is built on a rocky outcrop and is covered with moss and twigs. The background is a blurred, natural landscape.

*“...as Olders, we can see trends, because we’re connected to community, we see where things are starting to happen, other organizations and medical practitioners might not even know...sometimes socialization things...sometimes we’re first on the ground to hear certain things.”*

*WoW HIV Older, 2018*



# Walking with the Land

Building our Bundles

# The WoW Gathering



Co-develop a strategy with IPHAs to integrate land-based healing with HIV wellness



Introduce and build research capacity in the IPHA community



Learn from IPHAs what they think the role of an older is



# In Summary

- Land-based health interventions can contribute to whole-istic wellness for IPHAs
- HIV Olders can support this journey
- IPHAs have a strong voice in the HIV wellness movement



Thank you