

Connected Indigenous Elders

Coloring Book



NICOA

National Indian
Council on
Aging, Inc.

About #ConnectedIndigenousElders

As Indigenous people, we value our language, culture, our communities, our clans, and families, which includes our elders. We believe that everything and everyone is connected. Our elders teach us about ourselves and how to honor, show gratitude and respect, and how to love. Youth have a responsibility as well to take care of our elders.

The National Indian Council on Aging (NICOA) reminds youth of their obligation and responsibility to their families, as well as their elders, family members or clan or community members. Youth can play a part in ensuring that our elders aren't socially isolated or lonely. Elders who are socially connected:

- + Live longer
- + Have less hospital visits
- + Are happier
- + Have protection from or avoid mental health issues, such as dementia and Alzheimer's

With generous support from the CDC Foundation, NICOA has created the #ConnectedIndigenousElders campaign to educate elders, caregivers, tribal leaders and youth about social isolation and loneliness among American Indian and Alaska Native elders. For ideas on how to keep youth and elders engaged or for more information about the issue, go to www.nicoa.org.

Special thanks to our artists

- + Leah Lewis, Hopi/Zuni/Navajo, pg. 3
Instagram @nsrgnts
- + Kaydence M. Riley, 14, Laguna Pueblo/Hopi, pg. 4
Santa Fe Indian School
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- + Damon Begay, Navajo, pg. 7
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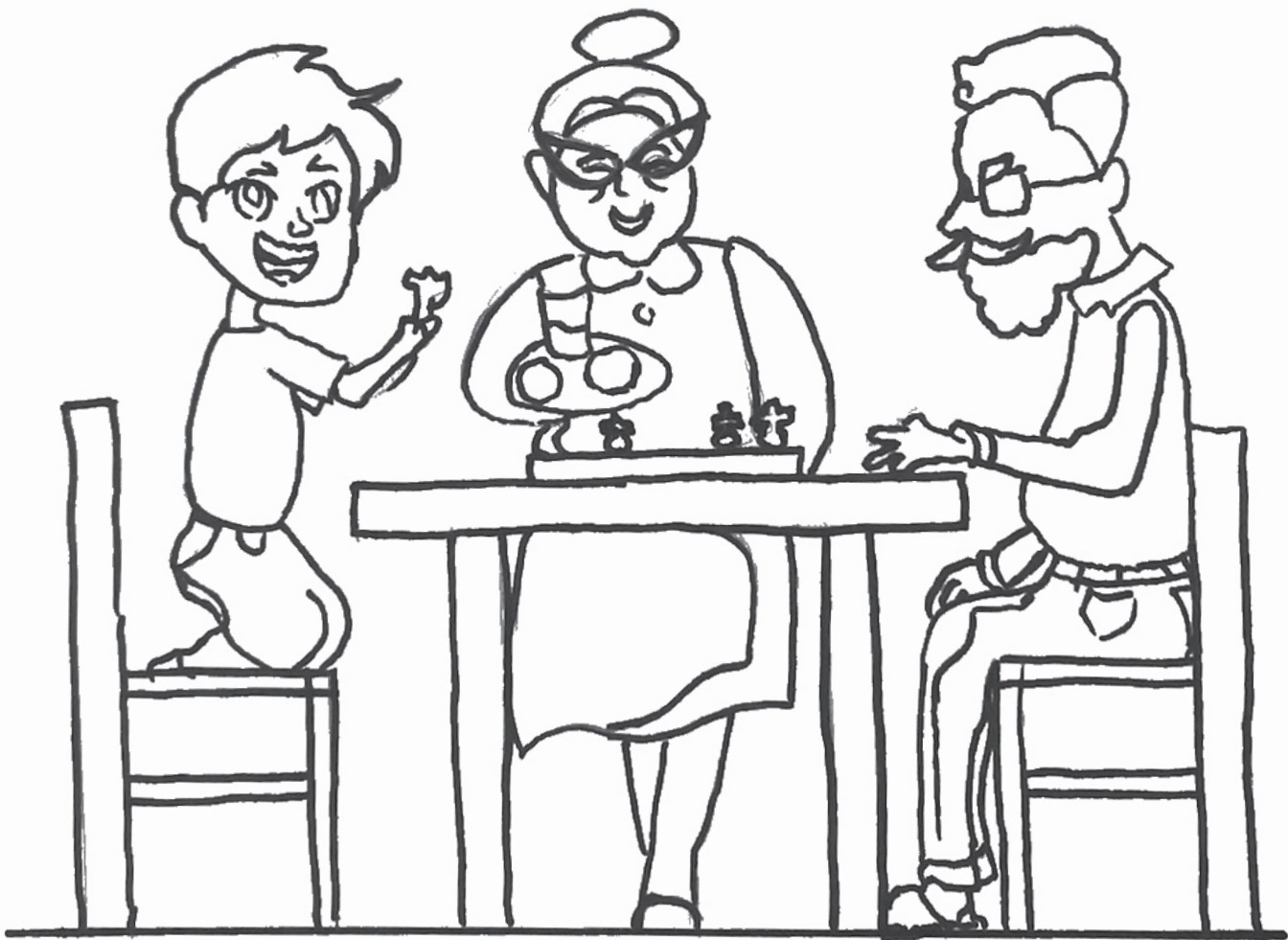
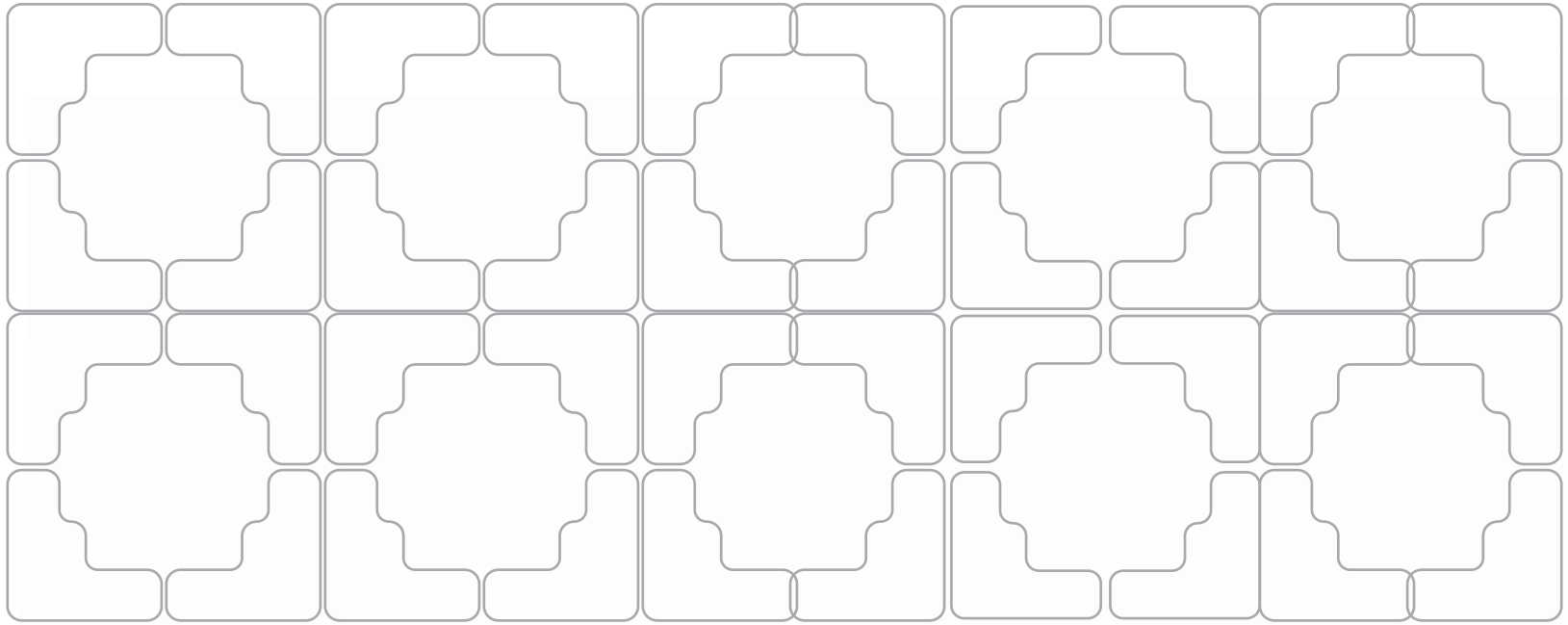
Share your coloring pages with us on social media by using the hashtags below:

[#ConnectedIndigenousElders](#) [#youthandindigenouselders](#)



How do you keep elders from being socially isolated and lonely? Help them with vending.

Help them make Pueblo bread and cookies, and help set up and sell.



How do you keep elders from being socially isolated and lonely? Frequent visits.

Say hello or ask elders if they need something, such as food, medicine or tasks done around the house such as wood chopping, weed pulling or repairs to help them remain independent, and feel comfortable and connected to members of the community.

The hawk flew up close to me when I was a little girl.
It just reminded me of my Grandma.



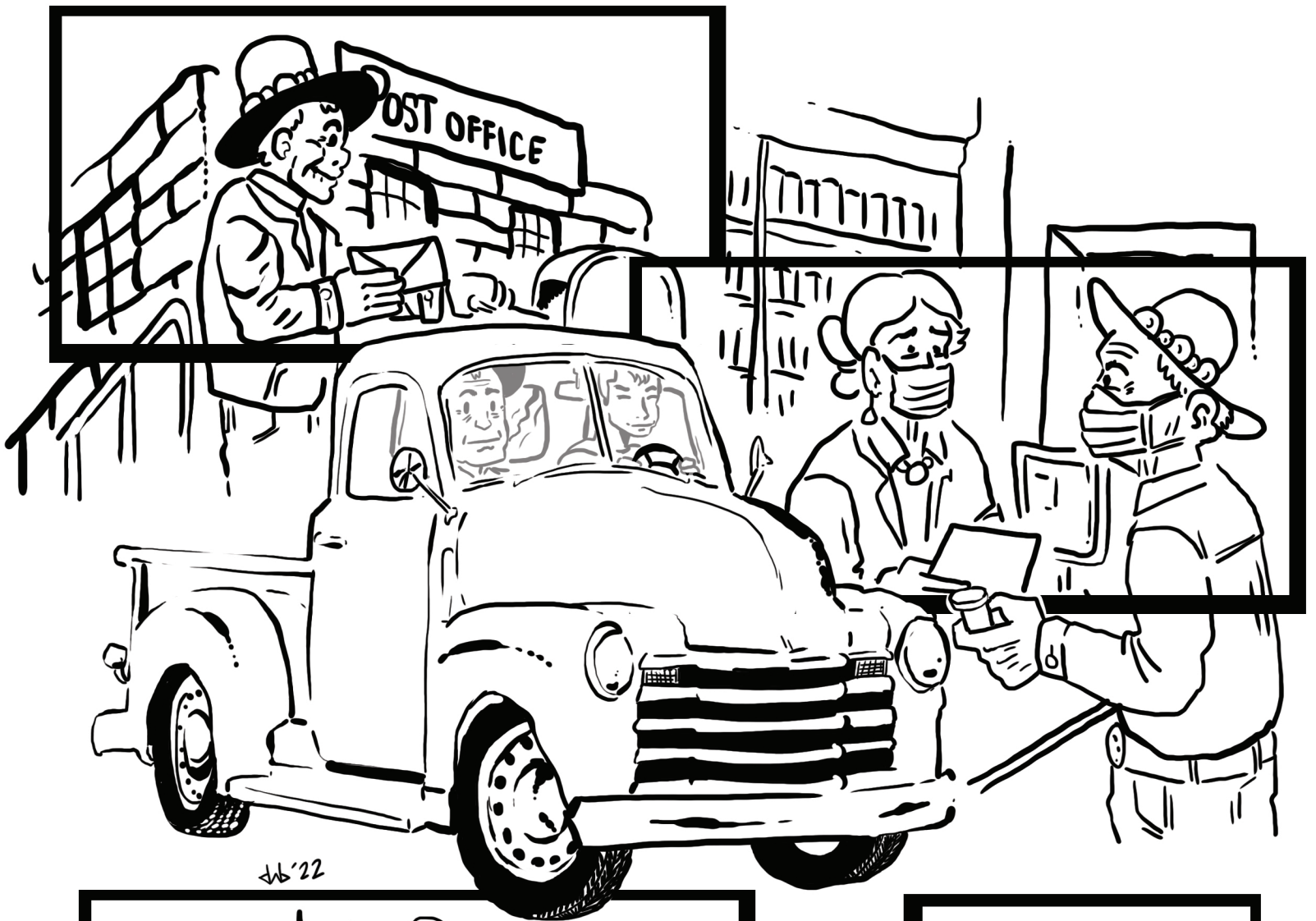
How do you keep elders from being socially isolated and lonely? Record their stories.

Elders have so much knowledge from the creation stories to family histories. Recording these stories will help keep their voices and spirits alive.



How do you keep elders from being socially isolated and lonely? Teach them to use digital tools.

Teach them use of cell phones, computers, iPads, tablets, and social media so they can keep in touch, find resources about social isolation or join a Facebook group to feel connected.

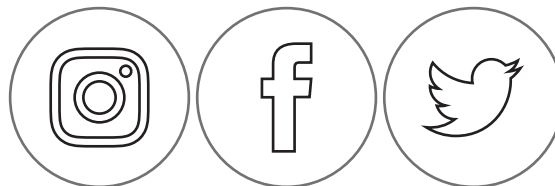


How do you keep elders from being socially isolated and lonely? Transportation.

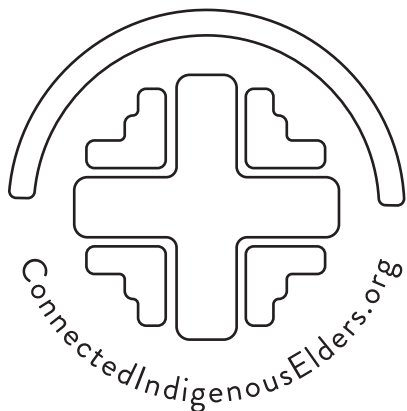
Provide transportation to the post office, grocery store, or the pharmacy to ensure that they are continuing to live independent, dignified lives.

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How do you keep elders from being socially isolated and lonely?



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