Environmental Scan

OF INDIGENOUS-LED EDUCATION FOR LONG-TERM CARE PROFESSIONALS

2026

The Institute for Safe Medication Practices Canada

ismp CANADA

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ISMP Canada Environmental Scan of Indigenous-Led Education

The environmental scan, compiled by Archipel Research and Consulting Inc., aims to support the Institute for Safe Medication Practices Canada (ISMP Canada) in their effort to continue to collaborate with First Nations, Inuit, and Métis communities to advance medication safety.

This environmental scan includes educational opportunities to advance the goal of integrating Indigenous medicines and cultural healing practises into long term care (LTC) in Ontario. This scan includes an annotated list of Indigenous-led educational opportunities that are related to the topics of cultural safety, trauma-informed care, Indigenous health, and Indigenous medicines that can potentially be applied to a LTC setting.

This scan includes 11 resources, which represent Indigenous-led and informed education opportunities. The resources focus broadly on the integration of Indigenous medicines and cultural healing practices in Long-Term Care (LTC) homes in Ontario, and in health care settings more broadly. From the resources, 7 are specific to long-term care in Ontario and 4 are generally resources about care for Indigenous Peoples relevant to a long-term care setting.

How to Use this Resource

Continuing education through Indigenous-led resources supports our understanding and appreciation for the diversity of Indigenous communities with their distinct cultures and practices. Specifically, the resources in this scan can help inform our understanding of the challenges, barriers and opportunities associated with improving the integration of Indigenous traditional medicines and practices within the LTC environment. Though the resources listed are not developed specifically for the LTC setting, they are relevant to the care and practices of such settings.

The first section of this resource reflects Indigenous-led and culturally informed resources that can be applied to a LTC setting. The second section provides an overview of general Indigenous educational opportunities related to healthcare services. This scan lists specific details for each resource, including the title, publisher, the link, as well as a description and time and cost considerations. As the time and cost considerations vary for each resource, we encourage individuals to do a preliminary review of the resources and prioritize which are most relevant to your current knowledge and practice in LTC.

Indigenous-Led Supportive Care Applicable to LTC Settings

This first section of the scan focuses on seven Indigenous-led resources that are not specific to LTC but can be applied to LTC settings and practice. Many of the resources are virtual, including digital reports and guidelines, webinars, and self-paced online courses.

1. Supporting Indigenous Culture in Long-term Care Initiatives

Publisher: Ontario Centre for Learning, Research & Innovation in Long-term Care

Time: The certificate program is 18+ video modules scheduled over a 4-month period with 3 live virtual sessions held once a month.

Cost: Varies, but most have no cost

Link: www.clri-ltc.ca/resource/supporting-indigenous-culture-in-long-term-care

Description

This resource developed by the Centre for Learning, Research, and Innovation is a compilation of different resources across Ontario relevant to LTC setting and practice for Indigenous Peoples.

This link includes informational pamphlets on the four sacred medicines, links to different programs and initiative for specific First Nations, Metis, and Inuit healthcare supports, developing and leading culturally grounded dementia care, and providing palliative care for Indigenous communities. Given the nature and the scope of each resource varies, the time commitment also varies.

All these resources have been identified as a resource to support Indigenous culture in long-term care by the Ontario Caring Advisory Circle. This list of resources was developed and disseminated in partnership with Indigenous organizations and communities across Ontario.

2. Indigenous End of Life & Grief Care Certificate

Publisher: Institute of Traditional Medicine (ITM) Partnership with Strong Earth

Time: Varies

Cost: There is a non-refundable $50 +HST application fee; Total cost of the virtual course is $1500 - $1800

Link: https://itmworld.org/ieolc/

Description

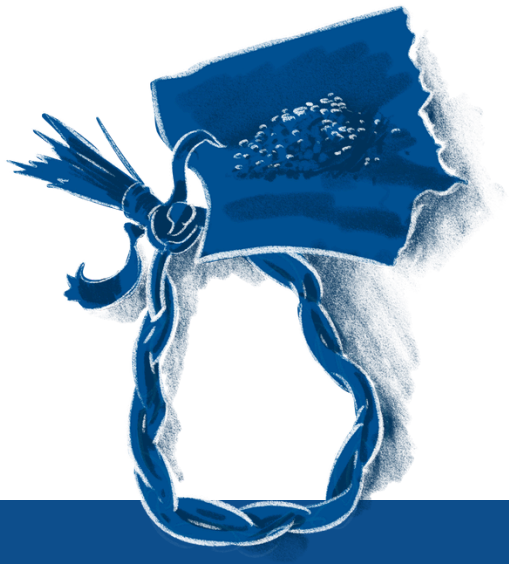
ITM has partnered with Strong Earth and Harry Snowboy to develop an end of life and grief care training program that allows Indigenous Peoples to reclaim the knowledge and skills to care for their dying and grieving.

There are several different themes in the program content related to end-of-life care and culturally appropriate content and experiences. This includes the Contemplative End of Life Care content as well as teachings and practices relating to ceremony, traditions, trauma-informed support, and advocacy. The program is open to Indigenous Peoples, especially those currently supporting family or community members at the end of life.

This certificate program is a mix of online modules, live sessions with a facilitator and guest speakers.

Specifically, there are five online modules, and resources provided as well as live virtual Sessions facilitated by Harry Snowboy and Indigenous guest teachers and Elders from Turtle Island. Additional course information and list of modules can be found on this document: All these resources have been identified as a resource to support Indigenous culture in long-term care by the Ontario Caring Advisory Circle. This list of resources was developed and disseminated in partnership with Indigenous organizations and communities across Ontario.

Students are expected to explore personal experiences of trauma, fear, death and dying in our human experience.



3. Indigenous Cultural Safety (ICS) Training

Publisher: The Anishinaabe Mino'Ayaawin – People in Good Health is Indigenous Primary Health Care Council (IPHCC)

Time: Time required is approximately 3 hours.

Cost: The course fee is $175 per user, with student and bulk discounts available.

Link: https://iphcc.ca/cultural-safety-training/

Description

There are two main courses and customized training workshops for Indigenous Cultural Safety in the primary healthcare sector.

Two main online courses are currently highlighted:

- Foundations of Indigenous Cultural Safety
- Indigenous Cultural Safety in Mental Health

Foundations of Indigenous Cultural Safety course: This self-paced online course provides essential knowledge on Indigenous Cultural Safety and is open to all learners. It is specifically targeted for anyone working in health care. Time required is approximately 3 hours.

Indigenous Cultural Safety in Mental Health course: This is a new comprehensive online course on the historical and contemporary mental health contexts within Indigenous communities, strategies for culturally safe mental health practices with an emphasis on trauma-informed care.

In addition to the online courses, IPHCC offers 11 customized workshops and organizational change support. Some of the workshop topics include:

- Understanding Traditional Healing & Wholistic Health (~1.5 hours)
- Indigenous Bioethics in Health Care (~1 hour)
- Understanding Social Determinants of Health from an Indigenous Lens (~1 hour)

IPHCC continuously updates their course offering, interested individuals are encouraged to check their website regularly for upcoming courses, including:

- Bioethics
- Trauma-Informed Perspectives on Honouring Resilience and Addressing the Legacy of Residential Schools (IRS-Trauma Informed Training)
- Etuaptmumk-Building Equitable, Integrated Health Care using the Two-Eyed Seeing Approach

4. Indigenous cultural safety: Confronting anti-Indigenous racism and providing trauma-informed care

Publisher: Ontario Family Physicians

Time: 1 hour recording, additional time for reflection and learning

Cost: no cost

Link: https://ontariofamilyphysicians.ca/event/indigenous-cultural-safety/

Description

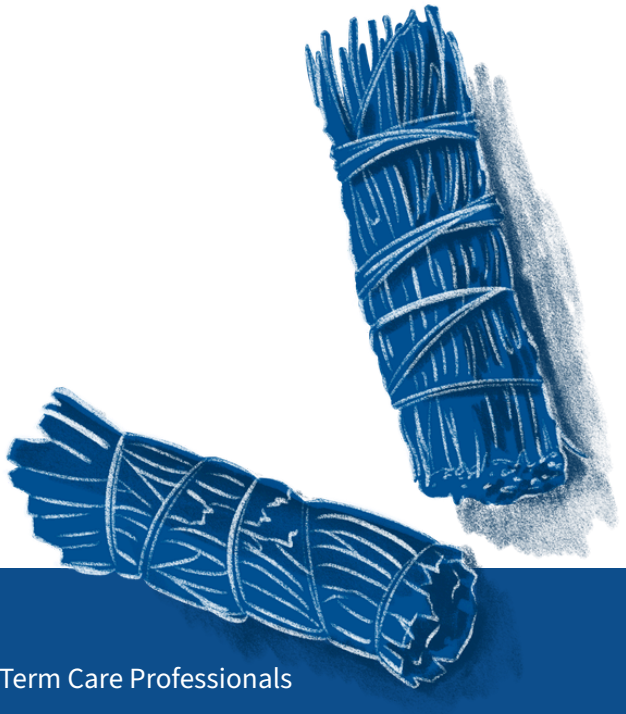
This resource is a recorded lecture from a live session in April 2025 to discuss health disparities that continue to disproportionately impact Indigenous peoples. The presenters also discuss the Truth and Reconciliation Commission's Calls to Action recommendations related to providing cultural competency training for all health care professionals and the associated competencies including skill-based teaching in intercultural competency, conflict resolution, human rights, and anti-racism.

An important introductory webinar about cultural safety, systemic racism, trauma-informed care, traditional healing practices with some pearls of wisdom on these topics. Although this webinar is not focused on LTC, it provides important insights relevant to the care of Indigenous peoples in LTC settings.

Given the approach taken in this webinar is intense, powerful and insightful, the resource commitment will also include time to reflect and integrate its lessons into LTC practice. Additionally, the content can be valuable for LTC leaders to stimulate self-reflection and explore creative ways to integrate into LTC leadership practice.

Additional resources included in the webinar:

- Webinar Session slides (PDF)
- Indigenous Cultural Safety: Confronting anti-Indigenous racism and providing trauma-informed care Resources (PDF)



5. Indigenous Healing & Wellness Strategy

Publisher: Ontario Government

Time: 1-2 hours for a broad review of the resources, with additional time required for reviewing individual resources.

Cost: no cost

Link:
https://www.ontario.ca/page/indigenous-healing-and-wellness-strategy

Description

This website outlines different resources and information about the Indigenous Healing and Wellness Strategy to support Indigenous people and families throughout Ontario. This province-wide strategy reflects a commitment between the Ontario government and First Nations, Métis, Inuit and urban Indigenous partners.

The page also lists over 20 Indigenous-designed and delivered programs and services aimed at promoting Indigenous healing, health, and wellness as well as province-wide and federal programs.

Resources listed on this website and part of this wellness strategy include community wellness workers, counselling for mental and emotional issues, healing lodges, women's shelters, prenatal and post-natal care, and mental health and additions treatment and healing centres. The audience for this page could include those working with an Indigenous community who wish to learn about Government of Ontario healthcare resources. Although this resource is not specific to LTC, it provides a broad list of Indigenous-specific programs and services.

6. Supporting and Enabling Indigenous Ceremonial Practices within Healthcare Institutions

Publisher: Toronto Central Regional Cancer Program

Time: 1- 2 hours for a careful read

Cost: no cost

Link:
https://www.trcp.ca/en/indigenous-cancer-program/Documents/CWP_Guideline.pdf

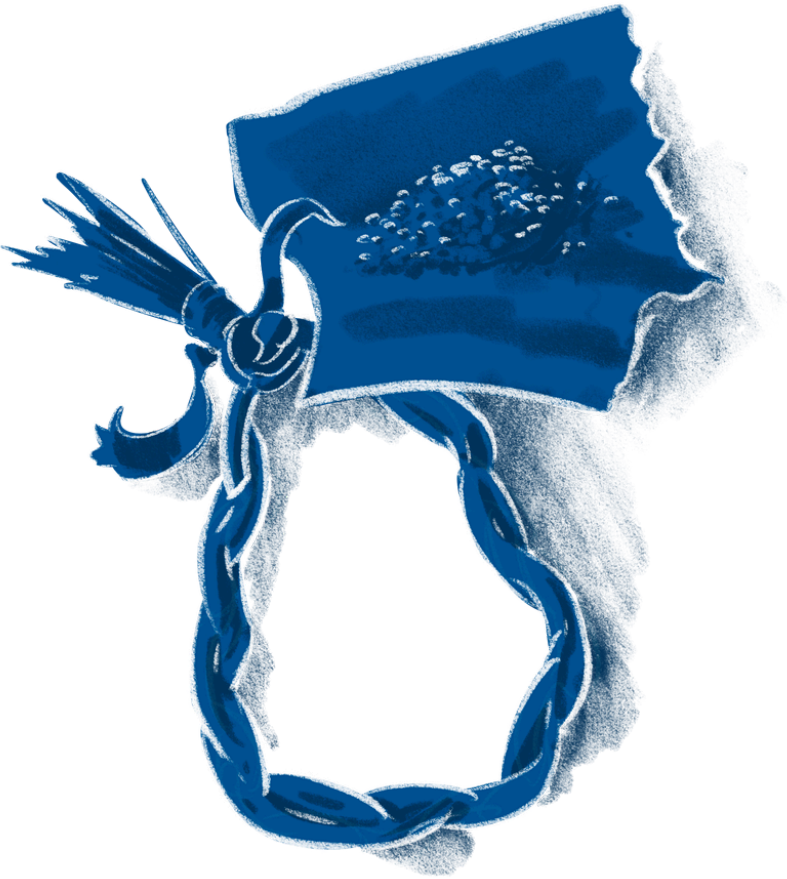
Description

This Wise Practices Guideline offers information and direction to support wholistic healing for Indigenous patients, families, communities, and staff. In the guideline, wholistic healing refers to barrier-free access to an individual's legal right to ceremonial practices.

This concept can be embedded across healthcare policy, implementation, and practice systems to reduce the challenges Indigenous people experience within these systems and establish more equitable, culturally safe environments.

In addition to improving access and quality of care, this guideline also offers a path for institutions to come into compliance with their legal obligations.

This is an important document for LTC homes to be aware of and have access to. It outlines practical suggestions and offers resources to support the implementation of the guidelines suggested. Although not LTC specific, the guideline mentions specific ways practices can be applied to all inpatient and outpatient settings.



7. Training: Elder Care Course

Publisher: Saint Elizabeth First Nations, Inuit and Métis Program

Time: Varies depending on the course

Cost: Various courses with costs ranging from $50-$200, no cost for First Nation communities

Link: https://fnim.sehc.com/professional-learning/elder-care-course/

Description

The Elder Care Course is one of 12 virtual courses provided by the Saint Elizabeth First Nations, Inuit and Métis Program. This course was developed to provide knowledge on how to care for the unique needs of First Nation Elders. The course is structured around the components of the Medicine Wheel to reinforce the importance of wholistic client care. A brief description on the website is provided. Further details could be requested from Saint Elizabeth Health Care.

This course is general in nature and not specific to LTC, however, the themes of understanding the unique needs of Indigenous elders and wholistic client care are relevant to LTC setting and practice.

Elder Care Course Overview (PDF)

General Indigenous-led Education Opportunities

The following educational opportunities are Indigenous-led; some are Ontario-specific and others offer a more general overview of Indigenous-informed healthcare practices. These resources are intended as a deeper dive on specific themes and topics related to Indigenous healing and cultural safety.

1. New Respect Indigenous Cultural Safety

Publisher: Public Health Training for Equitable Systems Change (PHESC) at University of Toronto

Time: Course ranges from 24 to 36 hours

Cost: Available through eCampus Ontario, no cost for members. Non-member cost for micro-credential courses range on average from $400 to $500.

Link: https://www.phesc.ca/indigenous

Description

This resource is a self-paced online graduate-level course offered by the Public Health Training for Equitable Systems Change (PHESC) at University of Toronto intended for educators, practitioners, and professionals. This course was piloted as a eCampus Ontario micro-credential course. These courses are developed for public health units across Ontario.

This course encourages participants to analyze power imbalances, discrimination, and colonial relationships in the context of healthcare by promoting critical self-reflection.

The course also uses concepts of Power, Privilege and Positionality (the 3 Ps) to understand systemic anti-Indigenous racisms in healthcare.

The time commitments for this resource are high, as this graduate-level course has asynchronous videos, online readings, and quizzes. Although this resource is not specific to LTC, the themes and concepts covered are relevant to health care settings and practice. This course is currently being updated since 2024 based on feedback from learners and health professionals who participated in the pilot.

2. San'yas Anti-Racism Indigenous Cultural Safety Training Program – Online Courses

Publisher: San'yas is administered by the Indigenous Health department at the Provincial Health Services Authority (PHSA) in British Columbia. There are Ontario-specific courses available, connected to PHSA's relationship with the Southwest Ontario Aboriginal Health Access Centre (SOAHAC).

Time: Varies depending on course

Cost: approximately $250, no cost to employees of BC Health Authority or Ministry of Health, as well as Indigenous people

Link: https://sanyas.ca/

Description

San'yas is well known for their Indigenous Cultural Safety training and learning resources. They offer online courses for professionals in any sector which are available in several provinces, including Ontario, Manitoba, and British Columbia. They offer core training that is region specific and more advanced training.

This resource is a three-part training program and is designed to strengthen the skills of professionals working directly or indirectly with Indigenous people.

The three parts include:

- CORE—foundational issues of cultural competency
- CORE Health—health care issues experienced by Indigenous people
- CORE Mental Health—mental health issues experienced by Indigenous people.

Although the time commitment varies, San'yas estimates each part will take about 5 to 9 hours spread over a 6 to 8-week period. Providers will strengthen their knowledge and awareness about Indigenous peoples, their realities, and culturally safe care.

The full list of course offering by San'yas can be found here: Online training courses

More information about this course can be found through National Collaborating Centre for Determinants of Health – BC Health Authority: https://nccdh.ca/resources/entry/indigenous-cultural-safety-training-program-online-course

3. Ecotherapy through an Indigenous Lens

Publisher: Cherry Tree Counselling and Psychotherapy Services

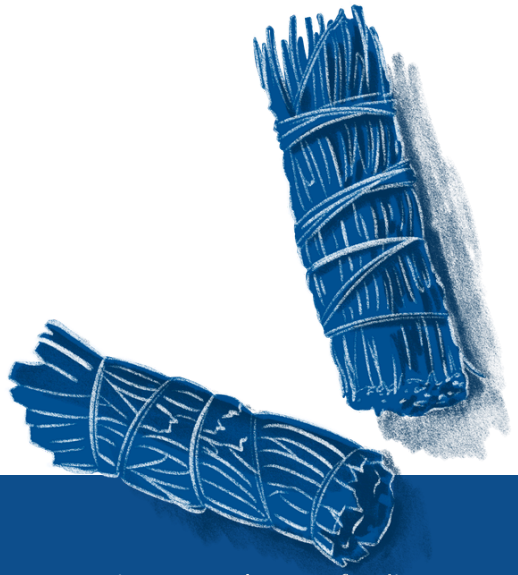
Time: N/A

Cost: $650 for six-month use of materials

Link:
https://www.cherrytreecounselling.ca/ecotherapy-through-an-indigenous-lens-course-for-therapists-ontario

Description

This Indigenous-specific resource brings traditional Indigenous healing practices and land-based interventions to eco-therapy sessions. The course, Ecotherapy Through an Indigenous Lens, provides participants with the knowledge and skills to offer culturally sensitive, nature-based healing. This course concludes with a certificate of completion. Cherry Tree counselling is based in Ontario, but there is no mention of the course being Ontario specific.



4. Traditional Medicines: Land Based Field Course

Publisher: University of Waterloo

Time: Four-day course

Cost: $500 per student, which includes food, accommodation and transportation

Link:
https://uwaterloo.ca/science/undergraduate/experiential-learning/sci-211-traditional-medicines-land-based-field-course

Description

This resource is an in-person learning opportunity. The University of Waterloo's on-the-land Indigenous-designed learning course provides education opportunities to learn about the teachings and ceremonies of an Ontario Indigenous community.

This course is typically four days long and teaches students to recognize the value of different worldviews and perspectives, the importance of Indigenous practices and science, and the relationship between Indigenous medicines and their uses.

This course provides experiential in-person learning for participants that can be invaluable to their appreciation of Indigenous realities and how they provide care to Indigenous Peoples.

Meegwetch
Niá:wen
Merci
Thank you



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