

10 THINGS YOU CAN DO TODAY

1 SEEK

Look up the traditional lands of your work and home as well as the traditional languages spoken. (Explore [Native Land Digital](#) and [First Voices](#))



2 RETHINK

Take a moment to reflect on your current clinical practice. What beliefs, assumptions and biases do I hold that impact my practice? What is the next change I can make to my day-to-day practice? (Check out [Diversifying 'Language' in Speech-Language Pathology](#))



3 REVISIT

Read and review the [CSHBC clinical guideline](#) for culturally safe practice.



4 REVIEW

Review your current clinical materials for culturally sensitive terminology in testing, worksheets, and handouts (i.e., remove COWBOY and WHITEWASH from speech audiometry testing).



5 REFLECT

Read one of your formal assessment reports and reflect on how it may be interpreted. Does it reflect what the family wanted from the assessment? How was the family involved in the assessment?



6 READ

Read a book by an Indigenous author or listen to a podcast hosted by Indigenous hosts and creators. (Visit the [SHBC Communication Health Resources for Indigenous Populations](#))



7 JOIN

See if there are any Indigenous cultural events that you can attend in your local area.



8 TALK

Start a conversation with a close colleague about how you can offer culturally safer and responsive practice in your workplace.



9 IMPROVE

Look closely at your clinical spaces and see how you could bring more relevant, comfortable, calming, and nature-based materials into your clinical spaces (i.e., pictures of local landscapes, having coffee or water available).



10 ASK

Make a request for Indigenous materials, toys, artwork, etc. that can be available within your clinic. (Check out [Strong Nations](#) and [Native Northwest](#))



10 THINGS TO CONSIDER

MOVING FORWARD

1

RELATIONSHIPS

Reflect on ways that you can build and strengthen relationships with Indigenous families, clients and communities. This is most important!



2

LEARN MORE

Enroll in a course or attend a conference to learn more about the history and current issues. (e.g., [Indigenous Canada](#) through Coursera. Also see SHBC's [Communication Health Resources for Indigenous Populations](#))



3

SEPT 30

Plan for the National Day of Truth and Reconciliation Day on September 30th (i.e., invite a local elder to speak to clinic staff, attend a community event)



4

YOUR STANDPOINT

Reflect on the position that you hold within colonial healthcare and education systems that historically and continue to perpetuate trauma towards Indigenous individuals, clients and families. What can you do to work toward making it a safer space?



5

POLICIES

Review your agency's cultural safety and humility policies (if they have them) and discuss with colleagues how to employ these changes. If your agency doesn't have a policy, you can review the [CSHBC Standard of Practice](#) and see how you can implement changes within your own practice.



6

CLIENT CONSENT

Discuss with your employer about the barriers to gaining written consent and how verbal informed consent is often appropriate, sufficient and more family friendly. (Look into [CSHBC's standard guide on client consent](#))



7

COLLABORATION

Collaborate with local Indigenous non-for-profit organizations or local health agencies to look at how you can work together to increase access to services (e.g., [Vancouver Aboriginal Friendship Society](#) has hearing screenings or attend local nation health fairs).



8

TERMINOLOGY

Consider reframing your terminology in conversations and reports, such as: goals can be "areas of growth" and areas of relative strengths can be framed as "interests and skills/gifts".



9

ALTERNATIVES

Review what norm-referenced and criterion-referenced assessments you use and look at whether or not they are appropriate. What could you use instead? How can these be used well?



10

YOUR ROLE

Consider how you can increase your role as an advocate in your own practice. What can you do to advocate for your patients or clients in your workplace? What local efforts can you be involved in? Where can your input make change for Indigenous patients and communities?





Speech and Hearing BC



RESILIENCE

by Lauren Sansregret

Resilience depicts bright flowing colours that intertwine in a cyclical pattern to represent the nature of forest fires in British Columbia.

The painting illustrates that while forest fires may devastate the landscape, they release a surge of new growth that rapidly replenishes the forest. This is meant to signify how discomfort in the human experience is a necessary cycle in life that increases the our capacity for growth.

The painting also consists of modern and traditional painting styles to represent the intermingling of different generations of Indigenous peoples. This part of the painting is meant to encourage different generations to rely on each other throughout periods of change.