## APPENDIX A

## **MEDICINE WHEEL**



### **Medicine Wheel**

# COMMUNITY

### FAMILY/FRIENDS

### **SPIRITUAL**

- Increase in empowerment
- Increase in cultural/ community integration
- Maintain independence
- Decrease in risk of nursing home placement

#### **MENTAL**

- Increase in staff knowledge and skills
- · Decrease in mental overload

### **EMOTIONAL**

- Increase in social contacts
- Increase in social connectedness
- Decrease in social isolation

### **PHYSICAL**

- Increase in physical safety
- Increase in food security
- Maintain overall health
- Maintain nutritional intake
- Mantain meal/service satisfaction
- Maintain physical activity

INTERGENERATIONAL CONNECTION