

An Invitation to Join on the Effort to Reduce Indigenous-Settler Inequities

Colonization has greatly impacted all facets of health for Indigenous Peoples in Canada, producing significant health disparities compared to non-Indigenous Canadians.

The Indigenous Health Sub-committee, a branch of the Canadian Physiotherapy Association's Global Health Division, was established in 2015 to mobilize action within our profession to address this concern. The committee comprises Indigenous and non-Indigenous physiotherapists seeking to support the profession to advocate for change as part of the process and practice of reconciliation.

We have heard that physiotherapists and many others in health care often feel compelled to address Indigenous-settler health disparities but may struggle with knowing where to focus their efforts.

To guide the actions of the Indigenous Health Sub-committee as well as collective efforts across the physiotherapy profession, we established the following goals for 2018-2020.

For many, the ideas and language in these goals will already be familiar. For others, this is the start of an important new learning journey. All are welcome and needed in this work, including both Indigenous and non-Indigenous physiotherapists.

We invite our physiotherapy colleagues across the country – including clinicians, educators, researchers, students and others – to join us in reducing Indigenous-settler inequities and helping us to collectively meet these goals.

Respectfully, CPA Indigenous Health Sub-committee:

Hilary Crowley
Priscilla Flett
Amanda Fortin (co-chair)
Moni Fricke

Katie Gasparelli (past chair)
Stephanie Nixon (co-chair)
Sarah Oosman

Goal: To contribute to improving the health of Indigenous Peoples and reducing Indigenous-settler inequities by:

- 1. Nurturing engagement and connection among Indigenous physiotherapists in Canada as a step toward Indigenous leadership within PT in Canada.**
- 2. Supporting non-Indigenous physiotherapists in Canada (i.e., settlers) to mitigate Indigenous-settler inequities through building capacity in:**
 - a. how to provide culturally safe, humble, and responsive health care that respects the uniqueness of Indigenous Peoples and communities, and*
 - b. understanding their complicity in the systems of inequality that produce Indigenous-settler health inequities, primarily settler colonialism and racism.*
- 3. Celebrating and showcasing examples of Indigenous-settler collaborations in physiotherapy that exemplify solidarity and authentic partnerships.**