

Geriatric Addiction Rounds

Wholistic Care for our Elders

Tuesday September 15, 2026 @ 12:00PM EST

Learning Objectives:

1. Through a case study, understand how a wholistic and integrated approach supports Indigenous Geriatric clients experiencing mental health concerns and substance use.
2. Review practical learning tools that will support your Indigenous geriatric clients from a wholistic perspective.
3. Expand your understanding of who can be a part of the "healthcare team" by utilizing social prescribing and Indigenous patient navigation.



Katrina Graham (she/her) is a proud member of the Moose Cree First Nation, Treaty No. 9 territory, and a member of the Wolf Clan (Myeengun Dodem). She also honours her Scottish and Irish heritage. As a Registered Nurse, Katrina has extensive experience serving Indigenous peoples across urban, rural, and hospital settings. Her career began in Moose Factory in 2012, providing nursing care to Elders in her Cree community. Currently, she works as an independent Indigenous Health Equity Consultant in healthcare settings.

Katrina acknowledges and respects that her work and play occur on the traditional lands of the Anishinaabe and Haudenosaunee peoples, including Treaty No.3 Between the Lakes Treaty Territory, the Haldimand Tract, and the Dish with One Spoon covenant lands. She is a mom of three and an auntie to many. She and her partner are community helpers, striving to show our kids that true love and healing can occur when we care for ourselves AND others. Katrina loves the night sky, singing with the hand drum, crafting, connecting with people, reading, and the crunch of snow beneath her feet.

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