



Press Release



Advocates Disappointed With Delay in Resolving Residential School Claims—Move to Expedite Federal Mediator’s Mandate.

(Vancouver and Sault Ste. Marie—Thursday June 2, 2005) The Indian Residential School Survivors Society (IRSSS) and the National Residential School Survivors Society (NRSSS) are very disappointed that Survivors will have to wait even longer to start receiving compensation for having been forced to attend residential schools.

The much-hyped and eagerly anticipated announcement, by the Government of Canada and the Assembly of First Nations on May 30th, failed to formally recognize the suffering of Survivors across Canada by not delivering a comprehensive compensation package. The Societies call on those who made public statements in recent weeks to issue a public apology for raising Survivors’ expectations, which were dashed with last Monday’s announcement.

Having said that, the Societies recognize that the political agreement signed by the Federal Government and the Assembly of First Nations is an important step toward an eventual resolution. In order to speed up the process, the Societies urge the new federal mediator, the Honourable Frank Iacobucci, to consider a process where consultation, delivery design and implementation can occur simultaneously. That way, when he announces his findings, the process will be in place and Survivors will not have to wait further.

It is estimated that 1300 Survivors die every year. “If we follow this process through to its logical end, we are looking at one year for consultation, one year for design and one year for implementation,” said Yvonne Still, NRSSS Interim Executive Director. “Survivors don’t have that much time. We are pleased that there will be opportunity for survivors to provide input. They hope that Mr. Iacobucci will take a collective approach.”

“Our agency and others like it should be involved, on an ongoing basis, in the discussion and design of the process,” said Sharon Thira, Executive Director of the IRSSS. “Justice delayed is justice denied. Compensation, to the estate of deceased Survivors, should be paid retroactive to the release of the RCAP report in November 1996. In the meantime, we are warning residential school Survivors about the potential negative impacts of this announcement.”

The Societies have developed a strategic response to Monday's announcement. The Strategy involves information about the announcement, what kinds of reactions survivors and families can expect to have, where to access information and help, ideas about financial planning and potential responses communities can make.

"We want to make sure resources are in place for residential school survivors in the wake of this announcement. Fearing suicides, excessive addictive behaviours, and other kinds of harm for residential school survivors, we are being proactive in order to minimize harm," said Sharon Thira, IRSSS Executive Director.

"We are also putting unscrupulous characters on notice," added Thira. "If you are a shady lawyer or car salesman or anyone else trying to prey on unsuspecting residential school survivors receiving settlements, we want you to know that we will be watching and alerting people about your activities."

Yvonne Still went on to say, "We have advocated for and support the move to lump sum payments. We have also recommended that such a plan be implemented within the context of a comprehensive support strategy. We are heartened that the politicians seem to agree with us. As part of our strategic response, we will undertake a consultation process to facilitate Mr. Iacobucci's task."

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- 30 -

Attachments: Strategic Response to Lump Sum Compensation for Residential School Survivors



**Strategic Response to Lump Sum Compensation
for Residential School Survivors**

**Indian Residential School Survivors Society
National Residential School Survivors Society**

June 2, 2005

Background

The Government of Canada launched its Alternative Dispute Resolution (ADR) process on November 6, 2003. In response to concerns about problems and inadequacies in the ADR process, the AFN undertook a comprehensive review and released its *Report on Canada's Dispute Resolution Plan to Compensate for Abuses in Indian Residential Schools* on November 17, 2004.

One of the Report's key recommendations was for a lump sum payment scheme to compensate all former residential school students. The plan called for a baseline payment of \$10,000 to each residential school Survivor, along with an additional payment of \$3,000 for each year they attended school. We call this the 10/3 plan. It was anticipated that Survivors who suffered physical and sexual abuse, and who were wrongfully confined, would still be able to pursue additional compensation for those abuses.



Beginning in December 2004, representatives of the federal government and the Assembly of First Nations (AFN) engaged in discussions over possible changes to the current ADR process. On May 30, 2005, after months of discussions, the Government of Canada and the Assembly of First Nations announced that they had reached a political agreement on an approach to resolving the issues of contention. For weeks prior, the media and Aboriginal communities were buzzing with rumours that a deal was imminent and that compensation would soon start to flow.

Instead, the parties announced that more discussion and consultation is needed, and that the Honourable Frank Iacobucci, a former Supreme Court Justice, had been appointed to lead those discussions. Mr. Iacobucci has been given a mandate to lead discussions with legal counsel for Survivors, the AFN and legal counsel for church entities. His report, to be submitted to Cabinet by March 2006, will address issues of compensation, healing, education, commemoration and reconciliation.

Residential school Survivors have been carrying the burden of their trauma for a long time. We are concerned, now that the announcement has been made, that Survivors will once again be triggered and otherwise traumatized. This strategy is intended to reduce the potential harm to residential school Survivors by making sure that community resources are alerted to the potential risks.

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The need for a proactive response

Many who suffered trauma as a result of their experiences in residential school may have suppressed some of their feelings and memories. It is normal to have many of those feelings and memories come up after an announcement like this. Those feelings and memories may be aggravated by the fact that a formal solution has been delayed yet again. While we are hopeful that Mr. Iacobucci will report sooner than the ten months he has been given, there is a critical need for a proactive response.

Assuming the outcome will be a lump sum payment scheme, it may get money into the hands of Survivors, but it still doesn't guarantee closure—that all will magically be well again. While compensation may be the first step towards closure, sincere apologies, reconciliation and memorialization are equally important steps toward restoration of healthy individuals.



A change in behaviour on the part of government, public education, justice and help to rebuild healthy individuals, communities and nations can contribute to reconciliation and the restoration of right relations.

The goal of this strategy is to outline elements of a proactive strategic plan to deal with the potential negative impacts of the announcement. The objectives of the strategy are:

- o To consider short and long term responses;
- o To provide accurate information about the compensation announcement;
- o To alert Survivors, their families and communities to the possible responses that Survivors and families may have;
- o To suggest community responses to Survivor needs; and
- o To provide some general resources.



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Short Term Response

This short-term response consists primarily of making sure there are resources in place for Survivors and service providers to deal with the potential fallout of an announcement.

The short-term objectives are to:

1. Distribute these resources to Survivors and service providers;
2. Generate public awareness that these resources exist; and
3. **Most importantly, give Survivors the opportunity to influence the design of the process by sharing their views with us.**

This short-term response is intended to target:

- o Survivors, their families and communities;
- o Community-based healing projects;
- o Aboriginal governments at all levels;
- o Aboriginal organizations;
- o Church organizations and entities;
- o Frontline service providers;
- o Provincial and territorial governments;
- o Treatment Centres (community, NNAADAP, provincial, territorial);
- o Native Court workers;
- o Rural and Urban Aboriginal Health Organizations;
- o National RS Support Line;
- o Residential School Survivor Groups; and
- o Provincial Victim Services.



Ideas for a Longer Term Response

A longer-term response could consist of the following elements:

1. Training for all workers dealing with Residential School Survivors.
2. Financial Planners.
3. Educators.

A longer term strategy needs to be developed. We welcome any feedback you may have in this regard.



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The Compensation Announcement

Survivors are already expressing their disappointment that the much anticipated lump sum compensation package has been delayed yet again. If adopted, the AFN plan calls for a baseline payment of \$10,000 to each residential school Survivor, along with an additional payment of \$3,000 for each year they attended school. We call this the 10/3 plan and it is for all Survivors.

The 10/3 plan would give Survivors compensation for *attendance* only. It would not acknowledge that they were sexually or physically abused or wrongfully confined. Survivors would still have to go through some other process to get compensation for those abuses.

Regardless of what the compensation model may look like once it is finally unveiled, we can expect that people will still have to wait a while longer to get their compensation. It is reasonable to expect that compensation will have to be given out according to a defined validation and distribution process. This will take some time to develop and implement.

Survivors might feel helpless at having to wait yet again, particularly if they are ill or elderly. One thing they can do now is fill out sections 1 to 3 of the ADR application form. These sections will prepare them for the kind of information that a future validation process will require.

See http://www.irsr-rqpi.gc.ca/english/pdf/Application_En_Fillable.pdf for the ADR application form.

Possible Reactions That Survivors and Families May Have

It is reasonable to expect that people will react in different ways. There may be:

- o Those who are happy to receive some compensation at last;
- o Those who are happy then become angry when their compensation money is gone;
- o Those who feel compensation is dirty money and therefore become angry;
- o Those who feel it will bring closure. Some will achieve closure and some won't;
- o Those who may be triggered;

The following scenarios are also possible:

- o Family members may try to take advantage of Survivors who receive compensation;
- o In some instances, compensation may impact on relationships. Survivors who are triggered often withdraw emotionally, resulting in the near breakup of marriages and relationships; and
- o Adult children of abusive Survivors may resent what they see as their parents getting compensated for “being rotten, abusive parents”.

Survivors may need to talk to someone about how it feels to finally have a government acknowledgement. It is also reasonable to expect that some might experience the typical up-then-down emotion curve:

- o **Up:** happiness, relief, euphoria, feeling believed and validated, anger (could be accompanied by uncontrolled crying and rage)
- o **Down:** Anger, sadness, mourning, fear (could be accompanied by depression, inactivity and recurring intrusive memories, lack of sleep, etc.)

Families should look out for unusual changes in behaviour in family members and friends.



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Please refer to the *General Resources* at page 10 for examples of things to look for.

They should seek help if the unusual behaviour lasts more than a week. They should reach out to a trusted person for help or call the **National Support Line** at **1-866-925-4419**.

The “Solution” Shouldn’t Cause More Problems for Survivors

Canadian society measures many things with money. People often believe that the more money they have, the happier they will be. Not surprisingly then, many Survivors seem to be under the impression that getting cash in a settlement will cure all their ills. People who have settled their claims have shared their experience that this is often not the case. Receiving a cash settlement may have negative as well as positive impacts.



The following is an excerpt of an article that appeared in the Ottawa Citizen on Sunday—December 27, 1998:

Native woes pile up with lawsuit money

The day [RP] got his compensation cheque for being raped at a native residential school he stuffed about \$20,000 in his pocket and went on the biggest drinking binge of his life.

“Whoever I met in the bar, I’d buy them drinks,” says the 33 year-old welfare recipient. “I was probably giving money away. By the time I was done, I had 400 bucks left.”

When he finally surfaced from his two week bar hop in December 1996, his wife left him and he found his welfare had been cut off because of his windfall. He started breaking into people’s homes for survival money. He was seriously thinking about hanging himself before he was saved by being thrown in jail.

Two years later, Mr. [P] says the \$48,000 he hoped would buy him peace of mind only made him miserable because he didn’t know how to handle it.

His story is like so many others on the isolated Gordon’s reserve in eastern Saskatchewan.

The above excerpt is a good example of how no sum of money, in and of itself, can bring healing and restoration to someone who has suffered trauma. Money can be easily spent without any true benefit to the Survivor and family.

The primary urge for some people may be to go out and party or buy a car. People who receive a cash settlement don’t have to act immediately. The one thing their



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money buys them right away is time—time to really think about what to do with their compensation.

Words to Survivors

Sometimes just seeing the words “residential school” can trigger painful memories and feelings. Please make sure that you are in a safe place when reading this information. It might be helpful to read it with a support person nearby. If you would like to talk to someone before or afterward, please call the National Survivors Support Line.



Is something wrong with me?

The information in this package is intended to help with reactions you *might* have when you hear about the residential school compensation plan. It lists some reactions that Survivors have had in the past. You may or may not have any of these reactions, but you may feel that we are saying that there is something wrong with you. There is nothing wrong with you. However you respond is the right way for you.



We want you to know, that it is normal for Survivors of trauma to have unmanageable responses. We want you to know that if your response becomes unmanageable (have a look at the **General Resources** section of this package for some unmanageable responses) there is help available for you. We want you to know that if you reach out for help, you may be able to manage those responses better than you have in the past.

What is help?

Help can come in many forms. It can be through counseling, through Ceremony, through alternative practices like bodywork, through Mother Earth, through a friend, through a special object or treasure box, through a journal, through a book, etc. Only you will know what kind of help works for you. If you don't know, try out different ones until one feels right. Remember you don't have to do this alone. In residential school, you were made to feel alone but you are not there anymore. You are not alone. You can call the National Residential School Survivor Support Line.

What is the National Residential School Survivors Support Line?

The National Line is a 24-hour support line with experienced Aboriginal counselors who are direct or intergenerational Survivors of residential school. In addition to their counseling experience, they receive over 100 hours of crisis line training from a traditional and western psychological perspective. The counselors will not judge you and are very caring and understanding. They have a lot of information about where you can get help—no matter what part of the country you are calling from. The National Line is run by the Indian Residential School Survivors Society, a not-for-profit Aboriginal agency that has been responding to residential school Survivors for the last ten years.

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If You Feel a Memory Coming

- o **Find a place where you will be safe.** If you are at work, try to get home. Go to a safe spot in your home or go to a close friend's house. (Your safe spot may be a window seat, the stairway, your bed, or a favourite reading chair. It might even be a hiding place where no one can find you—one woman spent the night sleeping in her closet on top of her shoes, something she had done as a small child to comfort herself in a house where no place was safe.)
- o **Know yourself ahead of time.** Do you prefer to be alone or do you prefer to be with someone in times of crisis? If you prefer to be with someone, arrange it now before the memories come; your partner, a friend or support group member may be the one.
- o **Don't fight it.** The best thing to do is to relax as much as you can and let the memory come. If you use drugs, alcohol, or food to push it back down, it will only come up again at some other time.
- o **It's just a memory, it is not the real thing.** When you have a memory of abuse that happened a long time ago, it may feel as if you're being hurt right now. Reliving the experience can be a part of your healing rather than an extension of the abuse. Remember that you are older now; you don't have to be alone.
- o **Expect yourself to have a reaction.** Recovering memories is a painful and draining experience. It may take time to recover. Give yourself that time; don't expect that you'll be able to return to your tasks right away.
- o **Comfort yourself.** Having a memory can leave you feeling vulnerable. Do something special to take care of yourself. How often do you take time to do something nice for yourself?
 - o go to the sweat lodge;
 - o make yourself a cup of tea and curl up with a book;
 - o take a really hot bath with scented oil (and a glass of water);
 - o exercise;
 - o write in your journal;
 - o eat a healthy and tasty meal;
 - o enjoy nature: walk, hike, or just sit.
- o **Tell at least one other person,** if you feel comfortable. Even though you may prefer to be alone when you have a new memory, it's important that you tell someone else about it. There is nothing for you to be ashamed of. You suffered alone as a child. You don't have to do it alone again.



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If you need to, call the National Support Line.

Words to Friends and Family

One of the things that can happen to Survivors when they are triggered or are in crisis is that they get tunnel vision. That means the only thing they “see” at the end of the tunnel is the crisis. They “forget” how to cope, that they know things and that people in their lives care about them. The feelings that come up are overwhelming. They feel alone and as if no one else has ever experienced what they are experiencing. So what can a family member or friend do?

1. Normalize the reaction

- a. Let the person know that whatever they are feeling is okay and that it’s normal to have a reaction to the news of the compensation.
- b. Let them know that other Survivors across the country are probably having similar reactions
- c. Let them know they are not alone—that you care about them and that you are there for them.



2. Listen, listen, and then listen

- a. Some ways to get rid of the overwhelming feelings that come with being triggered is to talk about it either to someone else, in a journal, in ceremony, on the land, or in praying. If the person in crisis is with you rather than doing one of these things then they want someone else to listen to them.
- b. **Listen.** Talk only when you absolutely have to. This is hard to do because we want to add in our feelings or we want to know more about what the person is saying. Try to resist the urge to ask questions or share and just listen.
- c. Let them know that you are listening by the way you focus on them.



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3. Resources

- a. Once the first reaction is over, the Survivor may want to talk more or get more information. Refer them to the attached resources.
- b. **Call the National Survivor Support Line (1-866-925-4419).** It is run by direct or intergenerational Survivors who understand about residential school experiences. They also can talk to you about the kinds of resources you might want.

4. Take Care of Yourself

- a. Helping someone else can drain you.
- b. After you are finished, do something for yourself that will re-energize you. This may include:
 - i. talking to someone else;
 - ii. going for a walk;
 - iii. going to your special place;

- iv. having a bath;
- v. accessing ceremony;
- vi. accessing an Elder.

Words to Communities and Agencies

Communities and agencies need to be aware of potential Survivor responses. This strategy is intended to help you respond to the needs of Survivors.

We hope that you will be willing and able to create a community/agency response or a community/agency referral process if harm is to be minimized. If you choose to refer, identify one source that you will refer all questions to such as a Survivor agency or Indian Residential Schools Resolution Canada.



- 1) If you choose to respond, you can begin by providing accurate information about the compensation plan with respect to eligibility and how to access it. Always include a caution to Survivors that the material you are giving them may trigger them.



- a) Identify one or two workers in the community/agency to:
 - i) Gather the information (see key websites below) and provide it to Survivors either by request or in workshop format or both; and
 - ii) Be the key points of contact. By having only one or two people handle the information it decreases the possibility that inaccurate information will be passed on to Survivors.
- b) Another approach is to develop a self-help group of Survivors who, in the course of their healing work:
 - i) Will gather and disseminate the information;
 - ii) This returns some measure of control to Survivors who may not otherwise have any and lightens the load of already overworked helpers

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- 2) Identify existing, available resources in the community as well as available outside resources. Develop a resource sheet with the identified resources and include blank spaces for others to be added. Please refer to the sample resource sheet at 16.
- 3) Meet with Survivors to:
 - a) Explain about possible reactions;
 - b) Determine their support needs;
 - c) Do Risk Assessments including a suicide history;
 - d) Provide them with a Resource Sheet that they can refer to when they get home;

- e) Provide them with this package or parts of it; and
 - f) Provide symptom lists for self-diagnosis;
- 4) Involve family members:
- a) Inform them about possible reactions and what to look for; and
 - b) Let them know where to access resources;
- 5) Publicize your response in the community/agency letter along with the names of contact people.
- 6) Work with other communities and resources to mutually complement support services. Rather than duplicate services or try to become “expert” on all levels of response, why not team up with other communities/agencies and each group become “expert” on one or two levels of response? For instance, one agency could be responsible to gather the information, one to identify resources, and so on.



General Resources

Trauma Reactions

Just talking about residential school or even hearing other people talk about it could “trigger” Survivors to have a trauma reaction. Sometimes it takes only a smell, or a sound and you feel as if you’re right back there at the school. Many people don’t even realize that they have been triggered and can’t understand why they are all of a sudden feeling the way that they do. Following is a list of things that might indicate that a Survivor is having a trauma reaction:

Physical:

- o tiredness
- o can’t sleep/sleeping too much
- o stomach and bowel problems
- o general body tension
- o change in appetite
- o change in sexual functioning

Spiritual:

- o loss of sense of self and self esteem
- o questioning the meaning of life
- o loss of sense of purpose
- o hopelessness
- o loss of motivation
- o anger at spiritual leaders or Creator



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Behavioural:

- o impatient
- o unable to put up with other people's opinions that differ from one's own
- o irritable
- o withdrawn or clingy
- o moody
- o losing or misplacing things
- o shift towards a younger thinking or acting self
- o risky or self destructive behaviour
- o easily startled or frightened
- o avoiding people and thoughts of the trauma
- o avoidance by using drugs and alcohol



Mental:

- o horror
- o disbelief
- o can't concentrate
- o confusion, disorientation
- o spaciness
- o flashbacks; nightmares (bad dreams)
- o preoccupied with negative thoughts
- o can't stop thinking about the trauma
- o hindsight thinking of the trauma
- o 'I/You must always be right' thinking
- o self doubt
- o can't work



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Emotional:

- o emotional roller coaster such as feeling up then down and back again
- o feeling sad or depressed
- o anxiety
- o fear
- o super sensitive to noise and comments from others
- o sense of powerlessness
- o avoiding intimacy and closeness (sexual and relationship)
- o distrusting
- o feeling extremely lonely
- o unresolved anger - could lead to scapegoating, blaming
- o numbness - having no feeling at all

If you experience any of the above to the point where they are interfering with your life then you need to seek some help. Call your local health worker or counsellor.

Symptoms of Post-Traumatic Stress Disorder (PTSD)

1. The person has been exposed to a traumatic event in which both of the following have been present:
 - a) the person experienced, witnessed, or was confronted with an event or events that involved actual or threatened death or serious injury, or a threat to the physical integrity of self or others
 - b) the person's response involved intense fear, helplessness, or horror. **Note:** In children, this may be expressed instead by disorganized or agitated behavior.

2. The traumatic event is persistently re-experienced in one (or more) of the following ways:
 - a) recurrent and intrusive distressing recollections of the event, including images, thoughts, or perceptions. **Note:** In young children, repetitive play may occur in which themes or aspects of the trauma are expressed.
 - b) recurrent distressing dreams of the event. **Note:** In children, there may be frightening dreams without recognizable content.
 - c) acting or feeling as if the traumatic event were recurring (includes a sense of reliving the experience, illusions, hallucinations, and dissociative flashback episodes, including those that occur upon awakening or when intoxicated). **Note:** In young children, trauma-specific reenactment may occur.
 - d) intense psychological distress at exposure to internal or external cues that symbolize or resemble an aspect of the traumatic event.
 - e) physiological reactivity on exposure to internal or external cues that symbolize or resemble an aspect of the traumatic event.

3. Persistent avoidance of stimuli associated with the trauma and numbing of general responsiveness (not present before the trauma), as indicated by three (or more) of the following:
 - a) efforts to avoid thoughts, feelings, or conversations associated with the trauma
 - b) efforts to avoid activities, places, or people that arouse recollections of the trauma
 - c) inability to recall an important aspect of the trauma
 - d) markedly diminished interest or participation in significant activities
 - e) feeling of detachment or estrangement from others
 - f) restricted range of affect (e.g., unable to have loving feelings)
 - g) sense of a foreshortened future (e.g., does not expect to have a career, marriage, children, or a normal life span)



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4. Persistent symptoms of increased arousal (not present before the trauma), as indicated by two (or more) of the following:
 - a) difficulty falling or staying asleep
 - b) irritability or outbursts of anger
 - c) difficulty concentrating
 - d) hypervigilance
 - e) exaggerated startle response
5. Duration of the disturbance (symptoms in Criteria 2, 3, and 4) is more than one month.
6. The disturbance causes clinically significant distress or impairment in social, occupational, or other important areas of functioning.



Specify if:

- o **Acute:** if duration of symptoms is less than 3 months
- o **Chronic:** if duration of symptoms is 3 months or more

Specify if:

With Delayed Onset: if onset of symptoms is at least 6 months after the stressor.¹



Financial Considerations

Residential school issues can raise a lot of emotion and Survivors might not be thinking about how receiving a large amount of money can change their lives. The following are some financial management issues to consider:

- o People who receive a sum of money need to know there are ways to manage it and protect themselves.
- o The one thing compensation buys them is time. People shouldn't spend their money before they actually get it. No one knows yet how long the validation and distribution process could take. Once they do get their compensation, there's no need to rush in spending it. Survivors should take the time to carefully think about what they might want to do with their compensation.
- o Survivors should think about following a simple rule: **“If I’m being pressured or if the deal sounds too good to be true, maybe I should resist.”**

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¹ Official diagnostic criteria for PTSD.

- o Loved ones might ask for money. We recommend that Survivors talk to a trusted friend, worker or professional about it before signing anything.
- o Elderly Survivors and those who are in poor health will be among the most vulnerable to harassment. We hope that this will not happen but sometimes harassment may come from their own family members. **We recommend that family members and/or friends be alert for possible harm to elderly and sick Survivors.**
- o Strangers (including lawyers and salesmen) may approach Survivors, offering “deals” on cars, ATV’s, and all kinds of merchandise. They can make it seem as if they’re offering a really good “deal” when, in fact, they’re not. The Indian Residential School Survivors Society in Vancouver has had experiences with car dealers who had Survivors sign promissory notes and let them take a car based on an impending settlement. In some cases, people got less compensation than the value of the car they bought.



There are many options available for Survivors to effectively manage their money:

- o **Basic training courses in personal financial management (through their bank);**
- o Making and following a personal budget
- o Understanding different types of bank accounts;
- o Understanding basic banking transactions;
- o Using Automated Teller Machines (ATM’s);
- o Generating interest;
- o Banking fees;
- o Term Deposits (short and long-term);
- o Guaranteed Income Certificates;
- o Canada Savings Bonds;
- o Labour Market sponsored bonds;
- o Registered Education Funds;
- o Investment;
- o Registered Retirement Savings Plans (RRSP’s);
- o Term Deposits (short and long-term);
- o Guaranteed Income Certificates;
- o Canada Savings Bonds;
- o Labour Market sponsored bonds;
- o Registered Education Funds;
- o **Trust Accounts for Children and Grandchildren.**

Survivors should consider speaking to a family member or other trusted person to explore the options they have available to them.



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If they choose to invest, they should be careful about investing in companies that are plundering and destroying Aboriginal land and cultures.

Whatever choice Survivors make, let it be their choice. Residential schools took away their opportunity to make their own choices. This is a very personal issue and can be one way for them to take back control over their lives.



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Sample Resource Sheet

	Resource	Phone #	Additional Information
1	National Survivor Support Line	1-866-925-4419	24 hours a day 7 days a week
2	Community Contact		
3	Friend or Support Person		
4	Elder		
5	Counsellor		
6	Healer		
7	Ceremony		
8	Sacred Object		
9	Activity		
10			
11			
12			
13	Indian Residential School Survivors Society (IRSSS)	1-800-721-0066 (604) 925-4464	British Columbia
14	National Residential School Survivors Society (NRSSS)	1-866-575-0006 (705) 942-9422	National
15	Indian Residential Schools Resolution Canada Help Desk	1-800-816-7293	National