

# Case Study



## Michaela, Australia



Includes a story, classroom activities and worksheets for:

- F-Y2
- Y3-4
- Y5-6



## MICHAELA, AUSTRALIA

LOWER PRIMARY

**Have you ever been so ill you need to go to hospital? This story is about how twenty-one year-old Michaela is helping First Australians ill with kidney disease at Purple House in Alice Springs.**

Michaela is a young Alywarr woman, working on The Wellbeing Program at Purple House. She helps care for patients as they receive special treatment called dialysis. The Purple House is a 'home away from home' for First Australians who have to travel far from their traditional lands for medicine.

Michaela helps patients to remain hopeful and connected to country during their treatment. Patients share their traditional knowledge with Michaela.

"We cook roo tails on the fire in the garden and we make damper which I learn from the older ladies. We also take them out bush hunting for witchetty grubs, honey ants and bush fruit," Michaela says.

The local Aboriginal community in Central Australia responded to the needs of their community and created Purple House. The Wellbeing Program at Purple House is run by the Western Desert Nganampa Walytja Palyantjaku Tjutaku Aboriginal Corporation, with support from Caritas Australia.

Patients can share their culture and knowledge

with young people, like Michaela. They make bush balms and soaps, which Purple House can then sell. All money made from selling the soaps and balms goes back into supporting more patients at Purple House.

*"It makes me feel very happy that I can help and I can spend time with the patients and learn from them. Also, I love making the bush medicines because that's another part of my culture."*

-Michaela

Michaela is proud of her role at Purple House. She has finished her studies, got a driver's licence, is running workshops solo and has travelled several times for work.

"Hope means having something to look forward to," says Michaela. "I would like to thank people for their support."

Michaela enjoys building relationships with the patients and learning from them.

*"I think it's very important for us to feel proud of who we are and ensure that my children and their children can say where they are from and feel proud of that. If we keep our culture alive we can feel strong."*

- Michaela



**FIND MICHAELA'S SHORT FILM AND INTERACTIVE STUDENT WORKBOOK:**

<https://www.thinglink.com/fullscreen/1114686471752646657>

**PRAYER**

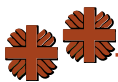
God of justice and peace,  
You call us all to be the best we can be. We pray that we learn from and show respect to our First Australian sisters and brothers, like Michaela and all at the Purple House. Walk with us towards justice and healing with open hearts. We ask this prayer in your name. Amen

**REFLECT**

*"Hope requires that we spin a few dreams for ourselves that are possible, doable and desirable."*

Joan Chittister OSB

- What is your hope for the future?
- Do you think Michaela's story is a story of hope? Why?

**CATHOLIC SOCIAL TEACHING****Subsidiarity**

We believe people who make decisions should listen to everyone and give everyone the chance to share their opinions.

- How is Michaela's story a great example of this?
- How does your support of Project Compassion show that you believe that the people should be given the chance to make decisions about their community?

**LEARNING TASKS****TASK 1: STORY STUDY**

English ACELY1650, ACELY1660, ACELY1670



Watch (or read) Michaela's story and discuss:

1. What are some challenges for Michaela?
2. Where does Michaela live?

3. Why are places like the Purple House important?
4. What did you find interesting about Michaela's story?
5. How are the patients helping Michaela learn new things?

**TASK 2: PHOTO STUDY**

English ACELY1650, ACELY1660, ACELY1670

Consider each photograph in the collage.

1. What is happening in the picture?
2. How do you know?
3. Where do you think the picture was taken?
4. What have you learned about the life of others around the world from this picture?
5. If you could meet the people in these photos what would you like to ask them?
6. What is your favourite picture and why?

**TASK 3: HEALTHY LUNCHBOX**

Michaela has learned about how healthy foods keep patients comfortable through her work at Purple House.

1. Think about when you feel sick, what foods do you like to eat then?
2. Where do you learn about healthy food?
3. What foods do you think are healthy foods?
4. What would your healthy lunch look like? Draw a picture and label each part. Remember to include all meals for school.

Present to a small group or your class, remember to say why you have chosen those foods.

**TASK 4: BUSH TUCKER**

Food and cooking methods are an important part of Aboriginal history and relationship with the native Australian plants and animals.

- Have you ever tried a bush tomato?
- How about kangaroo burgers?

The staff and patients love going out and collecting native Australian treats.

- How many native Australian foods can you list?

Compare your list with a friend's list.

**TASK 5: CULTURE AND TRADITIONS**

F ACPPS001 Y1/2 ACPPS015

We are all special and have different cultures and traditions. Michaela and the patients at the Purple House enjoy working and learning from one another. They are able to share important information about their culture and traditions.

1. What are some of Michaela's cultures and traditions?
2. How is Michaela using her strengths to help her community?
3. What are some of your traditions?
4. Who can you ask to learn more about your traditions and culture?
5. Do you know a story or a dance from your culture you could share with your class?

**ADDITIONAL ACTIVITY**

(Not included in interactive workbook)

**MAKING DAMPER**

Michaela enjoys going and collecting food with the older patients and making damper. Make damper in your class. Remember to record each step of the procedure. This could be used as a writing task such as a



## MICHAELA, AUSTRALIA

MIDDLE PRIMARY

**Twenty-one year-old Michaela is helping First Australians ill with kidney disease at Purple House in Alice Springs. You might remember the Purple House from Project Compassion 2014. Their First Australian-run Wellbeing Program, connects and cares for patients who are far from home.**

Michaela is a young Alywarr woman, working on The Wellbeing Program at Purple House. The Purple House is a 'home away from home' for First Australians with kidney disease who have to travel far from their traditional lands to receive treatment.

Michaela helps care for patients as they receive special treatment called dialysis. She helps them to remain hopeful and connected to country during their treatment. Patients in turn pass on traditional knowledge to Michaela who is eager to listen and learn.

"We cook roo tails on the fire in the garden and we make damper which I learn from the older ladies. We also take them out bush hunting for witchetty grubs, honey ants and bush fruit," Michaela says.

"It has taught me the clinical side of dialysis and importance of diet to help our patients to feel comfortable," she says. First Australians are twice as likely to experience chronic kidney disease, and four times more likely to die from it than other Australians\*. The local Aboriginal community in Central Australia responded to this and created Purple House.

The Wellbeing Program at Purple House is run by the Western Desert Nganampa Walytja Palyantjaku Tjutaku Aboriginal Corporation, with support from Caritas Australia.

Patients stay connected with their culture and share their knowledge, their traditional healing practices and

their wisdom with young people, like Michaela. They make bush balms and soaps, which Purple House can then sell. All money made from selling the soaps and balms goes back into supporting more people at Purple House.

*"It makes me feel very happy that I can help and I can spend time with the patients and learn from them. Also, I love making the bush medicines because that's another part of my culture."*

*-Michaela*

Michaela is proud of her role at the Purple House. In addition to completing her studies, she has obtained a driver's licence, is running workshops solo and has travelled several times for work.

"Hope means having something to look forward to," says Michaela. "I would like to thank people for their support, I feel very honoured to be a part of Project Compassion."

*"I enjoy building relationships with patients. I think it's very important for us to feel proud of who we are and ensure that my children and their children can say where they are from and feel proud of that. If we keep our culture alive we can feel strong."*

*- Michaela*

\*Australian Institute of Health and Welfare 2017





## FIND MICHAELA'S SHORT FILM AND INTERACTIVE STUDENT WORKBOOK:

<https://www.thinglink.com/fullscreen/1114794166493118465>



### PRAYER

God of justice and peace,

You call us all to be the best we can be. We pray that we learn from and show respect to our First Australian sisters and brothers, like Michaela and all at the Purple House. Walk with us towards justice and healing with open hearts. We ask this prayer in your name. Amen



### REFLECT

*Hope requires that we spin a few dreams for ourselves that are possible, doable and desirable.*

Joan Chittister OSB

- What is your hope for the future?
- What dreams will you be spinning?
- How is Michaela's story one of hope?
- Why do you think Caritas chose this quote with Michaela's story?



### CATHOLIC SOCIAL TEACHING

Subsidiarity

We believe people who make decisions should listen to everyone and give everyone the chance to share their opinions.

- How does Michaela's story a great example of this?

## LEARNING TASKS



### TASK 1: STORY STUDY

English ACELY1680, ACELY1692, Civics and Citizenship ACHASSK072, ACHASSK093



Watch (or read) Michaela's story and discuss:

1. How is Michaela bringing hope to others?
2. Where does Michaela live?
3. Why are places like Purple House important to ensure First Australians keep their connection to country while receiving treatment?
4. Why do you think it is important for young people, like Michaela, to learn more about their culture from Elders?
5. What did you find interesting about

Michaela's story?

6. How are the patients helping Michaela learn new things?



### TASK 2: PHOTO STUDY

English ACELY1680, ACELY1692

Consider each photograph in the collage.

1. What is happening in the picture?
2. How do you know?
3. Where do you think the picture was taken?
4. What have you learned about the life of others around the world from this picture?
5. If you could meet the people in these photos what would you like to ask them?
6. What is your favourite picture and why?



### TASK 3: HEALTHY DIET

Michaela has learned about how healthy foods keep patients comfortable through her work at the Purple House. Discuss the following questions in small groups:

1. Why is it important for our First Australian sisters and brothers to be connected to their country?
2. How important is it for First Australians to eat native food like kangaroo tail and bush fruit rather than Western food?
3. What impact have introduced foods, such as beef and lamb, had on the Australian environment?



### TASK 4: BUSH TUCKER

Food and cooking methods are an important part of Aboriginal history and relationship with the native Australian plants and animals.

1. Have you ever tried a bush tomato?
2. How about kangaroo burgers?
3. What vitamins and minerals can you find in witchetty grubs, honey ants, bush fruits and other native Australian foods?
4. How do they compare to introduced foods like apples, oranges, or lamb and

beef?



### TASK 5: CULTURE AND TRADITIONS

ACHASSK093

We are all special and have different cultures and traditions. Michaela and the patients at the Purple House enjoy working and learning from one another. They are able to share important information about their culture and traditions.

1. What are some of Michaela's cultures and traditions?
2. What are some of your traditions?
3. What groups or clubs do you belong to in your school or community?
4. How do these groups contribute to your sense of belonging in your school or community?
5. Who can you ask to learn more about your traditions and culture?
6. Why is it important to respect and show welcome to people of different cultures?



### TASK 6: GRATITUDE JOURNAL

Michaela is a 21-year-old trainee at Purple House, a dialysis center in the Central Desert for people suffering from kidney disease. With the support of Caritas partners, Michaela is helping to build a social enterprise, a connection to culture and a new outlook for the chronically ill. Spend 10 minutes reflecting upon what you have learned and on all the blessings in your life. Record this reflection in a gratitude journal entry.

### ADDITIONAL ACTIVITY

(Not included in interactive workbook)



### MAKING DAMPER

Michaela enjoys going and collecting food with the older patients and making damper. Make damper in your class. Remember to record each step of the procedure. This could be used a writing task as a procedure or a recount.



## MICHAELA, AUSTRALIA

UPPER PRIMARY

**Twenty-one year-old Michaela is helping First Australians ill with kidney disease at the Purple House in Alice Springs. You might remember Purple House from Project Compassion 2014. Their First Australian-run Wellbeing Program, connects and care for patients who are far from home.**

Michaela is a young Alywarr woman, working on The Wellbeing Program at Purple House. Purple House is a 'home away from home' for First Australians who are suffering from chronic kidney disease and have to travel far from their traditional lands to receive treatment.

Michaela helps care for patients as they receive special treatment called dialysis. She helps them to remain hopeful and connected to country during treatment. Patients in turn pass on traditional knowledge to Michaela who is eager to listen and learn.

"We cook roo tails on the fire in the garden and we make damper which I learn from the older ladies. We also take them out bush hunting for witchetty grubs, honey ants and bush fruit," Michaela says.

"It has taught me the clinical side of dialysis and importance of diet to help our patients to feel comfortable," she says. First Australians are twice as likely to experience chronic kidney disease, and four times more likely to die from it than other Australians\*. The local Aboriginal community in Central Australia responded to this and created Purple House.

The Wellbeing Program at Purple House is run by the Western Desert Nganampa Walytja Palyantjaku Tjutaku Aboriginal Corporation, with support from Caritas Australia.

With the help of staff like Michaela, patients have the opportunity to stay connected with their culture. They do this through traditional healing practices and income-

generating activities, such as making bush balms and soaps. The patients are sharing their knowledge and handing down wisdom to young people, like Michaela.

*"It makes me feel very happy that I can help and I can spend time with the patients and learn from them. Also, I love making the bush medicines because that's another part of my culture."*

-Michaela

Michaela says that making and using the bush balms helps patients to feel a sense of home.

Profits from the business are invested back into supporting dialysis patients receiving remote care and help to get people on dialysis back on country.

Sarah Brown, CEO of Purple House says there is good evidence that people on dialysis in Central Australia are doing much better and surviving longer than elsewhere in Australia.

"We are not passive recipients of care. We are focussing on good food, good company and sucking the juice out of every day we have together," says Sarah Brown.

Michaela is proud of her role at Purple House. In addition to completing her studies, she has obtained a driver's licence, is running workshops solo and has travelled interstate several times for work.

"Hope means having something to look forward to," says Michaela. "I would like to thank people for their support."

*"I enjoy building relationships with patients. I think it's very important for us to feel proud of who we are and ensure that my children and their children can say where they are from and feel proud of that. If we keep our culture alive we can feel strong."*

-Michaela

\*Australian Institute of Health and Welfare 2017





## FIND MICHAELA'S SHORT FILM AND INTERACTIVE STUDENT WORKBOOK:

<https://www.thinglink.com/fullscreen/1114794216891875329>



### PRAYER

God of justice and peace,

You call us all to be the best we can be. We pray that we learn from our First Australian sisters and brothers across this vast land, like Michaela and all the staff and patients at Purple House. Walk with us towards justice and healing with open hearts. We ask this prayer in your name. Amen



### REFLECT

*Hope requires that we spin a few dreams for ourselves that are possible, doable and desirable.*

Joan Chittister OSB

- What is your hope for the future? What dreams will you be spinning?
- How is Michaela's story one of hope?
- Why do you think Caritas chose this quote with Michaela's story?



### CATHOLIC SOCIAL TEACHING

Subsidiarity

We believe in every person's right to participate in the decisions that affect their own lives.

- How is Michaela's story a great example of subsidiarity?
- How can we work together to achieve greater recognition, reconciliation, civil rights, and improvements in education and health for our First Australian sisters and brothers?

### LEARNING TASKS



#### TASK 1: STORY STUDY

English- ACELY1701, 1703, 1713



Watch (or read) Michaela's story and discuss:

1. How is Michaela bringing hope to others?
2. Where does Michaela live?
3. Why are places like Purple House important to ensure First Australians keep their connection to country while receiving treatment?
4. Why do you think it is important for young people, like Michaela, to learn more about their culture from Elders?

5. Why did the community establish Purple House?
6. What did you find interesting about Michaela's story?
7. How are the patients helping Michaela learn new things?



#### TASK 2: PHOTO STUDY

Consider each photograph in the collage.

1. What is happening in the picture?
2. How do you know?
3. Where do you think the picture was taken?
4. What have you learned about the life of others around the world from this picture?
5. If you could meet the people in these photos what would you like to ask them?
6. What is your favourite picture and why?



#### TASK 3: COUNTRY STUDY

HASS - ACHASSI123, GEOGRAPHYACHASSK138, ACHASSK139 Search for the tags in the Interactive Workbook Thinglink (or do your own research) to find the answers to the following questions about Australia:

1. What is the population?
2. What percentage of the population of Aboriginal Australians are living below the poverty line?
3. How does this compare with non-Aboriginal Australians?
4. What are the official languages?
5. What is the main religion?
6. Why are some people living in poverty?
7. Why is there inequality?



#### TASK 4: BUSH TUCKER

Food and cooking methods are an important part of Aboriginal history and relationship with the native Australian plants and animals.

1. Have you ever tried a bush tomato?
2. How about kangaroo burgers?
3. What vitamins and minerals can you find in witchetty grubs, honey ants, bush fruits and other native Australian foods?
4. How do they compare to introduced

foods like apples, oranges, or lamb and beef?

5. What impact did the introduction of new foods by Europeans have on First Australians?
6. How do you think hunting and gathering foods helps maintain a spiritual connection to land.



#### TASK 5: CULTURE AND TRADITIONS

ACHASSK093

We are all special and have different cultures and traditions. Michaela and the patients at the Purple House enjoy working and learning from one another. They are able to share important information about their culture and traditions.

1. What are some of Michaela's cultures and traditions?
2. What are some of your traditions?
3. How does where we live influence our sense of identity?
4. How would you describe yourself and your identity?
5. Who can you ask to learn more about your traditions and culture?
6. Why is it important to respect and show welcome to people of different cultures?



#### TASK 6: GRATITUDE JOURNAL

Michaela is a 21-year-old trainee at Purple House, a dialysis center in the Central Desert for people suffering from kidney disease. With the support of Caritas partners, Michaela is helping to build a social enterprise, a connection to culture and a new outlook for the chronically ill. Spend 10 minutes reflecting upon what you have learned and on all the blessings in your life. Record this reflection in a gratitude journal entry (p. 37).

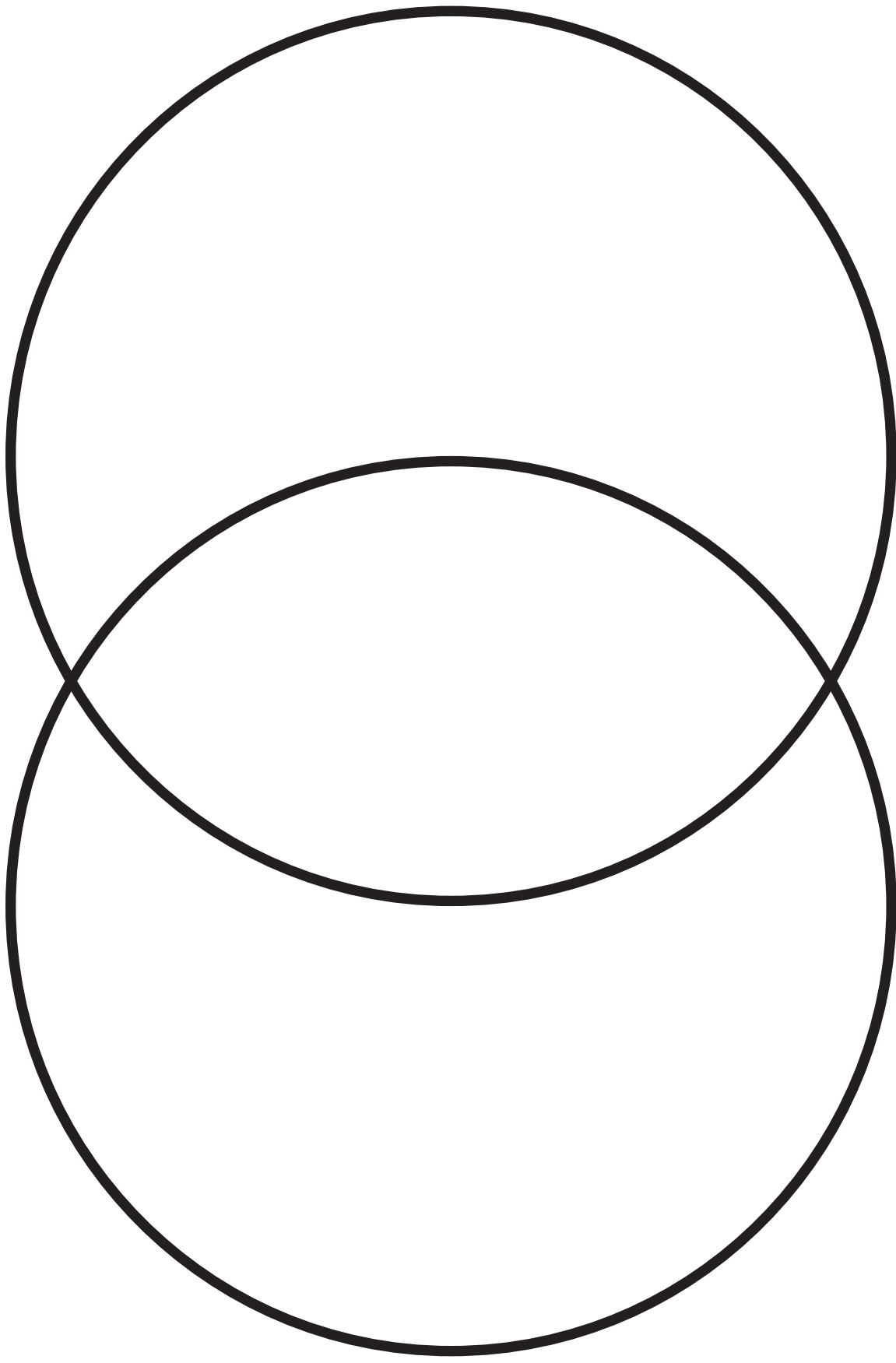
#### ADDITIONAL ACTIVITY

(Not included in interactive workbook)



#### MAKING DAMPER

Michaela enjoys going and collecting food with the older patients and making damper. Make damper in your class.



# Venn Diagram

How are you and Michaela similar and different?



"Hope requires that we spin a few dreams for ourselves that are possible, doable and desirable."

– Joan Chittister OSB

## MICHAELA, AUSTRALIA

This week I was filled with hope when...

I showed I was a person of hope this week when...



## 100% COMMUNITY



Michaela, Australia

Michaela is a 21-year-old trainee at Purple House, a dialysis center in the Central Desert for people suffering from kidney disease. With the support of Caritas partners, Michaela is helping to build a social enterprise, a connection to culture and a new outlook for the chronically ill. Spend 10 minutes reflecting upon what you have learned and on all the blessings in your life.

This week I am grateful for...

Three important things I learned from others this week are...

1.

2.

3.

