

Family Homemaker Program



**The development of Family Centres on the
Anangu Pitjantjatjara Yankunytjatjara Lands
(APY Lands).**

**The trials and triumphs of
developing
family support programs in a
remote setting**

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HOMEMAKER PROGRAM



A JOINTLY FUNDED INITIATIVE
OF
THE SOUTH AUSTRALIAN
&
AUSTRALIAN GOVERNMENTS



Homemaker program



- The community family centre is the base for the homemaker program. The homemaker program works with families to improve the safety and well being of Anangu children by helping parents create a safe and healthy home environment




It provides assistance in

- Housekeeping
- Personal hygiene
- Home hygiene
- Parenting skills
- Nutritious meal planning
- Cooking
- Preventative health care
- Home maintenance
- Budgeting & Money management

Starting out – the Trials

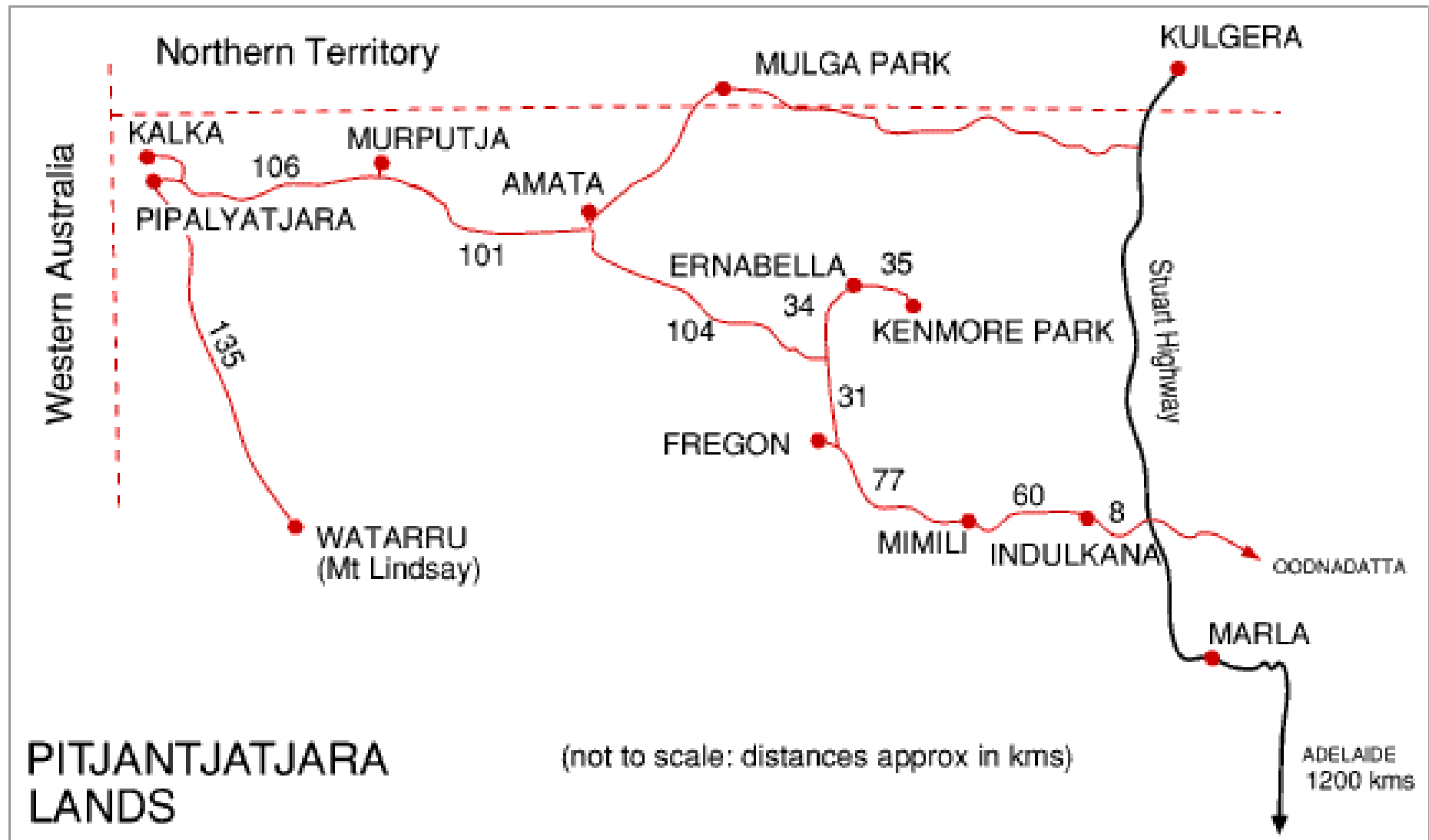


- Remoteness of the communities
 - Lack of community infrastructure
 - Substandard living conditions
 - Undeveloped workforce
 - Disconnected service system
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Where are the APY Lands?



Trials – communities over 700kms



Trials – lack of infrastructure

- Starting to make a family centre
- This is the building after cleaning out the dirt and rubbish



Kaltjiti (Fregon)

The finished product.....



Living Conditions-the trials

- **LACK OF:**
- Furniture
- White Goods
- Stove
- Hot Water
- Repairs and maintenance
- Houses



A Lands house

Living Conditions-the trials



TOO MANY

People in each house

Camp dogs



Starting to overcome trials and get to triumphs



- Work with each community to develop their program together
- Involve families in developing the centres
- Develop partnerships with other agencies to work together
- Training for workers and community members



Work with the community to develop a program together



Communities want to include: -

- Services working together
- Respect
- Self esteem
- Culture
- Play
- Training
- Sustainable incomes




Communities wanted their programs to



Work with the whole family to provide a better lifestyle for our children and to better the community;

Find out what people need so we can help them achieve their goals. We support families to work towards their aims



Families involved in developing the centre's

- Community members work together to clean paint and develop their centres



Taking a well earned break



Triumphs – Working together

- Community Councils
- Executive Councils
- Families SA
- SAPOL
- DASSA
- FACSIA and DOHA
- Schools across the Lands

Triumphs – Working together



- NPY Women's Council
- Nganampa Health
- Waltja Tjutangku Palypai
- Society of Saint Vincent de Paul
- Australian Centre for Child Protection
- Bush Rub Enterprise



Training



- Readiness for work
 - Nutrition & cooking
 - Childcare
 - Budgeting & money management
 - Personal care for people with disabilities
 - Gardening
 - Sewing
 - Pamper course
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Triumphs -Healthy Lifestyle

- Personal Hygiene
- Home Hygiene
- Early Childhood Development
- Growth
- Nutrition
- Positive Parenting
- (p.s. We have real baths too!)



Hannah taking a bath

Triumphs - Routine

- Feeding times
- Sleeping patterns
- Regular monitoring of health
- Building of mind, body and soul



Triumphs -Letting kids be kids

- Kids need time to be kids so they can grow and develop their own personalities.
- Play time is important to help development and learn to express feelings



What we want to achieve for children

- Respect
- Self Esteem



Triumphs - Respect

- Themselves
- Parents
- Elders and others
- Culture and Heritage (it's so important)
- Learning to respect not only their own culture but also the society they are facing.



Self Esteem

- Be PROUD and have PRIDE
- Keeping history and culture alive
You are as good as the next person
don't be afraid of who you are and where you come from.



Triumphs - Bush Rub

- Using traditional material to produce a range of products
- Anangu working with Anangu



Irmangka-Irmangka plant

What is Bush Rub you ask??

Bush rub uses;

- Pain relief
- Cold relief
- Aching muscle relief
- Lip balm
- Skin irritations and rashes

Other products

- Massage oil
- Soap



Why it's good for the community

- Involves everybody in the community
- Reduce welfare dependency
- Transfers culture
- Builds Respect & Self Esteem

