



Amy Clause is Oneida from Six Nations.

Amy is in her final year of the Bachelor of Science in Nursing at McMaster University. She dropped out of high school in grade 10, became a teenage mom and returned to school at the age of 25.

Amy feels her major accomplishments are her three children, Rachel, Ashley and Jason and her advocacy for Aboriginal health care. “I feel it is my **responsibility** to bring these types of issues forward to my peers in the nursing program so that the future nursing workforce is aware of the challenges and barriers Aboriginals face in the Canadian Health care system.”

Amy’s future educational goals include attaining her Master of Science in Nursing and specifically she would like to facilitate a **peaceful and familiar** death experience for the elders on the Six Nations reserve. She thinks it is important to “give the dying authority to make their own medical decisions and ultimately give our elders the respect they so richly deserve.”

One of Amy’s biggest challenges while completing her education has been the transition from being a stay at home mom to rarely being home. She found that even when she was home, her studies took up much of her time. She has had several support systems in her life to help her through everything including her parents, a wonderful partner and many friends. **She was relieved to catch her daughter pretending to be a nurse one day, she knew then that “she was proud of me.”**

Amy believes that the way to make a positive impact on the world “is through listening to the voice of experience and combining that with a solid

educational background.” These principles have guided her to this current place in her education and career.

Amy plans to work at improving Aboriginal health care through several different means throughout her career. She plans to continue “assisting with recruitment, teaching, promotion and awareness of the opportunities for Aboriginals in the health care field.” In addition, she plans to be involved with the health care system both in clinical research and policy development, while continuing to “**advocate for the appropriate and sensitive health care needs of our elders within our community and in urban settings.**”

One key challenge that Amy feels needs to be addressed by Six Nations in future generations is “obesity among children and adults resulting in poor physical health and quality of life.” She finds the sedentary lifestyle, that technological and entertainment advances have created for our youth, are especially dangerous for Aboriginals since “our bodies are not genetically

programmed to metabolize the carbohydrates and chemicals that exist in our food today.” She feels that those in the health care field should educate their communities and act as role models.

Amy wants to tell everyone that **IT IS NEVER TOO LATE!** She took her own path and returned to school at 25. She understands the benefit of life experience but feels that “**post secondary education can provide you with the toolbox and contacts to make a difference for your family, your community, your country and perhaps the world.**” She feels that **HARD WORK and COMMITMENT** can take you anywhere and you can become an inspiration to future generations. “**Dream big, set goals and persevere till you have achieved success.**”

Finally, Amy would like to encourage everyone to continue to respect our elders and take the time to listen to them “- **they are one of our most valuable assets.**”