

## CCAC?looking for local heroes

Every day, people in the community go to great lengths to improve the lives of those limited by age, illness or disability. To help recognize the heroic work of these caregivers, the Central West Community Care Access Centre (CCAC) is launching its second annual Heroes in the Home Caregiver Awards.

The program invites residents to nominate outstanding caregivers who, through their efforts, have helped others to remain at home independently. Last October, the CCAC presented 118 local caregivers with recognition awards during a special ceremony.

?As a CCAC, our goal is to enable people to live in the comfort of their own homes, or in the most appropriate setting for their needs, for as long as possible,? commented Central West CCAC Chief Executive Officer Cathy Hecimovich. ?We know that we cannot do this alone; there are often caregivers whose efforts are instrumental in helping others maintain their independence. The Heroes in the Home program acknowledges the contributions of these caregivers, many of whom often go unacknowledged.? Heroes in the Home acknowledges and celebrates all caregivers in the community ? family members, friends, volunteers, personal support workers, care coordinators, nurses, therapists and other health care professionals.

Nominations for Heroes in the Home will be accepted until Sept. 30, and the award ceremony will take place in the late fall. Each nominee will receive a certificate and be invited to attend the celebration with their nominator.

More information is available online at [www.heroesinthehomeccac.com](http://www.heroesinthehomeccac.com)

Nominations are being accepted online, via email at [cwheroes@cw.ccac-ont.ca](mailto:cwheroes@cw.ccac-ont.ca) and by phone at 905-796-0040, ext. 7756.