

Local residents encouraged to nominate 'heroic' caregivers

Caregivers improve the lives of others in the community every day, and now residents are encouraged to nominate them for the Central West Community Care Access Centre (CCAC)'s third annual Heroes in the Home program.

The program celebrates all types of caregivers - family members, friends, volunteers, personal support workers, care coordinators, nurses, therapists and other health care professionals - who help others maintain their health and independence. Each caregiver nominated will receive a certificate of recognition and be invited to attend an award celebration in late fall.

"I was very surprised and honoured to hear I was nominated for a Heroes in the Home award," said Kim Storey, who has been nominated this year. "My parents were always there for us, so now I do whatever I can for my dad, and help him keep his independence as long as possible. Thankfully, the CCAC has the same goal."

According to Statistics Canada, in 2012 about 8.1 million Canadians provided care to a family member or friend with a long-term health condition, disability or needs related to aging.

"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," explained CCAC Chief Executive Officer Cathy Hecimovich. "But we know that we can't do this alone. Caregivers are the unsung heroes of our health care system; whether caring for a chronically-ill spouse, helping an elderly parent live independently, or providing essential personal support or medical home care, they make a difference every day. We want to recognize their truly heroic efforts."

Nominations for Heroes in the Home will be accepted until Oct. 14. For more information or to nominate a special caregiver, visit www.heroesinthehomecwccac.com or call 905-796-0040 ext. 7756.