

Heroes in the Home Caregiver Recognition Award 2018

Tracy Allan

When Joan's health began to decline, her quality of life started to diminish and it was a struggle for her to remain living at home on her own. That's when her daughter Tracy had Joan move in with her family including a husband, two children and a dog. Tracy does everything she can to help make her mom's life easier from preparing meals to cleaning and doing the laundry.

Tracy makes sure Joan gets to her hair appointments and numerous medical appointments along with family functions and holiday gatherings. Tracy also helps Joan with her personal care including bathing, dressing and other daily activities. Tracy is a most loving, hard-working and supportive daughter who does just about everything for her family, never expecting recognition or thanks. Not only is she the glue holding her family together, Tracy is a strong advocate for her Mom.

Tracy is a retired teacher turned homemaker. She keeps the household and her family on-track with their daily lives and her nominator Elysia says she doesn't know how the family would manage without Tracy holding it all together. Even during her rare moments of free time, Tracy is focused on others. For example, when her mother-in-law became ill, Tracy prepared and took individually wrapped homemade meals to her, out of the kindness of her heart to help a loved one.

On top of everything else, Tracy keeps involved with her extended family helping out with celebrations, often staying up late at night to create banners, gift baskets/goodies, table centerpieces, and planning fun games and activities for family events.

Nominator Elysia says Tracy is special because she is a loving and supportive person in her life who cares for family, extended family and especially her mother. She provides encouragement to Joan and persuades her to improve her own health by eating better, being more social and getting around the house. Tracy is an inspiration to everyone who knows her. We thank Tracy for her dedication as a loving caregiver and it is our honour to recognize Tracy as a Hero in the Home.



**Nominated by
Elysia Roechner**