

## Heroes in the Home Caregiver Recognition Award 2018

### Linda Long



Linda exemplifies the definition of a hero having been a strong advocate, caregiver and friend to her husband Gary. Gary experienced two strokes in 2015 and Linda was there every step of the way, assisting with his every need and caring for him tirelessly.

Linda was the most organized caregiver, documenting medical visits, procedures and medical changes, making sure Gary was getting the best care possible. She provided assistance with Gary's daily living activities, home support, transportation to appointments, companionship and emotional support. Linda also took on all household responsibilities, grocery shopping, cooking, cleaning and addressing all aspects of Gary's care.

Linda provided care previously to her mother and Gary's parents, always remaining positive and providing kind and gentle support to them. As the constant voice of reason, Linda could rise above any challenge persevering and never giving up on her husband. Her strength, dedication and kindness have always shone through no matter how difficult the circumstance. Always willing to assist others, her generosity and strength are strong examples of her selfless approach to caregiving.

With a passion for travel, playing cards and games, Linda loves being around other people and focusing on how she can assist others. Her favourite quote is: *It's amazing how strong you can be when you have no other choice.* Linda's strength and determination helped her support Gary at home for as long as possible, tending to his every need. When Gary needed a higher level of care, he moved to a long-term care home this past February, where he passed away shortly thereafter.

Linda – thank you for being such a dedicated, generous and loving caregiver to Gary. Your tireless efforts and devotion to your husband are nothing short of remarkable. We are grateful to you and pleased to recognize you as a Hero in the Home!



**Nominated by  
Marta Jarosinski**