

## Hamilton Niagara Haldimand Brant Local Health Integration Network's Caregiver Recognition Program honours exceptional individuals

### NEWS RELEASE

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One hundred and forty two unpaid caregivers are being honoured as part of the annual *Heroes in the Home* Caregiver Recognition program for 2018, presented by the Hamilton Niagara Haldimand Brant Local Health Integration Network (HNHB LHIN). Honourees are from communities across the LHIN including Hamilton, St. Catharines, Grimsby, Simcoe, Brantford and Burlington.

*Heroes in the Home* honours unpaid caregivers who support and care for their loved ones at home and in the community so they can live fulfilling lives regardless of health concerns or limitations. Anyone can nominate an unpaid caregiver for a *Heroes* award at any time throughout the year; the only criteria are, caregivers must reside within the Hamilton Niagara Haldimand Brant region and provide care to someone living in Ontario.

Since the program began in 2010, more than 1,300 unpaid caregivers from across the Hamilton Niagara Haldimand Brant LHIN have been recognized. This year's nominees will be celebrated and honoured as part of the Caregiver Hall of Fame page on the LHIN's website, which will serve as a strong reminder to all caregivers to keep doing what they do out of love for the people they care for.

Figures from Statistics Canada indicate, approximately 3.3 million unpaid caregivers provide support to their loved ones in Ontario alone – an estimated annual value of more than \$31 billion in the health care system.

### QUOTES

"Unpaid caregivers make a positive difference in the lives of tens of thousands of people across our region every day. The support these unsung heroes provide their loved ones helps maintain their quality of life in safety and comfort. We are pleased to recognize them as *Heroes in the Home*." – Bill Thompson, Vice Chair HNHB LHIN

"We are grateful to our caregivers and honoured to recognize their selfless dedication in caring for family members, friends and neighbours. These exceptional people are an integral part of the health care system, ensuring people are being well cared for and supported at home and in their communities." – Donna Cripps, CEO, HNHB LHIN

## Backgrounder

The *Heroes in the Home* Caregiver Recognition program started in 2010 and since then, more than 1,300 unpaid caregivers have been honoured by the Hamilton Niagara Haldimand Brant Local Health Integration Network. [Nominations](#) for *Heroes in the Home* are open all year – the only criteria are, the unpaid caregiver must reside within the Hamilton Niagara Haldimand Brant region and provide care to a person living in Ontario.

The [Caregiver Hall of Fame page](#) on the LHIN website is a new addition for 2018, showcasing stories and photos of those *Heroes in the Home* who have agreed to share details about their caregiving journeys. Of the 142 *Heroes in the Home* recipients this year, 53 reside in the Hamilton-Burlington area, 42 are from Niagara region, 29 live in Haldimand Norfolk, and 18 reside in Brant.

## Quotes from 2018 *Heroes in the Home* Recipients

“Being recognized as a *Hero in the Home* means the world to me. I am honoured to be nominated and happy to be recognized as part of the Caregiver Wall of Fame web page. It will serve as a strong reminder to all caregivers to keep doing what we do out of love for those we care for.” – Ana Long, Hamilton, ON

“I am a caregiver to my sister and feel honoured to be nominated by her because she is family and I love her. I don’t expect recognition or praise – just knowing I can help her get through this makes me happy. She is the real hero here.” – Anne Cameron, Welland, ON

“It made us feel good to know that our LHIN care coordinator Regan thinks we are doing a great job as caregivers. We work together to care for our husband and father because we want him to be at home and keep our family together.” – Fern Gardner and Laurel Smelser – Hagersville, ON

“I am honoured to be recognized and it’s gratifying to know that so many people are being recognized and appreciated as home caregivers. We’re fortunate to have strong support systems in our community including a caring family doctor, the Adult Recreation Therapy Center, Alzheimer Society, and LHIN as the gateway to additional home and community care and support services.” – Wilf Coulson, Brantford, ON

The Hamilton Niagara Haldimand Brant Local Health Integration Network is home to a diverse population of more than 1.4 million people. The LHIN plans and funds the local health care system and works with more than 185 health system partners and service providers. In addition, the LHIN coordinates and delivers home and community care and support services for more than 89,000 people across our region. For more information about the Hamilton Niagara Haldimand Brant LHIN and *Heroes in the Home*, please visit [www.hnhblhin.on.ca](http://www.hnhblhin.on.ca).

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