

HNHB CCAC Honours Unpaid Caregivers through Heroes in the Home

Hamilton Niagara Haldimand Brant Community Access Centre (HNHB CCAC) held its annual caregiver recognition celebration recently, honouring 173 people as part of the 2016 *Heroes in the Home* events in St Catharines, Hamilton-Burlington, Haldimand Norfolk and Brant.

HNHB CCAC honours caregivers each year recognizing their selfless contributions and sacrifices made in supporting the well-being of others. In Ontario alone, 3.3 million women and men make it possible for family members and loved ones to remain living at home, safely and comfortably, where they want to be.



St. Catharines resident Alan Cimprich was one of 35 of nominees in Niagara region. Alan provided care and support for both of his parents and most recently, cared for a relative who is in an assisted living residence. According to Alan, caring for his loved ones was the most meaningful work he's ever done.

"Society's view of caregiving can be complicated but there has been progress in how caregivers are recognized, valued and supported," Alan said. "The significance *Heroes in the Home* has in recognizing unpaid caregivers simply adds to the momentum already being created within the caregiving community to continue finding ways to support family caregivers while ensuring a brighter future for the next generation of caregivers".

Cimprich wonders if caregivers recognize the value of the tough job they're doing and the difference they're making in the lives of so many people.

"Caregivers need stamina and the physical and psychological endurance required to support their loved ones," said Alan.

Care Coordinator Shannon Ballagh nominated Alan as a *Hero in the Home*. She says she and her colleagues are encouraged by Alan's dedication to the well-being of his family.

"Alan has committed so much to caring for his family. He's an incredible man and I feel privileged to have come to know him professionally," said Shannon.

HNHB CCAC connects people throughout the region with health and support services that allow them to remain living safely at home, avoid hospital admission and explore long-term care options.