

Caregiver Spotlight—Abbigail Wright-Gourlay

People of all ages serve as caregivers. Grade 8 student Abbigail Wright-Gourlay was honoured in HNHB CCAC's *Heroes in the Home* program in Niagara. The young St. Catharines woman has grown up assisting in the care for her twin brother Andrew who has Tourette's syndrome. Abbigail was nominated as a Hero by Niagara's Powerhouse Project as part of the Young Carers initiative.



Nominator Michelle Lewis says Abbigail loves her brother but is concerned about her own stress and the mixed emotions she feels when Andrew acts out,” said nominator Michelle Lewis. “Abigail’s wish is for her brother to be happy and to be seen as an individual – not defined by Tourette’s.”

Abbigail’s dedication and compassion in caring for her brother play a major role in her learning experience as a young carer.

The Young Carers Initiative assists caregiving children and young people and their families by offering social, recreational and educational programs designed to foster resilience, self-esteem and life skills.

Abbigail participated in a filmmaking workshop with other young people between the ages of 10 and 18. Each person took on the roles of writer, editor, videographer, photographer, and everything in between in making videos.

It takes a special person to take on such an important role at such a young age. Abbigail continues to go above and beyond every day.

Watch Abbigail’s video [here](#)>>

For more information about the Powerhouse Project visit www.powerhouseproject.ca/about/