

Profiling Exceptional Caregivers – Meet Lexa Hedden

When the going gets tough, Lexa Hedden gets going!

The 17-year old woman from St. Catharines has a huge heart and is filled with spirit.

Earlier this year, Lexa’s young twin boy cousins needed urgent help. Lexa knew she could do it and stepped up without hesitation to care for her cousins when their mother needed medical treatment for her own serious health issues.



One of the boys has special medical needs and Lexa assisted with ostomy care and the boy’s feeding tube. Even though Lexa found it challenging to care for the twins, she just kept at it.

“When I first started out I was a little scared, I didn’t know much about ostomy care or how to make sure about the medication,” Lexa said. “I thought about it and realized – *I can do this. I can work this out for myself* – and I did it.”

Through her experience caring for the boys, Lexa realized just how good she is with kids and may decide on a future career path that involves working with children.

“With my cousin’s kids, I realized that someday, I’d like to work with kids who are a bit older including those with special needs,” said Lexa.

Lexa was honoured recently during HNHB CCAC’s caregiver recognition program, *Heroes in the Home*, which made her feel good.

“It was surprising,” Lexa said. “When it’s just family helping family – when my family needs me – I will step up and help them!”

The Grade 12 student is a patient person who never hesitates to help others. Lexa, her twin cousins and the rest of the family are doing well these days.

