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Exceptional Caregivers recognized as Heroes in the Home by the Hamilton Niagara Haldimand Brant Local Health Integration Network

Hamilton, ON – Nearly fifty unpaid caregivers from across Hamilton, Burlington, Niagara, Haldimand, Norfolk and Brant are being honoured as part of the 10th Annual *Heroes in the Home* Caregiver Recognition program coordinated by the Hamilton Niagara Haldimand Brant Local Health Integration Network (LHIN).

Heroes in the Home celebrates 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 limitations. Anyone can nominate an unpaid caregiver for a *Heroes* award at any time during the year. The only criteria are that caregivers must reside within the Hamilton Niagara Haldimand Brant region and provide care to someone living in Ontario.

The LHIN is pleased to honour caregivers each year recognizing their selfless contributions and sacrifices that help support the well-being of others. Some 1,400 unpaid caregivers from across the Hamilton Niagara Haldimand Brant LHIN have been recognized since the program began in 2010. This year's nominees will be celebrated and honoured as part of the [Heroes in the Home Caregiver Hall of Fame](#) page on the HNHB LHIN 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.

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

QUOTES:

"Caregivers are an essential part of our health care system. We could not do what we do without the tireless efforts of these exceptional people, recognizing their commitment and devotion to caring for their loved ones and friends. They are the unsung heroes whose efforts are having a positive impact in the lives of tens of thousands of people across our region every day." – **Donna Cripps, CEO HNHB LHIN**

"Creighton was a friend and volunteer of Friday Night Community who had no voice, no resources and no supports to help him carry out his wishes to spend his final days at home. We loved our friend who gave so much to others. Our 'Little Buddy' taught us so much about unconditional love, strength, perseverance and living life with a sense of humour. We were blessed to have had the opportunity to provide him with care and support." – **Glen Canavan, Caregiver on behalf of Creighton's Crew, Hamilton, ON**

"As a loving, caring wife, I felt it was my duty to care for my husband at home where he wanted to be, showing compassion and respect for his wishes. I knew his life would be cut short and wanted only the best for him. His care needs were met, and we provided him with assurance that we would spend as much time together as possible before his time came to an end." – **Ruth Lavoie, Caregiver, Brantford, ON**

“Serving as an unpaid caregiver provides me with an opportunity to help others have a better quality of life, and I am so thankful for this experience. Helping others is a calling and I believe we are all part of each other’s village, trying to do our best in life. I feel humbled and honoured to be recognized as a Hero in the Home.” – **Jori Warren, Caregiver, St. Catharines, ON**

For more information about the Hamilton Niagara Haldimand Brant Local Health Integration Network and Home and Community Care, please visit: www.hnhblhin.on.ca.

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