



Pooja Sinha

Category: Caring and Sharing

Nomination was submitted by neighbour Shaheen, from Toronto.

For many years now, Pooja has been an around-the-clock, live-in caregiver. She turned her personal and work life upside down to be able to dedicate her time and be directly involved in the care of her loved one. The nominator expressed that they have witnessed her incredible devotion and untiring efforts over and above acts of caregiving for her loved one.

Pooja has been invited to speak at events with healthcare professionals across disciplines including at the University of Toronto with over a hundred doctors in attendance.

She developed a caregiver approach - to keep 'comfort' at the centre by giving daily massages when it's time to sleep, avoiding use of any strong medication, using technology like Fitbit watches and the latest gadgets for safety and music therapy, designing shorthand charts and a system to keep track of daily progress, activity and issues with her loved one's health.

She collaborates with friends, neighbours and health care workers to crowdsource ideas and best practices and shares them with others in the community.

Pooja's day to day, intimate involvement and oversight of care, and her relentless advocacy has enabled her loved one to be at home in a loving, familiar environment despite their health challenges and to be able to go out frequently instead of being stuck in bed, thus improving their quality of life. Going out is her loved ones' lifeline.

Despite having so much on her plate, Pooja is empathic and often connects with and supports many seniors in our community.

She has gone so far as to participate in a research study at the University of Toronto, designed to identify gaps and to brainstorm ways to improve the lives of seniors living by themselves in the community through aids, apps, technology, new ideas and more.