



Dipika Damerla, MPP

Serving Mississauga East-Cooksville



Support for Caregivers Making a Difference for Families in Mississauga

Ontario Funding Respite Services to Help Families Care for Loved Ones

NEWS

April 4, 2017

This year, Ontario increased supports for people caring for their loved ones at home in Mississauga, by increasing access to respite services for over 400 local families.

Today — on National Family Caregiver Day — MPP Damerla is thanking people in Mississauga for the work they do every day to care for their loved ones. A caregiver is someone who takes on the unpaid role of helping a family member or loved one with their physical or cognitive condition, injury or chronic life-limiting illness.

Investments from the province have allowed the Mississauga Halton Community Care Access Centre (CCAC) to expand their in-home respite services to families in Mississauga. These much-needed supports enable carers to temporarily step away from their caregiving responsibilities to focus on their own health and wellbeing. Carers return from respite breaks with refreshed strength and focus, helping them to continue safely caring for a loved one at home.

Robert's Story: *"For eight years, I've been a caregiver to my wife who has Alzheimer's. In recent years, the disease progressed and I was not able to leave her alone for more than ten minutes. Before we started receiving in-home respite supports through the Mississauga Halton CCAC, I found it hard to do any running around, and I had to give up volunteering in the community. I was scared to be away for too long. My care coordinator, who is absolutely wonderful by the way, helped me create a schedule where I had time to myself every other day; some days my wife goes to a day program, other days a respite worker comes to our house and reads to her. I used to be so nervous to leave my wife alone, but now I can do what I need to do outside of the house and not worry as much. I know everything is under control. My wife has really bonded with her support workers, and I'm finally able to take short breaks. We'll never get back to normalcy, but this helps a little. It's such a great thing for both of us."*

Ontario's support has allowed for approximately 600,000 additional hours of respite services for caregivers across the province this year.

Supporting patients and their caregivers is part of the government's plan to build a better Ontario through its [Patients First: Action Plan for Health Care](#). This plan is providing patients with faster access to the right care, better home and community care, the information they need to stay healthy and a health care system that's sustainable for generations to come.

QUOTES

“Improving home and community care is one of our government’s most important health care priorities. Informal caregivers, like family members and friends, contribute to more than seventy per cent of their loved ones’ caregiving needs, and we know how stressful that can be. We want to ensure caregivers are supported and able to take rests from providing care to their loved ones.”

— Dr. Eric Hoskins, Minister of Health and Long-Term Care

“Care for the caregiver is often forgotten. I am pleased that we are increasing respite services for caregivers here in Mississauga.”

— Dipika Damerla, MPP, Mississauga East-Cooksville

“We know that many caregivers are overwhelmed and exhausted. Caregiver respite programs are providing services and supports that enable caregivers to care for their loved ones and also take care of themselves. These are important steps towards strengthening home and community care for patients. Caregiver respite programs in the Mississauga Halton LHIN have been honoured in 2016 with the Minister’s Medal for Excellence in Health Quality and Safety and the National 3M Health Care Quality Team Award both recognizing the fundamental role caregivers play in our health care system and the need to support and empower them.”

— Bill MacLeod, Chief Executive Officer, Mississauga Halton LHIN

QUICK FACTS

- Informal caregivers represent approximately one in five Ontarians.
- The province has invested \$1.2M to better support caregivers across the Mississauga Halton LHIN increasing access to respite services for 600 local families.
- A [Carer Support Guide](#) is available, which is a great tool for any carers, in any region, at any step of their caregiving journey.
- Ontario invested \$100 million last year to enhance support for home care clients with high needs and their caregivers.
- The investment provided \$80 million to support enhanced care for clients who are most in need and \$20 million for caregiver respite, allowing caregivers who need it the most to take rests from providing care to their loved ones.
- Through consultations with people in Ontario and members of Ontario's Patient and Caregiver Advisory Table, the province recently established a [Statement of Home and Community Care Values](#). This Statement reflects the needs and priorities of home and community care clients and their caregivers and ensures their values are reflected in the care they receive.
- These initiatives support the commitments made in [Patients First: A Roadmap to Strengthen Home and Community Care](#).

LEARN MORE

- [Patients First: Action Plan for Health Care](#)
- [Patients First: A Roadmap to Strengthen Home and Community Care](#)
- [Bringing Care Home](#)
- [Ontario's Dementia Strategy](#)

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