



# INDIRA NAIDOO-HARRIS, MPP

Halton

## Support for Caregivers Making a Difference for Families in Milton

*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 Milton, by increasing access to respite services for over 45 local families.

Today — on National Family Caregiver Day — MPP Naidoo-Harris is thanking people in Milton 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 Milton. 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.

### **Paula's Story:**

*"I've been a full-time caregiver to my mom for the last five and a half years. She lives with me. When it's your parents you care for, it's so sad. It's sad to remember how she used to be and see how she is now. I feel overwhelmed often because her care is truly 24/7, so when my Mississauga Halton CCAC care coordinator told me about new in-home respite services, I was hopeful. I knew I needed a break... even just a few hours so I could go have coffee with a friend, or run an errand. My family and I schedule our entire lives around Mom's care needs. Eventually, it takes a toll on everyone. And yes, I feel guilty when I have to leave Mom, but when I return feeling better and stronger, I know it's the best thing for both of us. Respite gives me freedom. It gives me a chance to not worry about how Mom is doing; I know she's in good hands. She laughs with her workers; they're very affectionate. Ultimately, I wish I had this service sooner, and now that I do, I am forever grateful. It means a lot to my entire family."*

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.

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## 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

“The role of a caregiver is important and often challenging. We want to ensure caregivers are getting the support they need so they can take care of their loved ones, and also their own health and well-being. Today, National Family Caregiver Day, we have an opportunity to recognize the selfless dedication of caregivers and their significant contributions to the lives of their loved ones.”

— Indira Naidoo-Harris, MPP Halton

“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 Office, 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.

## 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](#)