



From “the worst apartment in Ottawa” to a place of his dreams.

Robert Perry was living in what some called “the worst apartment in Ottawa”—a ground-floor unit behind dumpsters, infested with cockroaches, rats, and mice.

People used his apartment as a shortcut into the building, and one night a stranger broke in and assaulted him. It was during this period that Robert lost both legs and became wheelchair-dependent.

That’s when Carefor social worker Marc Viau entered Robert’s life. Marc builds trust, listens deeply, and advocates relentlessly for his clients. Seeing Robert’s situation, he acted immediately. “No one should live like this,” he said.

Marc contacted Ottawa Community Housing and reached out to Robert’s City Councillor, MP, and MPP, prompting the creation of a five-person task force to find Robert safer housing.

Working closely with housing partners, he eventually secured Robert a one-bedroom unit with a private

***Around the time that Robert Perry lost his legs, we was living in an apartment infested with mice, fleas and cockroaches. With the help of Carefor Social Worker, Marc Viau, he’s found a new life and a new home.***

entrance and small garden in a quiet neighbourhood south of Alta Vista. The change has been life-altering. “I feel like a human being again,” Robert says. “Marc is an angel. I don’t know where I’d be without him.”

For Marc, this is the heart of social work, meeting people where they are and supporting them to regain their autonomy and dignity. Carefor isn’t widely known for social work, yet its four social workers face growing caseloads and increasingly complex issues.

*Continued on Page 3*

# Becoming More of a Nurse Than a Wife: Caregiving for a Husband with Dementia



**For nearly 40 years, Jenny Maroun's husband, Dr. Jean Maroun, was one of Ottawa's leading oncologists.** As the Head of Oncology at the Ottawa Hospital Cancer Centre he helped countless people through some very challenging times.

Today, Jean lives with advanced dementia, and Jenny is his primary caregiver.

The first signs appeared after his 2014 retirement. On a 2015 trip to China, he began forgetting simple plans, and in 2018 he was diagnosed with Alzheimer's disease.

As the illness progressed, everyday tasks such as dressing, shaving, and eating required Jenny's

help. "It happened little by little," she says. "One day he didn't know what a shirt was. Now, I do everything for him."

The couple once travelled often and enjoyed theatre and hockey. Now, caregiving is a full-time, commitment and with her children living far away and friends living different lives, Jenny feels the isolation many dementia caregivers face. "After COVID, our friends just sort of faded away," she says.

A crucial support has been the Carefor Carling Adult Day Program, which Jean attends twice per week. It offers social connection and dementia-friendly activities, while giving Jenny time to rest or run errands. "It's a godsend," she says. "I can go out knowing he's safe."

She values how staff adjust to his needs. "Other programs said he couldn't stay because he couldn't hold a fork. Carefor gives him finger food. They adapt to him at Carling," says Jenny.

Government funding covers the basics, but the activities and special touches that make these programs exceptional are thanks to donors.

Your support allows us to ensure these programs are free for clients. Your support allows caregivers like Jenny respite from 24/7 care knowing their loved ones are being well cared for.

## Carefor PSW Climbs 26 Floors to Provide Care



For home care PSWs, working in the community can come with its own challenges. As they are supporting people in their homes, a home can sometimes be on the 26th floor of an apartment building.

When Carefor PSW Sarah Jane Jones arrived to visit her client and discovered that the power was out, she knew she was about to get a workout. To make sure her client was bathed and fed, Sarah climbed all 26 floors, pausing every fifth. When her client learned what she did, he couldn't believe it and was so grateful he let us know about this remarkable feat.



Marc continues to meet with Robert to ensure he's settling into his new home.

"We're seeing more seniors lose housing because of new rules around filing taxes," Marc explains. "We're also seeing more challenges for new immigrants and even gunshot wounds," referencing a 22-year-old palliative client. With four visits allotted per client through Ontario Health atHome, Marc must work quickly to make meaningful change.

As Robert settles into his new home, he's rebuilding his life. Carefor Occupational Therapist Jany Bourassa recently brought him a new wheelchair to help him reconnect with his community, and after the loss of his beloved cat Simon, Marc is helping him find a service cat for companionship and purpose. "I need something to care for," Robert says.

Thanks to Marc and the Carefor team, Robert hasn't just found a home, he's found hope. "I thought my last place would be where I die," he says, "but now I know it'll be this one."

And the support of Carefor donors has been part of Robert's journey thanks to ongoing staff training such as Non-Violent Crisis Intervention and mental health training, which allow Carefor staff to enhance their skills to provide better support.

## What is your legacy?



## Create a Legacy of Care

As we age, we often think about our legacy and how we will be remembered beyond our time on Earth. We do as much as we can to make life better for those around us in the time we have. One way you can continue to have impact is through a Legacy Gift.

Many people have left a gift to Carefor in their Will, which has allowed us to innovate to improve our programs and services. These gifts have supported Carefor to have a major impact on thousands of people per year. To learn more about Legacy Giving visit [carefor.ca/yourlegacy](https://carefor.ca/yourlegacy)

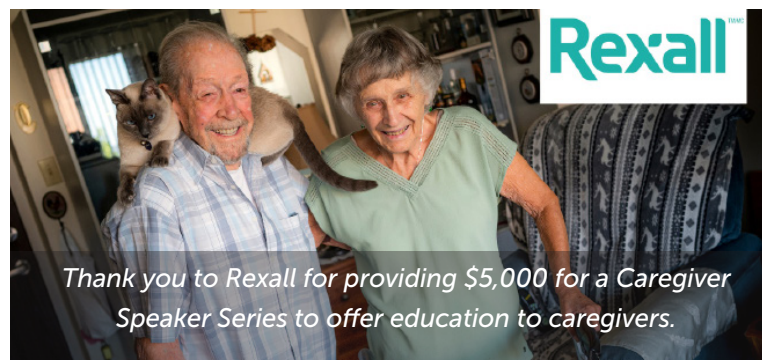
## Thank you to our caring community



Thank you to the Ottawa Community Foundation Snow White Fund for \$15,000 for tablets for our nurses.



Thank you to Jacob and his classmates from Algonquin College for raising \$550 for the Let's Get Together Club



Thank you to Rexall for providing \$5,000 for a Caregiver Speaker Series to offer education to caregivers.



*"Quality Rocks" and "The Ones Who Know About Joseph" enjoy friendly competition at the Curl for Carefor Bonspiel.*

## Curl for Carefor Raises Funds for Dementia Care

Thirty-two curlers came together on January 10th to hurry hard for specialized dementia care for women. The second annual Curl for Carefor Bonspiel at the Richmond Curling Club raised \$6,000 for Carefor Richmond Care Home.

Richmond Care Home is a specialized 16 unit retirement home exclusively for women living with dementia. The funds will be used for ongoing renovations and improvements to the home. Thank you to our curlers and our sponsors, King's Independent Grocer and Urban Mop.

## Some Basic Things Have Some Significant Costs



Carefor and home and community care agencies across Ontario have been advocating with government for increases in funding to keep pace with rapidly increasing costs to deliver programs and services. Ensuring appropriate funding levels for the home and community care sector will help prevent seniors from needing care from hospitals and long-term care.

While the Government of Ontario provides base funding for some programs and services, support from our donors helps staff develop skills through the purchase of essential equipment, such as:

- Naloxone practice ampules/kit: \$480
- Non-violent crisis intervention books: \$8,600
- Blood pressure machine: \$3,000



- Thermometers for nurses: \$1,200
- Recovery transport stretcher for Belfast Clinic: \$8,000
- Injection pad/partial limb (practice): \$375

Upcoming capital project:

- Renovating Belfast Clinic waiting area: \$30,000

Donations also help our adult day programs through:

- Entertainment: \$4,217,87
- Staff Training: \$1,200

Each action our staff takes in someone's life adds up to better outcomes for them and their family. Each donation we receive adds up to have meaningful impact on our programs, staff and clients.

If you're able to support these needs, please give.