

EPILEPSY HALTON PEEL HAMILTON

Epilepsy Halton Peel Hamilton are proud and excited to announce that they are the 2016 Featured Charity of the Toronto Waterfront Marathon Charity Challenge, which takes place on October 16, 2016.

Team Epilepsy Halton Peel Hamilton (EHPH) is participating in their sixth Scotiabank Toronto Waterfront Marathon and invites you to join their team!

Whether you're taking part in the full marathon, half-marathon, or the 5K, they encourage you to join the team to help raise funds, as well as awareness, in support of people and families living with epilepsy.

They're even being so generous as to pay the entry fee. And as an incentive to students, for raising \$200, each student will receive 20 volunteer hours.

EHPH needs help in reaching their \$25,000 goal, so to register

and start fundraising today, contact David at stwm@ehph.org or 905-450-1900 x203.

Epilepsy Halton Peel Hamilton is a non-profit charitable organization that provides education, information and support to families and individuals. They are dedicated to improving the quality of life for persons living with epilepsy.

Contact them to find out about Adult Support Groups, Sunny Days Camp, Seniors Helping Seniors, Grade 5 curriculum integration and more! They're dedicated to enhancing the quality of life for people living with seizure disorders through counselling and support services. Increasing public awareness via outreach, individual/family counselling and working with select forums, Epilepsy Halton Peel Hamilton strives to educate and encourage understanding within our community.



PERSONAL SUPPORT WORKERS FOSTER INDEPENDENCE



As the Baby Boomer generation ages, the population of senior citizens will continue to rise. Today, there are approximately 5.7 million seniors aged 65 and older, and Statistics Canada projects that number to increase to 8.7 million by 2031. Even more pressingly, StatCan expects the amount of seniors aged 80 and older to double within that timeframe. To be sure, fostering independence for seniors will be a challenge, but with Personal Support Workers, maintaining independence is that much easier.

The Benefits of Staying Independent

In Canada as a whole, independence is highly valued for all people. Everyone, no matter their age, should have the right to control their own lives. In this regard, giving seniors the opportunity to retain their independence should be a prerogative based on society's beliefs alone.

If seniors can stay in their own homes, this decreases the cost, crowdedness, and strain on our provincial long-term care and retirement facilities. And of course, seniors themselves maintain higher self-confidence and self-worth if they can remain independent at home.

Personal Support Workers

A Personal Support Worker offers the perfect medium between a senior remaining safe at home and maintaining their independence. Personal Support Workers can provide services like: bathing, grooming, toileting, meal planning and preparation, medication reminders, escorts to medical appointments/social outings/events and watchful companionship.

Every senior has different needs, and a Personal Support Worker can tailor their services for each individual. If age has made daily necessities difficult for a senior in your life, consider a Personal Support Worker to maintain the asset of independence.



To learn more about how a Personal Support Worker can help, call us today.

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