

What makes a caregiver? A caregiver is a family member or friend who provides unpaid care for a loved one living with challenges due to disability, illness, or aging. Do you take your elderly parents grocery shopping every week? What if you regularly drive a close friend to medical appointments? Did you cancel a night out with friends to care for your spouse that is ill? You're a caregiver, and for that we thank you.

As Silver Donald Cameron Said **'If Canadas health care system were a plant, family caregivers would be its roots- fragile, vital and Invisible.'** There are over 600,000 caregivers in Alberta.

There are many different resources available to caregivers on the Alberta Caregivers Association website www.AlbertaCaregivers.org, If you're in Edmonton relax in their Caregiver Connection Centre and connect with other caregivers. With all these resources available we hope to encourage caregivers to thrive as much as possible, as well as the loved ones they care for.

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