

# NEWS RELEASE

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## CAREGIVER APPRECIATION WEEK

**Kuujuaq, November 7<sup>th</sup>, 2022** – The first Caregiver Appreciation Week in Nunavik starts today and will end on November 11<sup>th</sup>, 2022. This week is an opportunity to recognize the contributions of caregivers and show them all the appreciation they deserve. They can be seen throughout the week, when they don a badge with a star that represents their role in guidance as a beacon for many.

A Natural Caregiver is a person who provides continuous or occasional support to someone living with certain limitations or disability. Support makes it possible to maintain &/or improve their quality of life, either at home or in another living environment. These collective actions contribute significantly to the community. Depending on the needs of the people they are caring for, the role of Caregivers varies.

A Worker-Caregiver is a person who provides support in the context of their employment to people living with certain limitations or disability; mainly in Nunavik Elders' Homes or with the Homecare Teams of the Health Centres. They hold historical and cultural knowledge in caring for communities and work passionately with those in need. The support of Worker-Caregivers is crucial for Nunavik families and for the health system.

In Nunavik, the number of Caregivers is estimated to be around 140 people. The pressure on Caregivers is increased in Nunavik, due to several challenges that affect the availability of homecare resources. They contribute considerably to their community and the exceptional work they do is essential. Their efforts should not be overlooked. Without caregivers, many people in need would be required to change their living environment, to move to another community or to the South. Many of them are elders who carry with them the memories and wisdom of communities.

The Nunavik Regional Board of Health and Social Services (NRBHSS) will develop a three-year regional action plan (2023-2026) to better support caregivers with the help they provide as a part of the national policy and the government action plan

*The Nunavik Regional Board of Health and Social Services is a public agency created in 1978 under the James Bay and Northern Quebec Agreement. It is responsible for nearly the entire Quebec territory located north of the 55<sup>th</sup> parallel in terms of the provision of health and social services for the inhabitants of the 14 communities.*

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**Source:** Nunavik Regional Board of Health and Social Services

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