

JUNE 29, 2011

## **CARE GIVERS GET RELIEF FROM LAMBTON ELDERLY OUTREACH**

Sharon Bidtnes is one of 1,500 clients that LEO serves. Sharon's life changed when she fell victim to a stroke in 1994. The stroke had left her unable to walk and she only regained her ability to talk after countless therapy sessions.

For many years Sharon's husband Toby took on the role of Sharon's full-time caregiver; preparing her meals, taking care of the home and helping her with her personal care and everyday tasks.

Toby found himself exhausted after every day; he had to watch and care for his wife constantly and it was difficult to find time to complete household chores and care for himself. The couple called LEO's caregiver respite service for help.

Sharon and Toby are now visited by personal support worker, Susan Peever, every Wednesday. "There's a lot of social benefit to Sharon for me being here," says Susan.

Susan helps Sharon and Toby by cleaning, preparing meals and doing personal shopping amongst other tasks. It was like getting a vacation, it's been a lifesaver for me," said Toby about the service, "There's a lot of help out in the community that you can use."

Lambton Elderly Outreach is helping seniors through the various programs they offer, which include, Meals on Wheels, respite services, transportation services, respite services, friendly visiting and security checks, home maintenance and repairs, exercise classes and much more.

For more information on Lambton Elderly Outreach, visit [www.lambtonelderlyoutreach.org](http://www.lambtonelderlyoutreach.org).