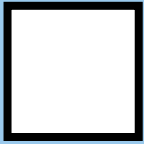
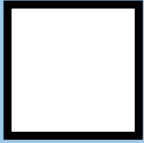


## Mary's retirement has been spent:



Traveling to Europe to visit her son and grandchildren



Starting her own vegetable garden



Taking care of her husband with Alzheimer's disease



All of the above



# 374,000 family caregivers in Ontario are 65 years or older \*



**Tuesday, April 3, 2018 is Family Caregiver Day.**  
Sign our thank you card at [www.ontariocaregivercoalition.ca](http://www.ontariocaregivercoalition.ca)  
or share your message on social media with **#thxcaregivers**.

The Ontario Caregiver Coalition is dedicated to recognizing the importance of unpaid caregivers in Ontario by raising awareness of the value they add to the health care system, and by advocating for improved, fair access to needed supports.

\*The Change Foundation (2016). *A Profile of Family Caregivers in Ontario*.