

It's 8pm, and Angela would love a little time to relax. But first she has to:



Organize her daughter's first birthday party



Read through a report before tomorrow's meeting



Pick up and deliver groceries for her father



All of the above



“Sandwich” generation caregivers provide care to both their aging parents and their children



Tuesday, April 3, 2018 is Family Caregiver Day. Sign our thank you card at 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.