

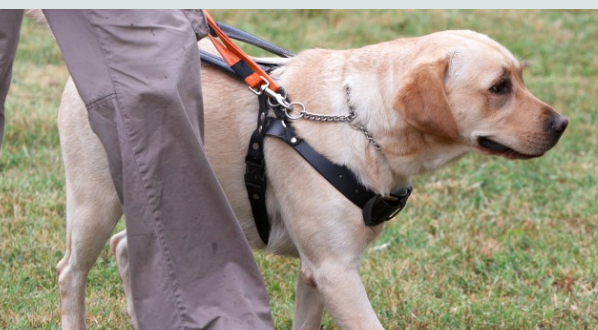


Service Dogs for Children with Disabilities

Service animals are specially trained to help people with physical, sensory, psychiatric or intellectual disabilities. Every service dog must meet certain standards and have specific training before they can assist people. Beyond being loyal pets and companions, service dogs can help children with disabilities by providing:

- **Comfort:** Living with a disability can cause anxiety, isolation, frustration and other challenging emotions. The presence of a service dog can drastically help children cope.
- **Independence:** Service dogs are specifically trained to meet the child's and family's needs. For example, a service dog can accompany a child during "scary" medical visits, interrupt self-harming behaviours, or pick up something that the child has dropped allowing children to stay safe, while increasing confidence and reducing family anxiety.
- **Companionship:** Sometimes children with disabilities have difficulty interacting with others and making friends. While a pet is not a substitute for friends, the emotional encouragement and positive bond they receive from their dog can not only provide companionship but also improve social/verbal skills.

Check out more caregiving articles at:
www.familycaregiving.ca



Nominate Your Amazing VHA Worker for a Client Choice Award

Share your stories of spectacular VHA care by **nominating your VHA Nurse, Personal Support Worker (PSW), Rehab Service Provider or Client Service Co-ordinator for our Client Choice Awards.**

VHA is committed to bringing the voices, feedback and ideas of clients and their families into everything we do.

That's why we want you—VHA clients and caregivers—to help us pick our 2019 Barbara Blackstock-Cody Client Choice Award winners by nominating an outstanding worker. Let us know who you think is a standout VHA worker—the person who goes above and beyond to support you or your loved one!



How do I nominate my VHA worker?

There are three ways to nominate your VHA worker:

1. Go online at www.vha.ca/clientchoice
2. Call 416-489-2500 ext. 7007 or toll free at 1-888-314-6622 ext. 7007
3. Write us a letter and send it to:

VHA Home HealthCare
Client Choice Awards
30 Soudan Avenue, Suite 600
Toronto, ON M4S 1V6

Tell us about how your VHA worker has truly made a difference in your life.

- Give us the name of the VHA worker you are nominating.
- Provide your name and contact information so we can follow up with you.
- Tell us why you think the worker should receive the award.
- Give an example or examples of why you feel the worker is so spectacular. How does he or she make you feel? What impact has their support had on your life and independence? The more details you give us the better.

The deadline is Friday, April 12, 2019!

Please note: Because we get so many submissions it may take 2-4 weeks for us to confirm your nomination. Thanks for your patience!

We look forward to hearing from you!

Loved our newsletter? Thought we missed something? Want to be profiled or contribute?

We're interested in hearing your ideas, stories and suggestions! Email communications@vha.ca or call **416-489-2500 ext. 4344**, toll free at **1-888-314-6622 ext. 4344**

We're All Ears!



Be Part of Shaping VHA's 2020-2025 Strategic Plan!



Over the next few months, VHA Home HealthCare (VHA) is charting its Strategic Plan for 2020-2025 and we'd like YOU to help! We're looking for clients and caregivers to answer a few key questions for us to help shape our priorities for our next strategic plan.

How can I help?

On March 18, 2019, we'll post a "big picture" question at www.vha.ca/strategic2020 we'd like you to answer (anonymously). Then on Monday, April 1st and April 15th we'll post another follow up question.

What will be the focus of the planning process?

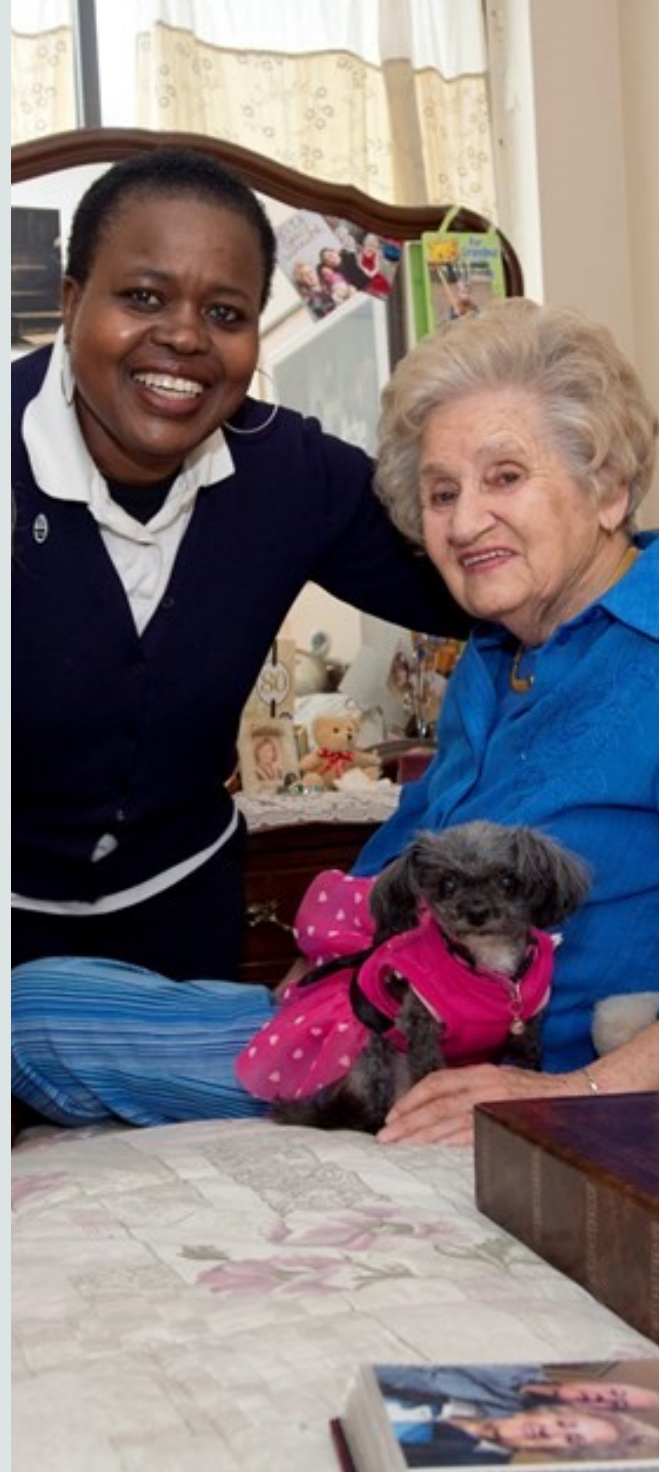
VHA is looking to define our future in a way that lets us:

- Continue providing excellent care while taking advantage of new opportunities
- Keep growing a vibrant, inspiring place to work where we make a difference
- Deepen our role as a key player in the transformation of the health care system

We'd love you to be a part of this dynamic process and are looking forward to your bold and brave responses!

Starting March 18, 2019 be sure to visit:

www.vha.ca/strategic2020



Meg Soper

Stacey Renee



**Join us Tuesday, April 2, 2019
for an Afternoon of Inspiration!**

Now in its 15th year, VHA's Heart of Home Care Awards event celebrates the unsung heroes of the health care system—family and friend caregivers—on National Caregivers' Day. Held at The Forth Event Boutique in Toronto, the afternoon is sure to be filled with love, laughter, great stories, live music and maybe a few tears as we honour the incredible heart unpaid caregivers show every day to friends and family members who are ill or disabled.

What: 15th Annual Heart of Home Care Awards Event, including prominent keynote speaker Meg Soper, and musical performance by Stacey Renee.

Where: The Forth Event Boutique, 629 Danforth Ave, Toronto, ON M4K 1R2

When: Tuesday, April 2, 2019 from 2:00 pm—3:30 pm (doors open at 1:30 pm)

Note: Sandwiches and light refreshments will be served. The venue is fully accessible.

**RSVP by March 26, 2019 at
bit.ly/HOHCAwards2019 or 416-280-8353**



Become a partner! Share your voice!

VHA is always looking to improve. Join the conversation. If you would like to share your thoughts and become a Client Voice partner at VHA, please contact **Stacey Ryan** at **647-460-8595** or **sryan@vha.ca** for more information.

