



Hilary

Category: Partner in Care

We received this next nomination from Arlette, a care coordinator in Scarborough.

Hilary is the mother and caregiver of 27 years old twin sons. Both sons have unpredictable and aggressive behaviors towards each other and towards Hilary. They are very active and require significant care, redirection, and protection. Due to the nature of their condition, their needs can be very specific. She, and her husband Marc, have a rigorous routine to ensure their day at home is smooth: planning every meal and back up snacks, activities and toys accessible for them, avoiding altercations between the boys, and using caution to ensure that her actions do not trigger their aggressive behavior.

She is constantly on alert, anticipating changes in their mood, often having to hide to protect herself. But those challenging days do not stop her from being this little ball of unparalleled energy, juggling multiple tasks at a time. Hilary and her husband Marc drive their sons from Scarborough to Etobicoke every weekday for their day program, where Hilary volunteers and helps with their fundraising activities.

Hilary is eligible to retire but continues to work at Sick Kids on Fridays and weekends (alternate days to her husband's work schedule), to support the twins' activities. Hilary attends workshops to learn how to better manage their care and keeps her sons active and engaged doing weekly outings to the pool and for ice cream as part of their routine

There are some exhausting and emotional days, but Hilary and Marc maintain their dedication to their children and the rest of their family in such an impressive and humbling way.

Nominating Hilary is my way to let her know her efforts are seen and even though her sons cannot thank her, there is no question that their life would not be what it is without her incredible devotion.