



# Jim Sprague

## Caring with Courage

### Submitted by Stephanie Grayson

Jim is an 84-year-old man caring for his wife, Louise and his son, Mark. However, do not let his age fool you, Jim is energetic, unstoppable and determined to provide full time care to keep both his wife and son at home, regardless of the impact on his own health and wellbeing.

His determination has led him to implement personalized strategies that best support his loved ones and focuses on their different hobbies and passions. For Mark, who faces serious mental health challenges and an acquired brain injury, each morning starts with setting daily goals and planning a day that balances fun with necessary activities. Keeping Mark active and engaged is important to Jim. He makes sure Mark has regular opportunities to connect with others and build relationships, driving him to Adult Day Programs twice a week, where he enjoys a creative outlet.

Meeting Mark where he is at, Jim encourages him to continue drawing and building. Despite the challenges he encounters due to his illness, Mark takes great comfort and pride in continuing to explore two of his passions, building Lego kits and adding to his collection of Hot Wheels cars.

Jim provides medication, meals and transportation for his family members. He has a thirst for knowledge and prides himself on keeping up with the latest research in health and wellness to best support his loved ones.

After enduring so many challenges, in speaking with Jim, he attributes his outlook and attitude to the lessons he learned from his parents' "good role modeling", saying, "if you are going through it, just keep going. Here's another day, let's get going." He strives for consistency, routine and healthy habits. Care Coordinator, Stephanie, seeing the impacts of Jim's devotion, reflects, "he is a dedicated, loyal and passionate caregiver."

Jim is a shining example of Caring with Courage and it is clear that Stephanie has built an incredible relationship with the family. With Jim sharing, "it's Stephanie that goes above and beyond, everyone is motivated by her visits, she really takes the time."