



OUR STORY



This Is Us

Hello my name is Tamara my partner Wesley are parents of two children with special needs, our daughter Lily was born with Down Syndrome (DS) and our son Thomas was diagnosed in 2020 with Autism Spectrum Disorder (ASD).

We are Algonquin and live in the Community of Timiskaming First Nation, our community is located on the boarder of Quebec and Ontario.

My partner is a construction worker in our community, and I am a stay-at-home mom.

I am excited to be here to share our story, experiences, and services that have helped us along the way.



Things Change

During my pregnancy with Lily, I had many issues (high blood pressure, and spotting at 12 weeks) I was eventually told I had preeclampsia and needed to keep down my stress levels, so I stopped working. A few weeks later I had to go in for non stress tests, monitoring and lots of ultrasounds.

October 4th, 2016, at 2:15pm we welcomed Lily into the world via Emergency C-Section. North Bay was the closest hospital that was able to perform the C-Section considering I was a month early and our local hospital didn't have the necessary equipment for us.

Due to her many health issues at birth Lily was transferred 6 hours later, to Children's Hospital of Eastern Ontario (CHEO), where they were better equipped to help children with severe health issues.





Hospital's and Doctors

When Lily was an infant we had doctors appointments often, she was also hospitalized often due to pneumonia which is still a issue today.

She has had 3 surgery, first was to repair her heart defects, then the other 2 were to place tube in her ears. She will be having her tonsils and anodes removed in the near future.

We still have appointment's regularly with Cardiology, ENT, Audiology, and Respirology at CHEO, along with Pediatrician, Dentist, Ophthalmology, Occupational Therapist, Speech and Language Pathologist .



TFN Health and Wellness Center

This is where we receive most of our local services, they include:

- Nurses/ Doctors/Dental Hygienist
- Medical Transportation
- Jordan's Principle Coordinator
- Moms support groups/ Self Care
- Youth Support Services
- Family Support Services
- Brighter Futures
- Occupational Therapist



Jordan's Principle

- This is a program for Indigenous children across Canada, this program is allowing parents, doctors, therapists, teachers, etc. to access funds to help aid in the growth and development of Indigenous Children.
- My family has used Jordan's Principle since 2016, they helped get Lily and Thomas a Occupational Therapist and Speech Therapist, since we live in Quebec the services are mainly in French and it is a long waiting list for the 1-2 English speaking workers available.
- This past summer this program covered the cost of Equine Therapy here in Timiskaming First Nation, Lily was able to attend, also able to have a therapist from Toronto who can make an adapted program just for her.



Jordan's Principle Continued...

- Lily and I were able to travel to Hamilton for the Canadian Down Syndrome Conference, we were able to meet other families, learn more about DS, and learn about different resources and programs available.

- I have also used Jordan's Principle to get medications not covered by NIHB, along with medical equipment, scans and tests.

- Jordan's Principle has helped my family in many ways, we are so grateful to have such a helpful resource because without it, it would be very difficult for us to cover the costs that are not covered.