



I work with individuals with mental and physical disabilities. My job is to improve quality of life. I get individuals out into the community and make them feel they're a part of the community. Hopefully, this builds relationships with other people in the community.

A typical day means making sure all the guys' morning routines are done so they can do their daily routines, like going to the recreation centre, going for a walk, cleaning up the park because they have a volunteer job, going to the library, delivering books to elderly people, that kind of stuff.

A fond memory was taking an individual to see a wrestling event. He absolutely loves wrestling. We got down to the front row. His favourite wrestlers came by and they hugged him and the look on his face was like pure gold. I'll never ever forget it.

I get to work with people who enjoy helping other people. We're not in it for the money – we don't make very much money. But we care about people and we are good at it.

Cam Gerard works for Milieu Family Services and Semiahmoo House Society in Surrey. He has worked in community social services for a decade.

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