

No Limits to What Caregivers Can Do

Think of caregivers as laypeople with little to contribute to the health system? Meet Marilyn Macaulay, caregiver to a loved one with bipolar disorder, Family Caregiver Advisor to the [Embrace Project](#) at [Cornwall Hospital's Community Addiction & Mental Health Centre](#), and recipient of [Mito Canada Foundation's](#) Trailblazer Award.

Macaulay is credited with bringing a team of mitochondrial research scientist's together with MitoCanada, setting a remarkable series of events into motion.

"The more I learned about the emerging science of bipolar disorder," says Macaulay, "the more I wondered if Canadian mitochondrial biomarker research might lead to a faster or more accurate diagnosis of bipolar disorder, or more targeted treatment."



Marilyn Macaulay (right) accepting the Trailblazer Award from Dr. Benedict Albeni, Chair of the Medical Science and Technology Committee at Mito Canada Foundation.

Realizing possible benefits, Marilyn facilitated real world connections between a number of mitochondrial researchers, leading ultimately to: 1) Canada's first national mitochondrial research conference, "MITO2017, Closing the Gap, Setting a Patient-Centred Research Agenda for Mitochondrial Disease" and; 2) Canada's first mitochondrial research network, www.mitonet.ca (see scope of research network below).

AREAS OF RESEARCH		
Mitochondrial Biology	Clinical and Therapeutic Discovery	Dissemination and Public Health
Bioenergetics Cellular Metabolism Mitochondrial Genetics Mitochondrial Network Mitochondrial Dynamics	Cancer Cardiology Medical Genetics Kinesiology Neurology Psychiatry Pediatrics	Epidemiology Health Economics Health Policy Ethics Patient Advocacy Training leaders of tomorrow

Macaulay doesn't like the limelight so you won't find her boasting about her latest award or her current groundbreaking [Embrace Project](#) work with caregivers. Instead, she is quick to point out that her experience is not unique. "There are scores of experienced and well-informed caregivers in our

midst," says Macaulay, "able to make contributions to community health systems, if only they were asked."

"When caregivers understand and can contribute to their family member's treatment, everyone benefits," concludes Macaulay. "Caregivers can even change the science of care."