



To the mom raising three children while caring for an aging parent.

We see you.

To the brother caring for his disabled sibling.

We know what it takes.

To the granddaughter caring for her terminally ill grandparent.

We understand the sacrifice.

During National Family Caregivers Month this November, we extend a heartfelt thank you to the 53 million Americans providing care for a loved one who is aging, chronically ill, or living with a disability. Speaking from experience, caregiving is one of the hardest, most rewarding jobs in the world, and typically not something most people are fully prepared to take on. As I, too, was a caregiver to my own mother.

What caregivers do is important. The lives they touch matter. The impact they have is profound.

These are the husbands, moms, sisters, and neighbors who lead with heart. Cultivate trust. And never stop going beyond. Those values are the very foundation of who we are at Careforth.

As a company that empowers thousands of family caregivers across America to confidently care for their loved ones at home, we are witness to your gifts and your contributions. For more than 20 years, our team has seen your love, your consistent determination, and frankly, your struggles.

At Careforth, we are here to serve all caregivers. We surround you with a support system that includes payment, tools, resources, and education so you can care more confidently to keep your loved ones healthy and at home longer.

Join us in honoring and celebrating caregivers this month, and every month. Chances are you are a caregiver, know a caregiver, or will someday become a caregiver. So, take a moment to reach out to someone you know who is providing care to a loved one. Acknowledge their commitment. Offer encouragement and even respite support. Most importantly, thank them.

With appreciation,

A handwritten signature in black ink, appearing to read "Matt Marek".

Matt Marek

President, Chief Executive Officer, and Caregiver

Careforth