

Meet the Riders



Craig Terasawa, 31

Temple City, Calif.

Caregiver to his father, Robert for one year

"Caregiving is an opportunity to selflessly love other people."

Craig grew up with caregiving around him. He watched his parents care for his older sister, who was born with a rare disorder that required around-the-clock support. Craig remembers how his parents showered her with love each day and the effect it had on his sister's health and happiness. Now a full-time caregiver himself, he frequently draws on these memories when providing care to other family members.

Craig's caregiving journey started early. In his teens, he helped his grandparents by running errands, driving to appointments, and helping with technology. But it wasn't until Craig's father had a heart attack in 2019 that he was called upon to become a full-time caregiver at age 30. Taking over household duties, as well as managing the family pharmacy business in his father's absence, was a huge balancing act for Craig, who was newly married with a young toddler. While he still feels pulled in multiple directions for his time and attention, the support of his wife and his faith enable him to provide the support his dad needs while taking care of himself and spending time with his son.

When Craig thinks about what he wants for his own aging experience, he stresses the importance of strong family relationships. Creating and cultivating strong relationships with those who are caregiving is all-important, especially during decision-making. Craig hopes one day his family will give him the care he has provided to others. Looking back on his life, he feels incredibly thankful to have provided care to different generations of his family and hopes that others will relate to his story and be inspired.

"Caregiving is an opportunity to selflessly love and serve other people. Do not be afraid."