

## Meet the Riders



### Laura Mosqueda, 59

Pasadena, Calif.

Caregiver to her mother, Gloria, for 12 years

*“Caregiving is all about graciousness.”*

Laura (right) and her mother-in-law Emilia (left) are both Hope's Heroes float riders and are closely bonded by their individual caregiving experiences.

As dean of the Keck School of Medicine at the University of Southern California Medical School, **Dr. Laura Mosqueda** knows a thing or two about medicine. And as a daughter, she knows the importance of caregiving. She became a caregiver when her mom, Gloria, began to show signs of dementia at the age of 75. While her dad was the primary caregiver for Gloria, Laura provided secondary support and strongly believes that caregiving works best as a team sport.

Even as a geriatrician, Laura still found it hard to be a caregiver. **“It can change your relationship when you see your parent in a vulnerable state, when you need to be involved with some of the most intimate aspects of their life – like bathing, feeding, and helping them in the bathroom.”**

Laura says that her personal experience with the practical and emotional aspects of caregiving helped make her a better physician, and she shares these learnings with her patients and their caregivers. As she helps families navigate hard conversations and situations with loved ones, she knows there is need for more training in the workforce. **“It’s important to have more people with expertise who can lead a family through an important conversation. We need more training for primary care physicians and all who work with older adults so they can assist with bringing families together.”**

Laura says that caregiving – both receiving and providing care – is all about graciousness. She admires caregivers who bring a respectful, dignified approach to the care they provide. As Laura ages, she hopes she can acknowledge her need for care when it’s time. **“Someday when I need help, I want to remember to accept care with graciousness and know the difference it makes for both yourself and your caregiver.”**