

## Meet the Riders

### Aisha Adkins, 35

Atlanta, Ga.

Caregiver to her mom, Rose, for six years

*“Caregiving is a cyclical relationship. I’m able to provide care for my mom the way she did for me.”*

**At just 27 years old, Aisha Adkins’** life completely changed when her mother, Rose, was diagnosed with a rare brain disorder that causes early dementia. The diagnosis forced Aisha to leave her job to provide full-time care. As Rose’s disease progresses, Aisha’s caregiving has become more complex. She now cooks, cleans, does the laundry, manages medication, supports personal care, and schedules doctor appointments. Through all of this, Aisha feels rewarded by the time she spends with Rose. This helps her **“appreciate the simple pleasures in life. Like when mom is lucid and thanks me for keeping her company, or says she’s proud of me.”**

Besides the reward of helping her mom, Aisha’s caregiving experience has awakened the advocate within. She sees an absence of diversity in caregiving advocacy, particularly for people of color and LGBTQ representation. She is also acutely aware of diversity of income and age. Resources are often directed at older caregivers and Aisha says that millennials experience different challenges than boomers or Generation X caregivers. To support her caregiving, she leans on a virtual community of caregivers from underrepresented communities dealing with similar challenges. She routinely texts and video chats with caregivers from across the country, and leans on her dad for support. She says, **“as an only child I have to look for community since my parents won’t be here forever. I recognize that I need to cultivate that community and put good people around me.”**

Aisha shares her story with other millennials because she wants other caregivers who may feel unseen, unheard, and underserved to know they’re not alone. Her caregiving experience allows her to think about what she wants for her own aging: **“This experience has opened my eyes to the need for community. While I’ve been privileged to be part of fantastic communities, I realize the importance of establishing more long-term connections as I grow older—from health care providers, to folks to rely on in emergencies.”**