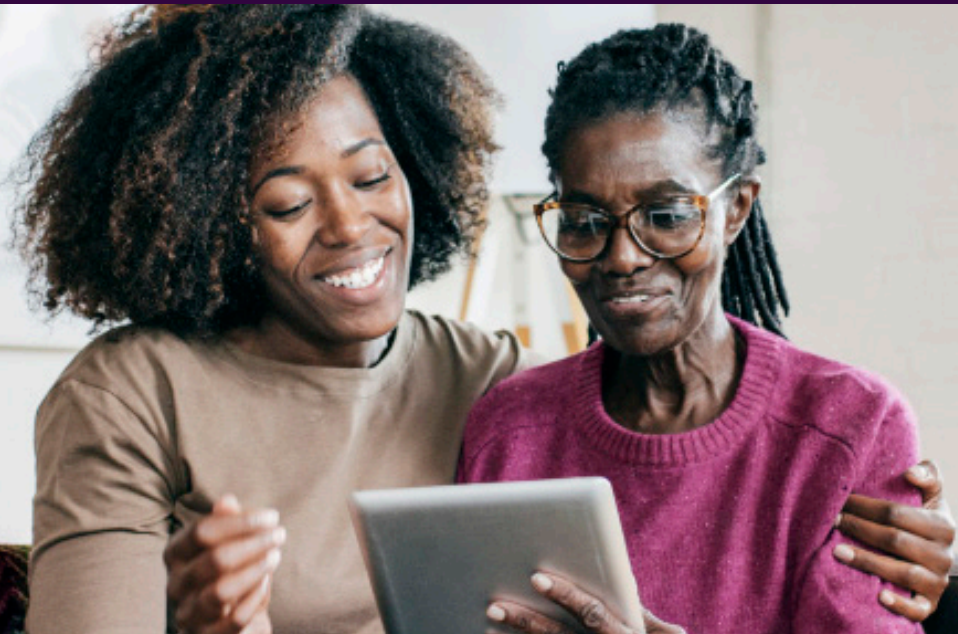


memento.

# Caring for the Caregiver



Memento is a tech-enabled support system for people who provide care to their loved ones. Powered by community, Memento offers coaching, tools and education to unblock common caregiving barriers to help people have the time and space to prioritize their own health, happiness and productivity.

61%

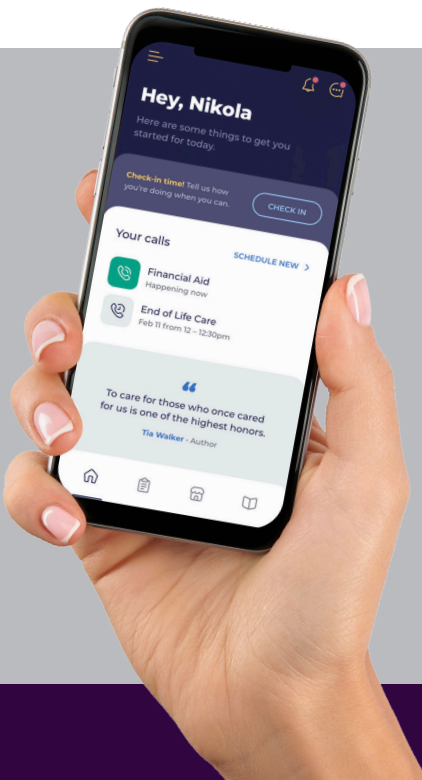
of Americans are currently caring for family members or loved ones

24+

hours per week spent on caregiving tasks

26%

poorer health as a result of being a caregiver



Memento engages caregivers in the time, place and mode that works for them through:

**Community:** Virtually connecting caregivers so they can ask questions, gain support and feel understood by people with similar experiences.

**Education:** Articles, videos, podcasts, tools and events designed to educate and equip caregivers with the information they need to readily understand the needs of their loved one.

**Coaching:** A dedicated care coach ready to provide encouragement, support and guidance in caregiver identified areas, as needed.

When the time and space caregivers need for themselves is unlocked, we see them gain back health, happiness and productivity.



Memento understands the complexities of balancing caregiving with the responsibilities of life:



**Finances:** In addition to managing personal finances, caregivers must navigate insurance policies, pay medical bills and plan for the future, including long term care.



**Education:** When a loved one is diagnosed with a health condition, caregivers must understand the diagnosis, how to provide or find care and be equipped to advocate for their needs.



**Emotional and Mental Health:** Caregivers manage the mental health needs of their loved one, even if they struggle with their own anxiety or mental health challenges.



**Work:** Working caregivers need to understand leave policies, productivity strategies and how to communicate with the key people in their lives.



**Household Needs:** The average caregiver spends 25 hours per week managing household needs like grocery shopping, food preparation, running errands, cleaning and checking in on their loved one.



**Family and Social Life:** Looking after a loved one doesn't have to mean sacrificing relationships and quality time with friends and other family members.



**Physical Health:** After removing some of the common barriers of caregiving, we look to support caregiver physical health through:

- Health tracking
- Health coaching
- Mental health resources
- Clinical referrals
- Preventive health reminders
- Holistic health resources and referrals

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Employers can partner with Memento to help employees with caregiving responsibilities find stability as they look to balance life, work, and the wellbeing of their loved ones. Contact the Memento team at [info@mementocare.com](mailto:info@mementocare.com) to learn more.