

## MY CARE FRIENDS™

The Ultimate Caregiver & Advocate Community!™

### Mission:

**1.To enable caregivers and patient advocates to meaningfully and easily connect in a safe online community, with others in similar roles – so they are “seen”, “heard”, and “understood.” Whether communicating about a caregiving, patient advocacy, or personal interest topic, My Care Friends provides many ways for community members to Connect. Share. Support. each other.**

**2.To provide online and offline educational programs and resources, which put forth relevant and robust content that give caregivers and patient advocates information and tools to be more knowledgeable, confident, and effective in their roles.**

**3.To bring about greater awareness on local, regional, and national levels, of the need for significantly increased support of caregivers in light of the significantly growing shortage of caregivers – causing an exponential financial, physical, emotional, and psychological strain on individuals and families.**

My Care Friends (MCF) was born out of caregiving and advocacy experiences that the Founder/CEO, Todd “TJ” Keitz has had throughout his life. Since launching as the only online community of its kind for caregivers and patient advocates in September 2023, the company quickly expanded to provide much more. It now is collaborating on five different educational series to provide actionable knowledge and know-how not only to caregivers and patient advocates, but also to the overall public. In addition to this Caregiving Youth collaboration with Confessions of a Reluctant Caregiver, MCF is excited to be developing unique series on Women & Autoimmune Diseases, Dementia & Alzheimer’s, End of Life, and Employer Support of Caregiving Employees – with more on the horizon.

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Twitter: @mycarefriends

YouTube: @mycarefriendsnetwork OR

<https://www.youtube.com/channel/UCUbazASTygsvBRBPsgkttfA>

Podcast URL: SAA

Blog URL: [www.1day1week.com](http://www.1day1week.com)