

## Vincent Spencer - Testimony

My name is Vincent Spencer, I have been a Montgomery County resident since July 1995. I am writing to express my concern about the County's proposal to reduce funding for respite care hours from 140 hours to 120 hours.

In April of 2024 my wife and I begin providing care for my 92-year old mother, Arlene Spencer, in our home in Rockville. Providing daily care for an aging parent at this stage of life has been physically, mentally and emotionally demanding for both of us who are now in our 60s. Respite care is an essential support for our family. It provides us with a necessary break from caregiving responsibilities and allows us to rest, take care of our health, manage household and other family members' needs, and frankly, helps to prevent exhaustion. Without this break it becomes extremely difficult to sustain the level of care my mother needs to remain safe and comfortable in our home.

My mother requires constant attention, including assistance to prevent falls when she moves around the house, meal preparation, taking her medications, and trips to doctors' appointments. Respite is a critical benefit that allows families like mine to continue providing care at home with dignity and stability.

I respectfully urge you to reconsider the decision to reduce respite care and ask you to instead consider increasing funding for this essential service for Montgomery County residents. Investing in respite care supports caregivers, protects the health of aging residents, and helps families avoid more costly alternatives.

Thank you for your consideration of my testimony on the impact this decision has on families like mine.

Vincent Spencer