

My name is Kim Schofield, and I am a caregiver to both my twenty -eight year old daughter with a disability and my aging mother, who has significant health issues. Caring for two family members with very different and complex needs is overwhelming, and my responsibilities are constant.

Managing full-time work while providing care for my daughter and my mother is extremely challenging. Each day requires careful coordination, emotional strength, and physical endurance. There is very little flexibility, and unexpected medical or behavioral needs can arise at any time. Balancing these responsibilities often leaves little time to care for my own health and well-being.

Respite care is one of the few supports that makes it possible for me to continue caring for both of my family members. I rely on respite services for both my daughter and my mother, allowing me brief but essential time to rest, manage my own medical needs, and prevent burnout. Without respite, maintaining this level of care would not be sustainable.

Reducing the number of respite care hours from 140 to 120 would place a serious hardship on my family, both financially and emotionally. Even at 140 hours, it is difficult to stretch support across the entire fiscal year. Any reduction would increase stress, limit my ability to work, and threaten my ability to safely care for my loved ones.

I respectfully urge you to not reduce the number of respite care hours. This support is not a luxury—it is essential for families like mine who care for multiple loved ones while trying to remain stable, healthy, and employed.

I am grateful for respite but so much more is needed! Thank you for your time and for considering the real impact these decisions have on families like mine.

Kim Schofield