

Kay Kramer
South Portland
LD 709

March 11, 2025

Testimony in Support of LD 709

My name is Kay Kramer, and I live in South Portland. I strongly support LD 709 because respite care is essential for families like mine.

I am the full-time caregiver for my adult daughter, Chloe, who has a traumatic brain injury and cerebral visual impairment as the result of encephalitis as an infant. She relies on me for everything from housing, financial support, transportation, and emotional care. Respite care services have given me the chance to focus on her medical needs, take her to critical appointments, and ensure she has the best quality of life possible. Without these services and support, the constant demands of caregiving become overwhelming, making it harder to provide the level of care she deserves.

One of my biggest challenges is balancing her care with my own well-being. Access to services allows me to recharge and be a more present caregiver. It is not a luxury—it is a necessity that prevents burnout and helps families stay strong.

I urge you to support LD 709 so that families like mine can continue to receive the respite care we need. Thank you for your time and for considering this bill's impact on Maine's caregivers.

Sincerely,

Kay Kramer
South Portland, ME