

March 28, 2025

Dear Senator Ingwersen, Representative Meyer and members of the Committee on Health and Human Services:

My name is Dr. Erica Magnus, and I'm submitting written testimony in support of LD 814 "An Act to Provide Funding to Area Agencies on Aging for Community-based Services and Programs to Support Older Adults."

As a former caregiver, I wholeheartedly support LD 814, which aims to provide funding to Area Agencies on Aging for community-based services and programs that support older adults. These agencies are a lifeline for caregiving families, offering invaluable resources and assistance during challenging times.

For instance, when my family was caring for my elderly mother, the Southern Maine Agency on Aging provided us with helpful information about respite care services. This allowed us to take much-needed breaks while ensuring my mother received quality care. Additionally, their caregiver support groups offered a safe space to share experiences and gain emotional support from others facing similar challenges. These programs not only eased the burden on our family but also helped us navigate the complexities of caregiving with greater confidence.

LD 814 is essential to ensure that families like mine continue to receive the support they need to care for their loved ones. Investing in these services strengthens our communities and honors the dignity of Maine's aging population.

Sincerely,

Dr. Erica Magnus
Windham, Maine