

Amanda Chase
Rockport
LD 1523

April 17th, 2025

Senator Ingwersen, Representative Meyer, and Honorable Members of the Health and Human Services Committee,

My name is Amanda Chase, I am a resident of Rockport, and I am writing today in support of LD 1523 An Act to Improve Perinatal Care Through Expanded Access to Doula Services.

I am a mother. I support LD 1523 because if such a law had been in place when I gave birth 7 years ago, my life would have been changed.

My labor experience was a traumatic one. My postnatal experience was an extremely isolated one. I lived in a rural area at the time, and I had essentially zero help in recovering post-birth as I lived alone with my partner on a farm. At the time, I could not afford a doula. If I gave birth again today, I still could not afford a doula.

I needed then, as I would need today, as every single, hero of a woman who gives birth needs: help. Help during birth, and help recovering after birth. We give of our bodies in a way no one outside that experience could ever understand. We are in perhaps the most vulnerable position of our lives. The least we should receive is a few visits from a loving, caring, knowledgeable, attentive doula who can help us return to the world rather than sink into despair as can, and does, so easily happen to new mothers. Our country already does not have nearly enough systemic support for new mothers or birth workers. Let our state make a stand here.

I have no doubt that having MaineCare cover doula services would benefit every community. Every mother that is unable to recover properly from childbirth is one less valuable member participating in life outside their home. Doulas are essential. Pass a bill that supports mothers, doulas and in turn, everyone.

Thank you,
Amanda Chase