

**Testimony of Allisha Prindall, resident of Fairfield, ME**

**LD 1932: *An Act to Support Essential Support Workers and Enhance Workforce Development***

**Joint Standing Committee on Health and Human Services**

**January 20, 2026**

Good afternoon, Senator Ingwersen, Representative Meyer, and esteemed members of the Health and Human Services Committee. Thank you for the opportunity to provide testimony in support of LD 1932: *An Act to Support Essential Support Workers and Enhance Workforce Development*.

My name is Allisha Prindall, and I am a Direct Support Professional and team leader in Maine. I am writing in strong support of LD 1932, *An Act to Support Essential Support Workers and Enhance Workforce Development*.

I have worked in the direct support and mental health field for many years, supporting individuals with intellectual disabilities and mental health needs. This work is deeply personal. The relationships we build with the people we support are built on trust, consistency, and time. When those relationships are disrupted, the people we support feel it immediately.

I testified last year about the same issues we are facing today, and unfortunately, little has changed. In fact, the pressure on workers has increased as costs of living continue to rise while wages have not kept pace. Many of us are still struggling to stay in a field we love.

As a leader, I am seeing the impact of low wages more clearly than ever. I have staff who care deeply about this work but are actively looking for other jobs because they are exhausted from working so much and still not being able to make ends meet. These are good, committed workers — the kind of staff we want to keep — and yet the system is pushing them out.

I also feel this personally. Even in a leadership role, working a standard 40-hour week is not enough for me to cover my bills. I regularly work overtime just to stay afloat. We do not come into this field to make a lot of money. We come into it because we want to make a difference. But wanting to help people should not mean having to choose between paying our bills and staying in this work.

When staff are constantly working extra hours to survive, burnout increases. When burnout increases, people leave. And when people leave, the individuals we support lose stability, familiarity, and trust. Staffing shortages do not just affect agencies — they affect real people who depend on consistent, skilled support to live safely and with dignity.

LD 1932 matters because it acknowledges this reality. Setting a wage floor at 125% of minimum wage and tying reimbursement rates to future minimum wage increases would help stabilize this workforce. It would allow experienced staff to stay, reduce turnover, and create more consistent services for the people who rely on us every day.

Direct support professionals are essential workers. We support some of Maine's most vulnerable citizens through complex needs, often in high-stress situations. Fair, competitive wages are not about greed — they are about sustainability, dignity, and ensuring that the people who depend on these services are not constantly facing staff turnover.

Thank you for taking the time to listen to the voices of direct care workers. I respectfully urge you to support LD 1932.

Respectfully,

Allisha Prindall

Direct Support Professional & Team Leader

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