

Tressa Miller

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Stefanie Jones

Heather Bailey

Here is Tessa's:

Good afternoon members of the Committee.

My name is **Tressa**, and I am a **Personal Support Specialist with Assistance Plus**. I appreciate the opportunity to speak with you today in support of LD 1932.

I came into this work because I wanted to help people stay in their homes. Growing up, I watched my grandparents struggle as they aged. I saw how hard it was for them to manage daily tasks and how much they wanted to remain in the place they knew and loved. Without help and support, they would not have been able to age at home. That experience stayed with me and is the reason I chose this field.

I am originally from Vermont, but I moved to Maine to be closer to my parents and my brother. I wanted to be near my family while doing work that truly matters. I started working as a Personal Support Specialist with Assistance Plus on **August 28, 2025**, and in a short time, I have already seen how impactful this work can be. I currently support four clients, and I know that what I do makes a real difference in their daily lives.

As a PSS, I help people with everyday tasks that many of us take for granted. I help them stay safe, maintain their routines, and keep their independence. For some of my clients, I am one of the few people they see regularly. This work is meaningful, but it is also demanding—physically, emotionally, and financially.

One of the hardest parts of this job is trying to make ends meet. On my current salary, it is very difficult to pay all of my bills and keep my car running. My car is not a convenience—it is the lifeblood of my job. I rely on it to travel between clients, often across rural areas. Fuel costs, repairs, and regular maintenance add up quickly, and without a reliable vehicle, I would not be able to do this work at all.

I love what I do, but passion alone does not pay rent, buy groceries, or keep a car on the road. Many Personal Support Specialists face the same struggle. When wages are too low, good workers are forced to leave a job they care deeply about just to survive

financially. When that happens, clients lose trusted caregivers, and their stability and independence are put at risk.

LD 1932 is important because it recognizes the value of the work we do. Supporting Personal Support Specialists means supporting seniors, people with disabilities, and families who want their loved ones to remain safely at home. It means valuing the frontline workers who make aging in place possible.

I strongly encourage you to advance LD 1932. This legislation would make a real difference—not just for workers like me, but for the people we care for every single day.

Thank you for listening and for considering my testimony.