

As the parent of an adult 34-year-old child with mental illness, I'm the sole caregiver and support for her daily living expenses, medical care, housing, car, etc. She can't work and probably never will due to her complex illnesses including autism, ADHD, severe social anxiety, and others. There are days when she can't even drive to pick up meds. It's all on me, and I'm at retirement age.

There doesn't seem to be any system of support for caregivers of adults with mental illness. Believe me, we have searched! My daughter doesn't qualify for SSI right now, and god knows where that's going anyway in the current Federal climate.

And so Maine's Respite for ME program was a godsend last year. The grant helped me so much; it was a huge relief to know there were funds to help me pay for uninsured psychiatric care, plus home repairs, food delivery, and more. It would be amazing if that program could continue. It means everything to be supported with funds and people who truly care.

Maybe someday there will be an even broader system to support disabled adults who are trying to live independently and safely, but are unable to work. I won't be here forever.

Thank you!