



53 Baxter Boulevard, Suite 202 | Portland, ME 04101  
Phone: 866-554-5380 | Fax: 207-775-5727 | TTY: 877-434-7598  
aarp.org/me | me@aarp.org | twitter: @aarpmaine  
facebook.com/aarpmaine | instagram.com/aarpme

March 28, 2023

## **Testimony In Favor LD 999 An Act to Support Family Caregivers by Expanding Family Medical Leave**

Greetings, Senator Tipping, Representative Roeder and members of the Joint Standing Committee On Labor and Housing. I am Bridget Quinn, Associate State Director of Advocacy and Outreach for AARP Maine.

AARP is the nation's largest nonprofit, nonpartisan organization dedicated to empowering Americans 50 and older to choose how they live as they age. On behalf of our more than 200,000 members statewide, thank you for the opportunity to share testimony. Today, I am here to testify in support of LD 999 An Act to Support Family Caregivers by Expanding Family Medical Leave.

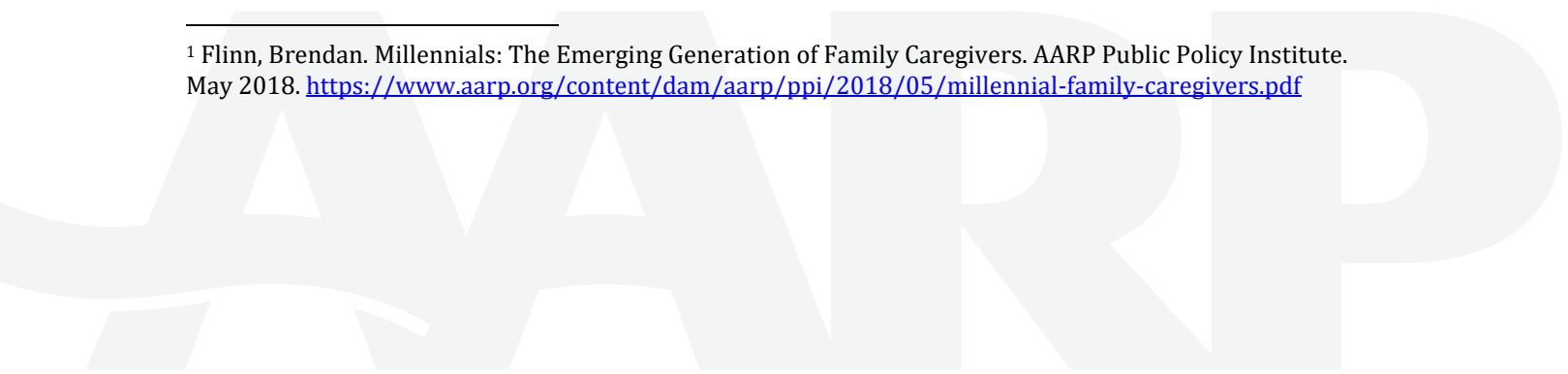
Maine is home to nearly 166,000 unpaid family caregivers. According to AARP's 2018 report "Millennials: The Emerging Generation of Family Caregivers", one in four family caregivers is a Millennial and approximately 22% of them provide care to a grandparent. Further, almost three in four Millennial family caregivers are employed, they are more likely than other generations of caregivers to be working.<sup>1</sup>

I do also have a personal connection to this legislation I would like to share with the committee. I have been a caregiver providing support to loved ones in my family, specifically to both of my grandfathers. The first time my family needed my support to help my grandfather I was a college student on summer break I, thankfully, did not need time off work. However, being one of the youngest in my family, my cousins and siblings who were already working were not able to provide the same level of support. The next time I found myself supporting family was in 2020 attempting to support my other grandfather, my Pop.

I am grateful for the big family network that we had. The support that we could rely on meant my time to help was usually on the weekends and I did not need time off work. However, I know that if I needed that time, I have an employer who would grant me that time off to provide this care. I look back gratefully at the time I got to spend with him at the end of his life being able to take over to give my Nana and parents time off on the weekends for their respite.

---

<sup>1</sup> Flinn, Brendan. Millennials: The Emerging Generation of Family Caregivers. AARP Public Policy Institute. May 2018. <https://www.aarp.org/content/dam/aarp/ppi/2018/05/millennial-family-caregivers.pdf>



Caregiving for a loved one is truly a privilege and though it can be difficult. I think those of us who have provided care to a loved one would do it all over again. It is important that Mainers can use family and medical leave to provide care for grandparents, great-grandparents and other loved ones as defined in LD 999. I urge this committee to support LD 999 thank you for the opportunity to testify today.

Bridget Quinn  
AARP Maine