

January 21, 2026

Dear Montgomery County Council Members,

Thank you for reading this statement about the importance of funding respite care services in our community. Respite care is not a luxury—it is a practical, preventative investment that supports both caregivers and the individuals who rely on them.

Caregivers in Montgomery County provide unheralded and countless unpaid hours of care to seniors, individuals with disabilities, and those with chronic illnesses. While this work is rooted in familial love and commitment, it is also physically and emotionally demanding. Without support, caregivers are at increased risk of burnout, health issues, and financial strain. Respite care provides temporary, reliable relief, allowing caregivers to rest, maintain employment, attend medical appointments, and continue providing care safely and effectively.

For care recipients, respite care ensures continuity by allowing quality care from professionals inside their home. They get social interaction, stimulation, and support beyond what a single family member can provide. It helps improve overall well-being and reduce the likelihood of avoidable & preventable outcomes such as emergency room visits, hospitalizations, or premature placement in higher-cost institutional care.

From a budget perspective, respite care is a cost-effective solution. By supporting caregivers early and consistently, the city can reduce long-term public expenditures related to healthcare, emergency services, and residential care. Funding respite services strengthens families, stabilizes home-based care, and helps residents remain safely in their homes—an outcome that benefits individuals, neighborhoods, and the county as a whole.

On a personal note, I have been a full time caretaker for my elderly mother after her stroke for just a little over two years now. It was no longer feasible for her to live by herself, but assisted living facilities we looked at were just not affordable. Hiring around-the-clock care was also not financially possible. So, I stopped my full time job and became her caretaker. When I found out about ARC services and applied for respite care help, it was such a relief. I worried constantly about finding and paying for someone to stay with mom when I needed to leave for my own doctor's appointments, to have lunch or dinner with a friend, or even getting out to shop. Respite care is a real blessing in relieving mom's and my stress when I need to be away.

I urge the council to recognize respite care as a smart investment in our community's health, stability, and fiscal responsibility. Thank you for your time and for your commitment to supporting the residents who both give and receive care.

Sincerely,

Brynna Mahan

