
Christine Norris

January 26, 2026

MONTGOMERY COUNTY COUNCIL

100 Maryland Ave, 6th Floor

Rockville, MD 20850

Subject: Special Appropriations to the Fiscal Year 2026 Operating Budget
Montgomery County Government, Department of Health and Human
Services: Respite Care Program, \$250,000; Senior Nutrition Program,
\$450,000; and Homecare Services - Social Services to Adults, \$300,000
(Source: General Fund Undesignated
Reserves)

To whom it may concern,

My name is Christine Norris and I would like to share the vital importance and need for respite care for caregivers.

I have been a full-time, unpaid caregiver for my mother for over ten years. In 2017, I was introduced to respite care through Montgomery County DHHS when I applied for assistance to help with my mother's care. I had to apply because I had to have a major surgery and unfortunately no one in my family was available to care for my mother while I recovered. So, DHHS referred me to THE ARC MONTGOMERY and thankfully we were able to qualify for my mother to be in a facility until I recovered enough to bring her home.

Most caregivers like myself need respite care just to go to the doctor for routine check-ups, or simply to take a nap or go shopping. Respite care enables us to have self-care so we can then provide even better care to our loved ones. Respite care isn't a luxury; it is a necessity and should be treated as such.

I am eternally grateful to the Montgomery County DHHS social workers I've worked with and Julia Abate of THE ARC MONTGOMERY for their care and compassion. If I did not have respite care when I needed it, my surgery would've been delayed which would have been dangerous for my health.

I, like so many, are grateful for this resource. I hope and pray that funding is approved so we can keep receiving these vital services.

Thank you for your service to the communities of Montgomery County
Maryland.

Warm Regards,

Christine Norris