

1/22/2026

Dear Montgomery County Respite Care ,
My Name is Wei Li Koubek. I am wife of Dennis Koubek who had Dementia for 5 years.

I applied Respite Care that referred by Shady Grove Hospital . I used ARC program for more than four years that really helped me.

My husband is 82 years old. He has many pre-existing health-issues not only dementia problem. His situation needs day and night to take care of him. I am 73 years old. Even though we have to hire a helper , I still need to shopping, cooking, cleaning and washing for my husband which makes me exhausted. Since I joined ARC program, it released some my burden. I can get some rest. Also from the financial point , we get some benefits from Respite Care .

Demential patient is very hard to take care it. I can't imagine how harder if without help from Respite Care . Even though 140 hours per year is not much, however I very much appreciate the service provided by county and would very much like to continue receiving them.

Thank you !

Sincere,

Weili Koubek