



My name is Elizabeth Shannon, and I'm writing to express my strong support for the proposed Special Appropriation of \$250,000 to the FY26 Operating Budget for the Department of Health and Human Services' Respite Care Program, which is being considered on January 27, 2026.

Respite care is essential for my family because it helps me care for my husband, Jack, who has Lewy Body Parkinson's. As Jack's caregiver, I am responsible for meeting his daily needs, making and driving him to appointments, and ensuring he is safe and supported. I do this with love, but the reality is that caregiving can be overwhelming without breaks, it can cause burnout. Without my care, my husband would not survive.

Respite care gives me the short-term relief I need to rest, take care of other responsibilities, and return to caregiving with the energy and focus Jack deserves. It helps reduce stress and makes it possible for me to continue supporting Jack at home and in our community.

This funding is not just a budget item. It directly impacts families like mine. Please approve this appropriation so the Respite Care Program can continue providing critical support to caregivers and the people we care for.

Thank you for your time and for considering my testimony.

Sincerely,

Elizabeth Shannon