

## Protect and Expand Respite Care in Montgomery County

My name is Presha Regmi, and I am a resident of Montgomery County. In 2023, my daughter was diagnosed with Autism, Intellectual Disability, and ADHD. Since then, our lives have been centered around understanding her needs and building the right support system for her. She needs help navigating each day, and while she is in school during the day, our evenings are devoted to caring for her, guiding her, and making sure she feels safe and supported.

It was an incredibly difficult journey. I also have a seven-year-old son who needs care and attention, and with both my husband and I working full-time, finding childcare has been almost impossible—either providers are unavailable or far beyond our budget. On top of that, my daughter attends several therapies, some of which are not covered by insurance, so we pay out of pocket. This leaves very little time, energy, or financial room to secure additional care.

Respite care has already made a meaningful difference for our family. It has provided much-needed support for my daughter and given us precious moments to breathe and regain strength. I feel deeply grateful to live in Montgomery County, where there are resources available to families like mine. Even through the challenges, I am thankful for the support we've received.

Thank you

Presha Regmi