

Testimony Concerning HB 486: “Department of Aging - Grants for Aging-in-Place Programs - Funding” Submitted to the Appropriations Committee February 11, 2020

Position: Support

Aging should matter to all of us. As a concerned citizen and nursing student at Johns Hopkins University I ask that you strive to make aging in place a reality for more people by helping seniors, their family members and their caregivers prepare their homes and their lives for successful aging in place.

Saying healthy and feeling your best is important at any age. Coping with change is difficult, no matter how old you are. The particular challenge for older adults is the sheer number of changes and transitions that start to occur—including children moving away, the loss of parents, friends, and other loved ones, changes to or the end of your career, declining health, and even loss of independence. It’s natural to feel those losses. But if that sense of loss is balanced with positive ingredients, older adults have a formula for staying healthy as they age.

Family, friends, and neighbors are the biggest source of *help* for many older people.

Healthy aging means straying in your home as they pass through landmark ages such as 60, 70, 80 and beyond.

Allow Marylanders to age in place.

By aging in place, seniors can maintain a greater degree of personal independence. They are able to live their lives as they see fit, and they enjoy a sense of dignity unavailable to many elderly adults. Familiar Setting & Routines.

For these reasons, I, Christopher Stuckey urge your favorable consideration of HB 486.

Respectfully Submitted,

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