

March 14, 2019

To: The House Business and Labor Committee and the Senate Workforce Committee
From: Alexandra Varga
Re: Support of HB 3031

Dear Chair and Members of the Committee,

My name is Alexandra Varga and I live in Portland, Oregon. I currently am the primary and only caregiver of my dad with middle stage dementia. His dementia progressed rapidly since a stroke in May 2018. I am concerned that I will eventually be in a similar situation as I was three years ago, and my mom was at the end of her life. I am lucky to have a job where telecommuting can be an option when necessary. However, in the last several months of my mom's life, especially when she was home in hospice, I found it increasingly difficult to care for her in Southern California, take care of my mourning dad, take care of my young daughter, all while maintaining a full-time job in Portland, Oregon.

As the sole provider for my daughter, taking unpaid leave is not an option. I was stretched to a position where I was not able to be a good and understanding parent; I was unable to be fully present in the end of life care for my mother; I was not able to help my dad get the resources he needed for his grief. With my dad's continuing decline, I am unsure of the future and how I will be able to care for him. Even now, I find myself telling him I don't have time. As we approach the end of his life, I hope there is way for me to have time for him.

Sincerely,

Alexandra Varga