

Dear Future Healthcare Worker,

One day, you'll walk into work already exhausted.

Not lazy exhausted.

The kind of tired that sits in your body after long shifts, missed meals, and too many residents needing help at once.

Right now, healthcare workers are struggling.

People are leaving because there just aren't enough staff.

One PSW said they went home feeling guilty because they couldn't give residents the care and attention they deserved.

Another picked up a second job just to keep up with bills and rent.

And this is happening every day.

I don't want that future for you.

SEIU Healthcare is pushing for something better:

safe staffing, fair pay, protection from workplace violence, and enough time to rest and eat during shifts.

Nothing unreasonable.

Just basic respect for the people caring for others.

You deserve to finish work tired, but still okay.

To have coworkers beside you.

To take your breaks.

To go home, sleep, and come back the next day without feeling completely drained.

PSWs shouldn't have to fall apart just to do their jobs.

SEIU Healthcare is fighting for workplaces where workers are supported, valued, and treated like human beings.

And when you become a PSW, remember this:

taking care of yourself is not weakness.

You cannot pour from an empty cup.

That's the future worth fighting for.