

“LC 52: Access to Care for Oregonians with Disabilities” :

This is my story of a person on Disability in Oregon.. this story is in no way complete. This story is just a small part of the stress regularly inflicted on low-income disability people regularly by the health system of Oregon.

I recently went to Adventist hospital because I was thinking I might be having a stroke. I left there traumatized ..Not in any way was I violent or abusive emotionally, or physically. I was forced drugged, I was alone there was no one around (others patients), Adventis Portland SE side.

I've been trying hard for some time to stop taking this small dose of 3 mg Valium/Diazepam nightly. Due to the knowledge of long time use of these pharmaceuticals is harmful to the brain.

Mainstream medicine keeps low income people on disability with these drugs.

These drugs used long term cause inflammation, and have toxins in them (Podcast NPR – Dark side of Generic drugs), that go into the brain and body.

Many times polypharma is practiced with no idea how these many drugs interact with each other, and they are used long term too, which does immeasurable harm to the patient.

I got on these pharmaceuticals due to trauma way back then that was not fully addressed and it caused insomnia ..now my insomnia is worse than ever.

Cognitive Behavior Therapy is not offered CBT is not offered I repeat for low income disability people – This causes much stigmatization... people become dependent on these drugs and they treat you (Mainstream doctors – treat you like an addict).

Once doctors get you on these drugs they are ill equipped to helping you get off. They do nothing to get you off really. They are not trained and do not even think that what you are doing is in your best interest. Well aware these doctors are that they themselves would not take these drugs and would not like their family members taking these drugs.

People need other healthy options to sleep, trauma, anxiety and depression other than drugs.

Good holistic psychiatry needs to be practiced and trauma is not addressed either.

I was drugged at the hospital as I see it as a form of Ableism. The staff saw psychiatric drugs on my record and saw me as a fair game to do whatever they wanted.

It was an abusive and direct violation against my civil rights to shoot me up with 10 mgs of Geodon, a neuroleptic/antipsychotic
Physically, I have been experiencing some severe symptoms due to that drug abuse, and no one is held accountable.

The State of Oregon prides itself of having Die with Dignity services. The State of Oregon should keep in mind that providing services to make people's lives better while they are living to make their lives better is applauded more and a higher quality act than providing a perfect death. Both are needed ..both are just as important.

Making people's lives better and less stressful and meaningful is the most important thing a government can do for its constituents.
Because the constituents make up the government and elect its officials if they do not serve the people they need to go.

Sincerely,
Pauline E. Bartnik

Harmony