

March 2, 2021

To Senate Health Care Committee,

I am writing to share with you my experiences in the hope that you consider supporting Senate Bill 700.

On August 15, 2015 I was involved in a car accident. While driving through an intersection a pick-up truck turned left directly into my path. My injuries included broken ribs, a broken knee, an injured shoulder and a Traumatic Brain Injury.

Thankfully I was a patient at OHSU and received appropriate and integrated follow-up care for my injuries. These included physical therapy, speech therapy, vision therapy and occupational therapy.

The one significant area where I had difficulty accessing resources was peer support. My physician and psychologist did not know where to send me when I began asking about such resources.

Immediately following my accident, one of my sisters came from California to help care for me. She created a list of support groups and other resources in the area. When I could not get any information from my physicians I recalled her list. At that time I was still challenged to do everyday tasks like make toast, organize a calendar event, and follow directions. Despite the challenges, I discovered some local brain injury support groups that my sister had found and listed.

I attended the BIC-NW support groups for many months. There I learned so much! I discovered the wide ranging impacts of brain injury. I got to know others who had been through what I had gone through. They shared with me resources that they had. I learned that I was not alone.

I often reflect on the many privileges that I have and how they have impacted my recovery. To name a few, my access to health care, my strong support and family networks, my financial stability and more. My next thought is always for those who don't have such privileges. For example, what about the brain injured person who doesn't have a loving and resourceful sister? Would she have found comfort in being with her peers? Would she have learned that her fatigue is common? Would she have found a new community of friends? Would she have discovered ways to give to others in the brain injury community? Sadly, I think not.

Your support for Senate Bill 700 will help those who experience a brain injury access the services they need to achieve the best recovery possible.

Thank you in advance for your support!

Sincerely,

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