

Self Protection, Advocacy and Rights Council
P.O. Box 129 Monmouth, OR 97361

February 8, 2023



To: Chair Reynolds, Vice-Chairs Nguyen and Scharf,
and members of the committee

From: Kelly McCauley, SPARC Advocate

RE: HB 2457

My name is Kelly McCauley. I am a self-advocate from Corvallis, OR in Benton County. I am here today to talk about my experiences as a person with a disability and the need to support DSPs. I would like to talk about what it is like to not have DSPs as I know I have gone without one for a time. It was hard to attend medical appointments without my DSP present. I struggled with medication and cooking daily meals. I found it hard to get up to go to work without the support that I needed. My doctor encouraged me to have support during appointments, my DSP would take notes on what the doctor's instructions were and help me follow directions. I also struggled with taking medications as prescribed and had episodes in the process. It is important for my health and safety to have DSPs working with me daily, to help me with my daily routines. It takes a team of DSPs to support me throughout the week.

It is important to get to know your DSP and build a relationship. My DSPs know when I am having a mental health episode, they can help me sort everything out. They help me do follow up phone calls with my medical professionals, problem solve health concerns and assist with family issues. They help me cook healthy meals, clean and organize my home. They assist me with grocery shopping, banking, budgeting and personal business. They support me to visit the gym, go for walks and attend concerts. DSPs are important to me because they help me live a good, healthy life.

I have had some DSPs stay with me for only a short term. I built a good relationship with them and it was hard to see them go because I never heard from them again, even though I would have really liked to keep in touch. When a new DSP starts, it can take a long time for that person to be comfortable with me and for me to be comfortable with them. And sometimes a DSP may not be a good fit and that can be really hard on me. You start building a relationship with that DSP and then they are gone. The funding is important for DSPs, so they can keep building relationships with me and others. It is important that DSPs get paid enough so that they want to do this work. HB 2457 will make sure that happens. Please support this bill.

Thank you for your time and have a good afternoon.

Kelly McCauley ~ SPARC Chairperson
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