

Hi, I'm Cheryl Hudson, and I am an older caregiver from La Grande, Oregon. I've worked nights in a nursing home for eleven years and retired in 2013. After working on and off in private care, I started working as an in-home caregiver for the State through ODHS a little over four years ago.

I have always felt that each individual in my care deserves respect and the best assistance that I can give her or him. I know that I need to follow the list of duties prepared by the case worker, but I should keep things as much like what my consumer is used to as I possibly can. This includes how I fold clothes, put dishes away, and straighten her apartment.

About six years ago, my consumer had a stroke and was in a coma for over a month. She has made a remarkable recovery and walks with a walker. Her biggest problem is with her hands. She has trouble dropping things and can't even lift a full bottle of dish detergent. She also gets lumps in her legs, which I massage before I put on her compression socks in the morning.

I have taken a lot of training through the Oregon Homecare Commission and have my Professional Development Certification which I renewed in April 2023. I will be working to renew it before April 2025. I find that it helps to retake classes every so often, because I always learn new things and I am reminded of things that I have forgotten.

I have been trying to cut back on my hours for over a year and a half. Our system is broken. It has been a struggle to keep enough workers to keep her needed hours. If my consumer didn't have caregivers to come in for a few hours each morning, and one or two hours in the evening, she would have to be put in a nursing home. I know that I can give her better care in her home than I was able to do with 25 or more residents and only one nurse and another CNA. It also costs the state more to put someone in a nursing home than to care for them in their home. She was in a nursing home six years ago, and never wants to go back.

Our system is flawed and House Bill 4129, the Homecare Modernization Act, will go a long way to correcting it. I am asking you to please vote yes on HB 4129.

Thank you,

Cheryl Hudson

La Grande