Memo

To: Joint Subcommittee on Human Services: Co-chair Senator Lee Beyer, Co-chair Representative Rob Nosse, Senator Dallas Heard, Senator Rob Wagner, Representative Cedric Hayden, Representative Andrea Salinas, Representative Sheri Schouten, & Representative Duane Stark

From: Jennifer Urben, Salem Resident

Date: February 13, 2019

Subject: Testimony - SB 5026

Co-Chairs Beyer and Nosse, committee members, my name is Jennifer Urben. I like to be called Jen. Thank you for this chance to tell you why Direct Support Professionals are so important in my life. Sometimes I get really nervous talking to people, so I've brought my DSP, Chelsea Avichouser, to help me if I get stuck.

DSPs help me through a lot. And sometimes I need a lot of help with ordinary things like getting places and managing my feelings. They just help me through my life.

They help me stick to my life goals. Like sticking to my diet and I've lost 20lbs to prove it! I'm very proud of that and feel great.

DSPs help me feel safe and help me be myself. I know they are always there when I might need some help. When I get frustrated or upset, Caitlin and others are always there to help me through it. We go places together. It's not all hard. They also help me do really fun things that I like. Walking, going shopping, visiting with my family. We laugh alot.

And, now I'm living in my forever home. Living with my best friend, Sterling. I was lonely and let my DSPs know. They helped me move to this new home and I'm so happy. I would never have been able to do this without those guys that support me, DSPs.

It's hard when DSPs leave. I know everyone has to make a living. I would like my DSPs to stay with me. I'd like them to be paid enough to stay. The help I need is personal and it's hard when I have to start over with someone new.

If I didn't have DSPs to help, I would probably be in jail or the State Hospital or someplace worse. I have this great life now, I've worked hard to get it, but I could never have done this without a lot of help.

Thank you for your time.