

There are many Oregonians who languish in their homes due to health problems they can't afford to manage with regular professional help. I'm one of them. It's not that I don't try to improve my life myself; I meditate everyday, stretch, try to eat well and I'm down 60 pounds from my top weight. There's only so much an individual can do without professional help, though, when they're facing medical problems. Even with insurance, copays alone are often too much of a barrier to get help for anything more than the worst instances.

Nobody wants to just get by. Myself and others like me are people who want to be more involved in our communities, want to find work and want to thrive in our own lives. The current system is focused on extracting money and treating problems only when they've festered into emergencies. If Oregonians have the access to preventative care and professional help needed to manage chronic issues, there will be more able hands and less people falling behind.