

Is Abuse Pervasive?
Testimony by Ben Parady
Before the Public Health Committee
Regarding: The Operational Practices and Procedures of the DMHAS Whiting Forensic Division of
Connecticut Valley Hospital
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Hello, my name is Benjamin Parady and I live at 300 Plainville Avenue Apt 115 in Unionville CT 06085.

I would like to thank the Honored Chair, Co-Chair and the committee for the opportunity to address you today as a person who uses PCA's and counts on them every day. Please let me ask you a question: Do you have any idea what it is like depending on someone else to start your day, cook meals, do laundry, run errands, write checks, and basically run your life. For some these people are called maids, butlers, or for just the administration duties, a Legislative Assistant or secretary. The last four can be replaced or reprimanded easily. This is not so with PCAs. A reprimand could cause that person to quit, just not show-up or even lash out and/or steal. What to do in that situation? I have had to deal with some of those situations and the answer is not so clear when a person is faced with being stuck in bed to start the day or having to sleep in his chair to end the day. Those are not comfortable and dangerous realities, so rather than creating those risks, the devil one knows is sometimes better than the devil one might find. Starting someone new could be a worse situation, and considering the pool of so called acceptable people who might or might not be acceptable, it is playing roulette. Even nursing homes are no guarantee. I have gone weeks without a shave or even brushing my teeth. I need reconstructive surgery because of an improperly anchored Foley catheter which no PCA or nurse noticed was cutting because it was too tight. The things I am describing did not take place in Whiting or even CVH, but they are indicative of what happens to many of us who depend on others who have a great deal of power in our lives and have other motivations than providing quality care. The system is crumbling all around us and the people paying the price until now have not been asked. I ask that today be the start of a change where people matter more than Window Dressing. Thank you again and if anyone wishes to contact me about my testimony please do so.