

HHS 2/24
10AM

February 27, 2025

Senator Ingwerson, Representative Meyer, and Members of the Health and Human Services Committee,

My name is Sarah Trites and I live in Sabattus, ME. I am a self-advocate and a person who lives with both a developmental disability and also a brain injury. I am submitting this information to you to share the importance of passing the budget for Developmental Services.

My services help keep me independent and living in my own home. Without these services I wouldn't be able to live on my own. In addition to my developmental disability and brain injury, I have been diagnosed with osteoporosis and if I were to fall it would be bad on my bones. Currently I have a support worker who comes into my home to help me with things like showering. I get my services coming in three times a week on Tuesday, Thursday, and Fridays. I need to have her help me with showering to prevent me from falling. I also have a nurse who comes in to monitor me once a month. These are all services that are necessary to live my life.

I am asking this committee to pass the developmental services budget so that I can continue to get the services I need. These services allow me to live as independently as possible.

Thank you for your time and consideration.

Sincerely,

Sarah Trites, Sabattus, ME