

March 18, 2025
100 State House Station
Augusta, ME 04333

Testimony in Support of LD 769 “An Act Regarding Access to Behavior Health Supports for Adults with Certain Disabilities”

Dear Senator Ingwersen, Representative Meyer, and members of the Health and Human Services Committee:

My name is Chris Heywood, I am a self-advocate, and I live in Sanford. I am also a member of Speaking Up For Us, Maine’s Self-Advocacy Network. I am in support of LD 769 An Act Regarding Access to Behavior Health Supports for Adults with Certain Disabilities.

I am for this bill because I really want restraints to go away completely. I do not think using restraints works well. I have seen some of my friends get restrained before. They were restrained because the staff took their TV away and would not give it back. The cable wire was not hooked up the right way and a new wire had to be put in. The person was held down so the cable wire could be fixed. The person did not like it because I talked to them afterwards. They were very upset and angry. This made me feel upset. This is why I think that we should not have restraints anymore.

Thank you for your time and consideration and considering passing LD 769.

Sincerely,

Chris Heywood
Sanford, ME
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