

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 Daniel Francis and I am a self-advocate. I live in Beels Island, ME. I am in support of LD 769 because I want to have restraints taken away.

My concern is that this can be abused to restrain someone down and it can cause a lot of mental trauma. It can cause people with disabilities to not trust others in the future, not even doctors. I have never seen this in person, but I have seen on the news that being restrained is traumatic for the person, and can be for the family.

Sometimes it isn't always explained why someone is being restrained and they are given a very vague reason. If a person has to be restrained and it is ordered it could still hurt someone. There could be lawsuits for people being restrained against their will.

People have a right to do what they want as long as they aren't hurting themselves or other people. Restraining can cause injury, temporary or life long, It could cause the person physical pain.

Rights that we are given should be that we cannot be restrained unless we are a threat to ourselves or someone else. We should have the right to go places and into the community and not have the fear of being restrained.

I also think there needs to be more restrictions on how often emergency restraints can be used. It should not get misused in place of planned restraints. My grandmother told me stories about paramedics restraining people too rough. I have heard stories about restraining people to punish people when they act out sometimes. These are all restraints that should not be happening to people.

Thank you for your time and consideration and please pass LD 769.

Sincerely,

Daniel Francis

Beels Island, ME

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