

Mario Cardoza  
Portland  
LD 769

My name is Mario Cardoza and I am in favor of LD769. This bill will help protect the rights and dignity of people with disabilities. It will also eliminate the outdated and humiliating use of physical restraints.

A recent Bangor Daily news article, March 12, 2025, "Hampden care home did not protect residents from 'grotesque' abuse" highlighting some problems that arise for people subjected to physical restraint.

The trauma created for victims of restraint use is significant and long-lasting. My wife was a victim of this cruel and disrespectful procedure. She still feels the emotional impact and to this day cannot go to certain places which remind her of this abusive method of control.

There are better ways to keep people from hurting themselves or others. One way is by noticing someone is getting upset. Using calming techniques, trauma informed care, early on can help alleviate elevated emotional states that cause/trigger severe anxiety or aggression.

Everyone deserves to be treated with respect and dignity. In this way, people can get the help they need without feeling treated harshly. I ask you pass LD 769.