

## Written Testimony on LD 1442

April 16, 2025

Senator Ingwersen, Representative Meyer and Distinguished Members of the Health and Human Services Committee my name is Laura Perkins. I have been employed as a Caregiver by Loving Touch In-Home Care in Bangor for the past 3 years. Today I wish to briefly share my training experience as provided by Loving Touch.

When assigned a client, I spend several hours shadowing with a seasoned caregiver at the client's residence. The Plan of Care is reviewed with me and I have the opportunity to observe as the methods of care are demonstrated by the mentor caregiver. I also participate in providing care for observation by the mentor caregiver.

The Plan of Care is reviewed on an on-going basis by the Client Care Manager and revised as needed with input from the client and the care team. Any changes to client needs are communicated directly to me by the Care Manager. I am also encouraged to request additional trainings and support from the Care Manager as needed. Examples of training provided to me outside of the "Required Training" at Loving Touch are as follows:

- The Agency provided a demonstration and hands on training led by a Physical Therapist on using a Sit to Stand Lift for transferring a person with significant mobility issues. Each caregiver then demonstrated the method used by the Physical Therapist.
- The proper placement and use of a gait belt to prevent client falls was demonstrated by a Physical Therapist. I was then observed by the Physical Therapist, while I used the proper methods of using a gait belt to prevent falls.
- Correct and safe methods of transferring a client from a wheelchair and/or walker to and from the car for transport to appointments was demonstrated by a Physical Therapist and in turn they observed me performing the transfer.

There is no lack to time and training available at Loving Touch. I do not see how the PSS training would be more beneficial than the hands on training I am currently provided by Loving Touch with each individual client I care for.

Home Care is very personal and individualized. These clients have unique likes and dislikes and differing physical and/or cognitive challenges. Each approach is different and I feel the hands on client specific training through Loving Touch helps me more than a one size fits all PSS certification. I appreciate your time and consideration in reviewing whether the PCA certification rules really benefit Clients and Caregivers in the Home Care setting.

A handwritten signature in black ink that reads "Laura Perkins".

Laura Perkins