



Testimony of Meari Avery, AARP Connecticut Volunteer  
In **Support of SB 1030, An Act Concerning Long-Term Care Facilities**  
Public Health Committee, March 15, 2021

Good morning, Senator Daugherty Abrams, Representative Steinberg, Ranking Members, and Members of the Public Health Committee:

I am testifying today in support of SB1030. As a daughter of a parent who received services in a local nursing home, before the pandemic hit, I am an advocate of increased staffing ratio, training for staff, adequate infection control (IC) policies with IC staff to lead the effort, and protection of the most vulnerable residents. I am also a Registered Nurse.

My mother, who was nonverbal, had dementia, and required much care. For example, she required about 30-40 minutes to be fed. I visited the nursing home daily, or paid someone privately, to feed my mother her dinner, as the staff did not have enough time to do this. It was heartbreaking to visit, because many patients languish in bed, or in wheelchairs, and many ate their meals cold because the staff could not get to them to feed them, as the work load was too heavy. I visited daily, also, because I needed to keep an eye on her care and demonstrate that she had an advocate watching out for her. In the 13 months my mother lived in the nursing home I was invited to 2 treatment team meetings. This is inadequate to plan, evaluate, and coordinate appropriate level of nursing care.

I worked as a nursing assistant (NA) before I became an RN, and at the time, the staffing ratio was similar to current levels, however, the residents now are much sicker, and require much more care. For example I only had two patients who required feeding, compared to 8 who a CNA may need to feed now. At the time, in the 70s, the acuity of the nursing home residents were much lower, compared to the current resident acuity, thus staffing, and training must improve.

Most residents in LTCs need more time, not less for activities of daily living, feeding, bathing, dressing, toileting. My mother walked into the nursing home using a walker and assistance of one person, but within about 1 month, she was wheelchair bound, as there were not enough to staff to ambulate her to keep her muscle tone.

We need to remember, we all will age, and is this the way we want to be cared for if the time comes, and do we want our family receiving minimal care now? I urge you to pass SB1030.