



**SEIUHealthcare®**  
United for Quality Care

March 17, 2021  
Adrienne Rogers, CNA  
Regal Care West Haven  
SEIU District 1199 New England  
Before the Public Health Committee

*In Support of SB 1030 AN ACT CONCERNING LONG-TERM CARE FACILITIES  
with changes.*

Good afternoon Senator Abrams, Representative Steinberg, and members of the Public Health Committee. My name is Adrienne Rogers and I am a CNA at Regal Care of West Haven. I am testifying today in support of Senate Bill 1030 with small changes.

I love my job because I enjoy taking care of people. I love being able to sit and talk to my residents. They get such pleasure and pride talking to us about what they did with their lives. Many don't have family or get any visitors, so we may be the only people they talk to. I talk to my residents while I'm giving them care, but it's not the same as sitting and actually talking to them. Talking to people, remembering, sharing a laugh helps them physically and emotionally. I can see the difference when I do that, but no matter how efficient I become, I'm just one person and can only give so much care in an 8 hour period. All caregivers go home at the end of the day thinking: could I have done something more? Everyone wants their loved one to be cared for like they're you're own family. That's how I try and relate to all my residents.

I get frustrated when management doesn't see how hard we work. My job is to wash, make sure they get their meals & dress them. If we didn't provide these services they wouldn't get the care they deserve. More staffing means more time to do extra not just the basic. Additional funding for staffing and better staffing ratios would allow more training and recreational outings. Residents, families & staff will be happier knowing we have adequate staff.

Low staffing means I don't take breaks. My break is when I am doing my paperwork for the day. I spend time reporting the number of hours patients slept, their activities for the day and so much more. That means I don't get time to care for my own needs. Sometimes I do not have time to eat lunch. With proper staffing levels, I would be able to give the hands on attention that I would want to be able to give my own family members.

Please pass Senate Bill 1030 because it would start to address some of the serious issues that need to be addressed in order to provide better care to residents and more support to staff. Thank you for your time.