



Myron

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CIDNY recommends that the State:

- Maintain Medicaid funding for long-term care services in the home and community;
- Oppose reductions in home care eligibility.

Access to Community-Based Long Term Care Promotes Independence and Community Integration

I used to be a clinical social worker; I was a therapist. I have Multiple Sclerosis and I stopped working in the late 90s because my symptoms got so bad. I was unable to get to the office, make my own dinner and things like that.

At first I had an aide for six hours a day – I needed help getting out of bed, making meals and getting out of the house. When I first left work, I volunteered at Cabrini's Old Age Home – I sat and chatted with people. I also volunteered at the Cabrini Hospice – that was simple work, but it was sad.

I began to volunteer at CIDNY and joined the board of directors last year. I wouldn't be able to do any of this if I didn't have eight hours with my aide. Now that I have that time, I have more flexibility. I'm more mobile. I'm able to do my own thing – my life is better.

I can sit at my computer and write. That's very important to me. I write short stories. I've written my autobiography and a play – we did a performance of the play at CIDNY several years ago. I try to get out every day – at least once a day, otherwise I feel like I'm in prison. I can't do anything without the aide. For example, when I'm at the computer, I have to be transferred from my scooter to my desk chair, and then when I'm done, back to my scooter again.

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