Person Centered Plan Summary

August 21, 2012
Introduction

Dave Hasbury (Neighbours International) guided a series of conversations designed to uncover:
- Who is [redacted] and what are his gifts and capacities?
- What is [redacted] story?
- What is important to [redacted]
- What would a good future for [redacted] look like?
- What are the fears and concerns for [redacted] future?
- What will need to be in place to maximize opportunity for success, and maintain safety in his future?

Planning Group
- [redacted] (Aunt and Guardian)
- [redacted] (cousin)
- [redacted] (JDC QSP)
- [redacted] (JDC Tech)

[redacted] is a social and friendly 26 year old young man. He is capable, and smart. He has many interests in things that bring him enjoyment. He enjoys being active and learning how to do things.

He loves country music. He rhymed off the list of artists that he is a big fan of:
- Reba McEntire
- Toby Keith
- Brad Paisley

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- Brooks and Dunn

He loves listening to music, dancing, and singing karaoke. Music brings a lot of enjoyment to [name].

And [name] loves animals, all kinds of animals, big and small. When I asked [name] what kind of animals that he likes, he was animated and said "all of them".

But he also enjoys working, whether that is doing household chores, preparing for meals, cooking, and cleaning up after meals, doing laundry, or sweeping up. He enjoys doing this kind of work and he likes being helpful in doing this kind of work. [name] is always prepared to help people find the things, or people that they may be looking for.

[name] loves food. He likes looking at magazines that have recipes and watching Rachel Ray (his favorite cooking show host) on TV. He enjoys learning how to cook. But [name]’s passion for food has also been a source of challenge in his life.

The people who know [name] well would tell you that 90% of the time [name] is friendly, helpful, social, and easy to get along with, but 10% of the time [name] can erupt, and when that 10% is happening, it is taking 100% attention of the people around him.

When [name] was younger he left his family to live in a group home in Wisconsin. According to his Aunt [name] (his Mom’s sister), [name] Mom and Dad both had many struggles of their own, including psychiatric and mental health issues that made it very difficult to parent. [name] learned how to
manipulate by acting out, becoming aggressive and violent, damaging property, and hurting others by any means available to him, pulling hair, kicking, punching, breaking things, throwing them.

has been known to run or elope, when this emotional intensity shows up. He is not thinking at that moment, he is just moving. One time while he was in Wisconsin, he ran out of the house into the middle of the street, and very nearly got hit by a semi tractor trailer that was coming down the road.

Food has always been important to While lived at the group home in Wisconsin, he would talk people into letting have food, and there was a sense that people succumbed in order to avoid an explosive moment with would overeat, he would not stop if food was available. He would find a way to break into cupboards and fridges where the food was stored, and he would eat until he got sick. He became extremely overweight.

is one of those people, whose physical health directly affects his mood and behavior. Uncontrolled eating and weight gain, leads to be less active, and less activity leads to trouble, anger, and aggression.

mind is always brewing. He has a constant flow of thought, and when is not actively engaged in some activity that draws his focus, he gets caught up in thoughts and memories. It may be a current thought or experience, or a memory from his
past, but when he gets caught in that thought it affects his mood.

Staff who know him well say that you can see the changes coming over. His eyes change. He has a nervous fidgeting, and all of this keeps building. They will say that there is a line that will get crossed inside of and once that line is crossed, there is no way to talk with him. Before that line is crossed it is possible to talk with him, giving him some space to get himself together, or redirect him into activities that are engaging and interesting to him. The key is in being attentive enough to be able to notice, and then redirecting his energy.

The challenge for has been that when he crosses over that line in himself, he loses control. He is a tall young man, and he is strong. He has had to be restrained, physically and chemically. It is a downward spiral that that crashes quickly when it goes unattended early enough in the process. Recently had an episode while visiting his Aunt, that was frightening for all involved. The police were involved in restraining him, and taking him into the station.

By the time that is in this state, he is not doing things intentionally. He is out of control, and he feels bad when it is all over. Fortunately there are some good signs of growth, and a desire on part to learn how to deal with this. is now approaching staff to ask if he can speak with them about something that is bothering him, before it explodes.
experience with the police was not one that he liked. He does not want to have that experience again.

When he was smaller and younger, his explosive episodes served a more direct purpose. They were an outlet for his frustration and anger. He used to be able to talk people into giving him things that he wanted, so that they would avoid a violent or aggressive outburst. But as he has grown, they no longer serve him as well. They cause him to be feared. They lead to restraints. They have brought the police into his experience. And at JDC he has been less likely to get what he is pushing for. The episodes don’t feel good to him and they certainly aren’t good for those around him, people that he as a social person, he would like to be relating with.

He has many interests. He has a willingness and desire to be actively engaged. He likes working. He enjoys having a good time. He wants to be helpful. He wants to be liked. He wants to belong.

While he has been at JDC, the people who know him have noticed growth and maturing, even though it seemed to be a long time coming, and there is still more that is needed to stabilize. This growth and maturing will increase his capacity to have some self control if he:

• has a full, active, and meaningfully engaging schedule, and routine that he is familiar with and can count on
• has a “go to” person, that he can turn to to talk and receive guidance when he notices that he is
building with feelings that can lead to aggressive outbursts

• has ongoing psychological counseling to process his thoughts and feelings, and develop positive practical strategies for responding to these feelings.

• has someone who is paying attention and supervising who can recognize the signs that agitation is building in and help him redirect his energy, or find safe space to process what is happening.

really is very likable and capable. He deserves the opportunity to channel his capacity to productive outlets that build a life of friendship, enjoyment, and success.
Home & Daily Life

Location
- up to an hour west of Chicago (closer to where his Aunt [redacted] lives)

Type of Home
- a house in a neighborhood that is quiet and has low traffic, but close enough to places that [redacted] could go walking (with supervision) to:
  - shopping, restaurants, coffee shops,
  - movie theaters
  - parks
- a room of his own

People to Live With
- [redacted] loves animals of all kinds, but it would be great if he could have a pet, an animal that he could take care of
- [redacted] is very social and enjoys people and group activities like parties, dances, outings so living with friendly, non-aggressive housemates could work

Other important People:
- his Aunt [redacted] and her family

Other Life Dreams:
-
Important Routines:
- routines and schedules that can become familiar with are important to him
- it would be best to have conversations with about:
  - routines that would be important to him
  - schedule of activities and things to do that would be interested in

What are the Person's Support Needs?:
- needs supervision ---people who can be aware of where he is and what he is doing and what is happening around him
- he needs staff who:
  - can become aware of and recognize the signs that is becoming agitated
  - help to redirect his brewing agitation in a variety of ways:
    - by listening to him
    - helping him to know when he needs to take some quiet space, and then be prepared to have a conversation with him after that time
    - redirect his energy by inviting into an activity to do together with him:
      - go for a walk,
      - pick a household chore to work on
      - ask him to help you
• develop a schedule and routine with [redacted] and review with him what he can be expecting during that day, evening, or week
• support to monitor and maintain a healthy diet
• engage [redacted] in exercise, perhaps by becoming a member at a local gym and working out 3-5 times per week

What Other Needs are There?
• paid employment that is meaningful and engaging
Work / Day

Preferred Type:
- physical work that requires moving from one place to another
- working (as an assistant or helper) with someone can teach, guide, or coach on the job

Location
- close to his new home

Work Schedule
- needs a full schedule that is active
- full time work would be good. or a mix of

Support at Work
- would do well if he worked along side a staff/job coach who could
- at this point needs supervision at all times
- needs guidance to be engaged in focused productive activity
- needs support to notice when agitation is building in him, and a strategy for processing what he is thinking/feeling, and redirecting to focused work

Education

Other Work Life Needs:
- transportation available
Interests, Gifts, and Capacities

At Home
- listening to music
- cooking (learning to cook)
- parties
- group games
- household chores and taking care of things around the house
- helping out
- having a pet that could take care of, for example, a dog that needs to be walked, fed, played with

In Community
- going for walks
- concerts
- working out and exercising at the gym
- volunteering to help others:
  - at an animal shelter
  - dog walking
  - neighbors
  - other community volunteering opportunities that keep active and valued for his contribution

Gifts and Capacities
- social
• likes to help
• physically strong
• personable
• caring
Support Needs

Special Considerations (including fears and nightmares):

- Aunt Geraldine is deeply concerned that explosive behavior (that 10%) will lead to police involvement, and ultimately to prison. She has felt that the structure, and staffing that JDC has offered has created more stability and that the potential for lack of structure, skill of staff, and the handling of emerging anxiety will lead to great harm and restriction of freedom.

- Geraldine has deep conviction that mishandling diet, nutrition, and fitness will lead to a spiraling downward cycle that will lead to her fear of police/prison experience for

- requires the availability and skill of staff to recognize and respond to signs of agitation early, and help him to redirect and channel his energy toward positive, non-destructive and non-violent responses

- has demonstrated some self-awareness and desire to work through what he is feeling without exploding. needs and deserves the psychological counseling support that can help him mature and develop personal strategies for processing and responding to his thoughts and feelings in ways that do not harm
When is Support Needed?

- Needs 24/7 1:1 supervision available that is aware of:
  - where he is
  - what is happening with him
  - what is happening around him that may stir his agitation
  - the signs that is becoming agitated

What Supports are Needed?

- Guidance and support to be actively, and meaningfully engaged in activity
- To develop a schedule and routine and talk about it with him, reminding him of what is going to be happening on that day, and for the rest of the week
- Recognizing sign of agitation building, and help
  - Learn how to respond in positive ways -- take time out to calm down and talk about what he is thinking and feeling
  - Redirect energy by inviting to be involved in enjoyable activities, including asking him to help you
- Develop and monitor a healthy eating plan with including restricting access to food
  (is known to “break in” to where food is stored and this leads to explosive conflict)
Direct Support Personality Characteristics
• strong
• confident
• calm
• unafraid
• physically active
• inviting
• positive

Direct Support Skills
• planning and scheduling activity
• conversational counseling skills- ability to help
  become self-aware through actively
  listening to him and helping him think about
  strategies to respond to what he is thinking and
  feeling
• calm redirection skills
• ability to teaching new skills (for work, and
  physical fitness activity)

Anything Else?
• psychological counseling
• psychiatric monitoring of medications
• diet and nutrition advice