

## Sara's Description



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Date of the 1st plan

April 24, 2007

Dates the plan was changed \_\_\_\_\_

**What do I hope that this plan will help me accomplish?**

To create a description to help me move to a new Residential Provider in the community.

Who helped me with this plan? (Who gave me information?)

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Sandy  
Social Worker  
1 year

Carol  
Former Prog. Mgr  
4 years

Lori  
Supervisor  
2 years

Sean  
Program Mgr.  
3 years

Grace  
Nurse  
1 ½ years

Lorrell  
Direct Care  
Worker  
3-4 years

Chris  
Friend  
1 ½ years

Lind  
Friend  
1 ½ years

Janet  
Staff  
2 ½ weeks

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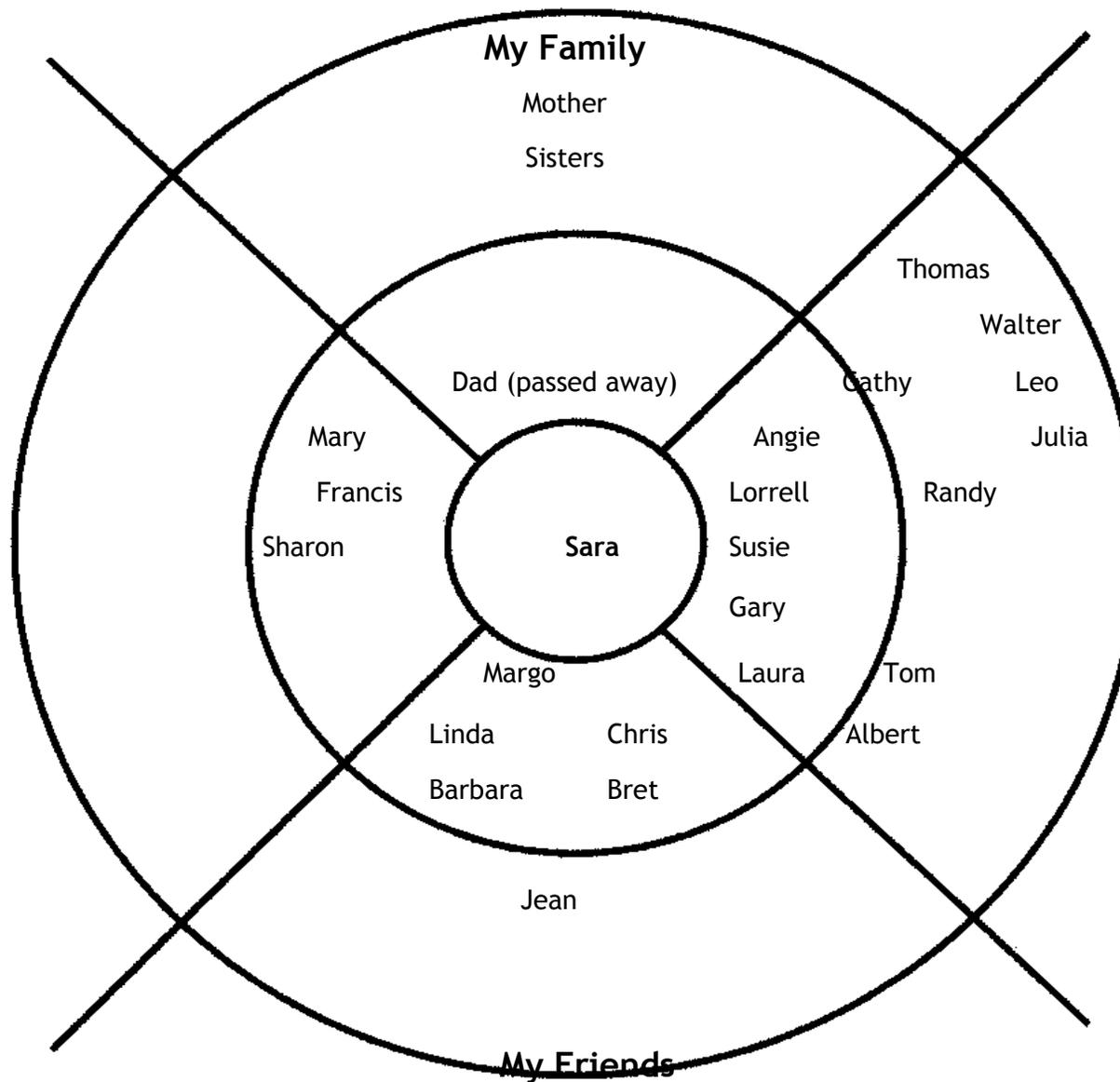
**Who do I still need to talk to?** (Are there others who can help me get more information?)

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# Sara's Description

People Map for Sara Jones

People who support me at work, school, training



People whose job is to support me at home and other places

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### My Introduction - Great Things About Me

What do people like and admire about me? What are the good things they say about me? How would I like to be introduced?

<ul style="list-style-type: none"> <li>• Sara is friendly and fun</li> </ul>	<h3>New Things I Have Learned About Myself</h3>
<ul style="list-style-type: none"> <li>• She has a great sense of humor and can be silly</li> </ul>	
<ul style="list-style-type: none"> <li>• Her smile</li> </ul>	
<ul style="list-style-type: none"> <li>• Sara has a passion and zest for life</li> </ul>	
<ul style="list-style-type: none"> <li>• Her positive energy in wanting to advocate for others</li> </ul>	
<ul style="list-style-type: none"> <li>• States what she wants and has lots of goals for herself</li> </ul>	
<ul style="list-style-type: none"> <li>• She's very independent</li> </ul>	
<ul style="list-style-type: none"> <li>• She's smart</li> </ul>	
<ul style="list-style-type: none"> <li>• She knows what she wants to do and is resourceful (figures out a network to make it happen)</li> </ul>	
<ul style="list-style-type: none"> <li>• She's kind and charming</li> </ul>	
<ul style="list-style-type: none"> <li>• She's fair (especially on Social Justice issues)</li> </ul>	
<ul style="list-style-type: none"> <li>• Respectful</li> </ul>	
<ul style="list-style-type: none"> <li>• I'm hardworking</li> </ul>	
<ul style="list-style-type: none"> <li>• I'm a good shopper</li> </ul>	
<ul style="list-style-type: none"> <li>• I like to help and am protective of others</li> </ul>	
<ul style="list-style-type: none"> <li>• She's outgoing</li> </ul>	
<ul style="list-style-type: none"> <li>• I'm good with children</li> </ul>	
<ul style="list-style-type: none"> <li>• She's pretty</li> </ul>	

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### What is Important to Me

What do I want other people to know about the things that are important to me? Who are the people that are most important to me? What do I do with them? What are the things that I have to do (and things I need to have) if I am going to be happy?

#### Being Respected

- People not telling me to do something, but asking me instead
- Not having people break their promises
- Getting explanations for things, especially if plans change
- I don't like people picking with me and running their mouth and talking a lot of junk about me
- I don't like the word "No"
- Having people listen to what she has to say
- Knowing that people care about her
- Being able to get her needs met when she wants it (especially with pain medication)
- Being able to go where she wants (unsupervised time)

#### I Like To Be Social

- I like talking and joking with others
- Calling people on the phone
- Going out and doing things with friends (movies, shopping, playing cards, dancing, going out to eat)
- Having friends that interact and talk to me
- Being able to spend time with friends on my birthday

#### New Things I Have Learned About Myself

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<p><b><u>Making A Difference For People</u></b></p> <ul style="list-style-type: none"><li>• I like to help others</li><li>• I'm protective of people. If someone I'm close to is having a bad day, I will too.</li><li>• She takes up social causes and will advocate for herself and others</li><li>• She is helpful (collecting donations for Katrina victims, speaking to the legislature on behalf of others)</li></ul>	
<p><b><u>Doing Things I Like</u></b></p> <ul style="list-style-type: none"><li>• Going out to eat at Golden Corral and for Chinese Food</li><li>• Eating fried chicken and Meat Lovers Pizza</li><li>• Not eating collard or turnip greens, broccoli, steamed okra, pork, baked chicken or salad</li><li>• Getting to sleep in on weekends</li><li>• Being able to lay in bed and relax</li><li>• Getting to take bubble baths</li><li>• Listening to any kind of music but classical</li><li>• Listening to 97.3</li><li>• Seeing Chris on the weekends</li><li>• Being able to smoke and not being bugged with people telling me it will kill me. We're all going to die someday, and I'll probably just die sooner. My smoking is not going to change (at least for right now).</li><li>• Eating cake that the Cake Baker (Sue) made</li><li>• Experiencing new things</li><li>• Working on my GED with a "typical" class</li><li>• Going fishing, swimming, and shopping</li><li>• Playing my video games and watching TV in my room where I don't have to be disturbed</li></ul>	

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<ul style="list-style-type: none"><li>• Watching Survivor, House, RSCP, and Extreme Makeover each week</li><li>• Working with kids</li><li>• Keeping busy</li><li>• Decorating for the holidays (especially Christmas)</li><li>• Taking a nap when I get home from school/work (30-60 min)</li></ul>	
<p><b><u>I'm Protective Of My Stuff</u></b></p> <ul style="list-style-type: none"><li>• I don't like people messing with my things</li><li>• I love my Pooh Bear and stuffed animal collections</li><li>• I have a Nintendo 64 and Playstation that I play my video games on in my room</li></ul>	
<p><b><u>Things That Bother Me</u></b></p> <ul style="list-style-type: none"><li>• Dogs</li><li>• The Dark</li><li>• Creepy, crawly things (bugs, snakes, etc.)</li><li>• November 3<sup>rd</sup> - my dad passed away on that day last year and it may be difficult for me around that time of year</li><li>• Thunder and lightening</li><li>• Needles</li></ul>	

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**What are the characteristics of people who support me best?**

If I was going to pick a new person to work with me (e.g. case manager, staff in a home) what would I look for? What do the people that I like to work with have in common? Have there been people that I couldn't work with? What do they have in common?

<ul style="list-style-type: none"><li>• Good listener and pays attention</li><li>• Nurturing and caring</li><li>• Doesn't give orders (non authoritative)</li><li>• Willing to explain things</li><li>• Has a sense of humor</li><li>• Active and likes to do things</li><li>• Likes to have fun</li><li>• Direct and sets clear expectations</li><li>• Doesn't have to be right</li><li>• Insightful</li><li>• Unconditional</li><li>• Non-aggressive</li><li>• Keeps their promises (and provides explanations if they need to change)</li><li>• Positive and supportive</li></ul>	<b>New Things I Have Learned About Myself</b>
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### What Others Need to Know or Do to Support Me

If I am going to have the things that are important to me, and stay healthy and safe, what do people need to know about me? What do they need to do? How do I need to be supported at home, at work, and when I am out in my community?

### I Want To Be Respected

- Don't talk down to Sara
- ASK her to do something rather than give orders or tell her to do it. This will upset her and will lead to her becoming angry.
- Follow through with what you say you will. If it is not possible to do that, give her an explanation of what is going on and when you can keep your promise. Always have a "plan B" in place in case things don't work out for what you promised.
- Listen to her and be there to talk to her when she needs you to.
- Give her space when she needs it. This is usually when she is depressed or upset. She will let you know when she wants to talk about it. It might be a few days later. Don't push her to talk before she's ready.
- Provide clear directions and expectations for her. It helps to have one person be the one to give her requests (or at least make sure if it is more than one person that you are all saying the exact same thing)
- Guide her gently to a decision that she can come to the conclusion on her own.

### New Things I Have Learned About Myself

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### I Don't Like To Get Bored

- I want to be able to do things instead of just sitting around the house doing nothing.
- Give her choices. Sometimes she may want to stay home and just relax doing things in her room (TV, video, music), but she should have the opportunity to go to activities if she wants.
- Sara may not be able to tell you she is getting bored with something and may just stop going or doing something. In the past, this has caused her to lose jobs. It would be helpful to talk with Sara to see how well she likes something and if she needs to have a change.
- Right now, she is focused on getting her GED and all efforts need to be made to help her reach her goal.

### I Am Nervous About Moving

- Sara feels safe at ADC and will do things with new providers to see if she can trust that they will always be there for her like ADC has been.
- Sara needs someone who will work with and support her unconditionally to have her gain trust in you.
- She needs to be able to call people she has a relationship with. The names and numbers of these people can be found in Sara's Memory Book and/or Phone/Address Book
- As a Provider, it would be advantageous to schedule time off (respite) on a regular basis to relax and recharge.

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### I Am Independent

- Sara can do a lot on her own and doesn't need assistance from people for daily living activities.
- She does need to be asked to let you know where she is going and how long she will be gone. This is more for mutual respect than making her feel like she is being controlled.

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<b>What Other People Need To Know Or Do To Help Keep Me Healthy And Safe</b>	Do I have medical conditions or mental health issues that other people should know about? Are there times when I need help in managing my medical or mental health?
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<b>Sara Is In Good Health Overall</b> <ul style="list-style-type: none"><li>• Sara does not have any major medical issues.</li><li>• She is overweight, but she is not concerned about this.</li><li>• I have seasonal allergies and take Claritin every morning for this.</li><li>• Sara has acid reflux and takes Pepcid AC twice a day</li><li>• She also has constipation and takes Latilose Syrup daily</li><li>• Sara is able to take her own medication and would benefit from a medication minder system (i.e. pill box)</li><li>• She is sexually active and receives a Depo Provera shot on a quarterly basis for birth control</li><li>• She also takes Lexipro every morning. This is an anti-depression medication.</li></ul>	
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**I Have Difficulty Staying Calm**

- Sara has a diagnosis of Borderline Personality Disorder and often will compete for attention.
- Attention attempts have included cutting herself with anything she can find, making threats of suicide, being accident prone (falling out of bed, twisting ankle, etc.), and being “asymptomatic” by diagnosing herself with medical conditions.
- There are no “cues” for when Sara will lose control. When she does she will become assaultive to others, particularly those people she feels close to. She will strike out at them, bite and kick. She also will destroy property. “I just split off” and she becomes a different person. This can come at anytime. Based on the potential severity of Sara’s actions, people supporting her must be trained in Crisis Intervention strategies (ex. CPI, MANDT) and follow a Crisis Plan protocol developed specifically for Sara.
- Although Sara’s suicide threats have been more attention seeking, there is a very real concern that she may accidentally follow through with the attempt. There needs to be a Suicide Plan in place that specifically addresses these concerns and all supporters must be trained in the protocol.
- Sara will sometimes tell you when she is feeling the need to cut herself and will come to you with objects asking you to hold

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<p>them so she won't hurt herself.</p> <ul style="list-style-type: none"><li>• She has been attending the Anger Management Program at ADC and this is providing her with some skills to stay calm.</li><li>• Sara will seek people out to talk to when she feels the need and is depressed. It is important to be available to talk to her during these times.</li></ul>	
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### Things to Figure Out

What are the things that I am still trying to “figure out?” What are the things about me, my condition, or the supports that I get that I don't understand or where I need more information? What are the things that are getting in my way?

• How to help Sara identify when she is losing control before it happens	
• Resolution of family issues	
•	

**How Do I Communicate**

<b>What is happening</b>	<b>What I do</b>	<b>What it means</b>	<b>What others should do</b>
Anything	Sara becomes upset and says she doesn't want to talk about it	She wants to be left alone	Give her space. She will come to you when she wants to talk
Being told to do something	Will cuss you out and/or walk away	Felt she was disrespected	Ask her instead of order her or telling her
Anytime	Yelling, physically aggressive, destroying property	Testing the relationship	Stick with her through the good and bad times
Anytime	Threaten Suicide	She wants attention from you	Try to talk to her. Ask her "Did you really mean it? Are you serious?"

**What is Happening in Your Life - The Upside and Downside**

<p>Look at what is working and not working, makes sense and doesn't make sense In your life <i>right now</i>. Think about ...</p> <ul style="list-style-type: none"> <li>• Where you live</li> <li>• What you do during the day</li> <li>• Who you spend time with</li> <li>• The services that you receive to help you stay healthy/safe</li> <li>• Issues with medication - how it works, side effects</li> <li>• What you do for fun</li> <li>• Other parts of your life</li> </ul>	<b>What I think - my perspective</b>	
	<b>What works, makes sense, the upside</b>	<b>What doesn't work, doesn't make sense, the downside</b>
	• Seeing Chris on the weekend	• Being on a time program to smoke
	• Getting my GED	• People not following through with their promises to me
	• Being at ADC	•
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### What is Happening in Sara's Life - The Upside and Downside

Look at what is working and not working, makes sense and doesn't make sense In Sara's life <i>right now</i> . Think about ...	What others think - their perspective	
	What works, makes sense, the upside	What doesn't work, doesn't make sense, the downside
<ul style="list-style-type: none"> <li>• Where I live</li> <li>• What I do during the day</li> <li>• Who I spend time with</li> <li>• The services that I receive to help you stay healthy/safe</li> <li>• Issues with medication - how it works, side effects</li> <li>• What I do for fun</li> <li>• Other parts of my life</li> </ul>	<ul style="list-style-type: none"> <li>• Being in the GED Program - she's proud of it, it's fantastic, she's sticking with it and is making friends</li> </ul>	<ul style="list-style-type: none"> <li>• Not having money to buy enough cigarettes so having to be on a time program</li> </ul>
	<ul style="list-style-type: none"> <li>• Having opportunities to help others</li> </ul>	<ul style="list-style-type: none"> <li>• Getting attention for bad things she does</li> </ul>
	<ul style="list-style-type: none"> <li>• Anger Management Program (she can be an advocate for others once she graduates)</li> </ul>	<ul style="list-style-type: none"> <li>• Living at ADC</li> </ul>
	<ul style="list-style-type: none"> <li>• Career as an advocate</li> </ul>	<ul style="list-style-type: none"> <li>• Uncertain timelines for her to move</li> </ul>
	<ul style="list-style-type: none"> <li>• Talking things out with people</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
	<ul style="list-style-type: none"> <li>• Having activities to do (movies, dances, church, shopping)</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
	<ul style="list-style-type: none"> <li>• Not having contact with mom</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
	<ul style="list-style-type: none"> <li>• Depo-Provera shot</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
	<ul style="list-style-type: none"> <li>• Getting attention for good things</li> <li>• Staying in touch with her</li> <li>• Self-Advocacy participation</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>

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### A Picture Of A Life For Sara

What would the ideal place to live be like for Sara? What would it look like? What supports would be needed? What would he be doing during his day? Based on this ideal, what realities can be provided? How would they be funded?



### Sara Would Live . . .

- With a Host Family in a big house
- In an urban area
- In a home where she has her own room and maybe even a whole living space (ex. finished basement) and have a big bed
- In a home where she can smoke outside
- In a home that has a designated “safe space” for her
- With support from a family who can be consistent in how supports are given
- With an agency that will respect a slow transition that includes a week long visit so everyone can get to know each other better and she can learn about her community
- In a home that doesn't have any dogs
- Where she could have a phone to call friends

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Sara's Community Would . . .	Sara's Day Would . . .
<ul style="list-style-type: none"><li>• Have lots to do close to home like stores, restaurants (Golden Corral, Chinese Food), and social activities (movies, fishing, YMCA, shopping, swimming, etc.)</li><li>• Have access to the public bus system</li><li>• Have volunteer opportunities available</li><li>• Have People's First activities Sara could be part of</li><li>• Have mental health services available to provide counseling, and anger management groups</li></ul>	<ul style="list-style-type: none"><li>• Include going to school to finish work on getting her GED</li><li>• Include working in a day care with children and get paid for it</li><li>• Include a nap when she gets home</li><li>• Have time for her to play video games and listen to music</li><li>• Have opportunity for activities so she doesn't get bored</li><li>• Provide opportunities for Sara to explore EMT or nursing careers</li><li>• Include use of her Memory Book and Address/Phone book of friends and people she is close to</li><li>• Provide opportunities to increase responsibility (ex. chores)</li></ul>

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Activities	Supports Needed	Associated Costs
Morning	Sara prefers someone to wake her up in the morning, by shaking her or calling her 1-2 times. She will then get herself ready on her own. She will have a smoke after dressing. She's not a big breakfast eater. Sara could probably take medication through a med box system with some training.	Support hours from 6am-8am to help organize the day. Covered by specified rate
School/Work	Preferably would begin at 8:30am and begin with a GED class. She would then go to work in a Day Care Center close by. This would be a total of 40 hrs/wk. Will need Job Coach to find job and provide training until she is able to do it independently. She would also need someone to teach her bus routes.	Initial costs covered by specified rate, Vocational Rehabilitation. Cost of GED class would be an additional cost since aging out of the education system.
Evening	Sara likes to take a nap(30-60 minutes) when she gets home. Activities should be sought and offered to help avoid boredom. Will take a shower before going to bed. Sara will complete chores in either the morning or afternoon, depending on what her daily schedule looks like	Support hours from 4pm-10pm. Asleep overnight support available. Covered by specified rate
Weekends	Flexible schedule where Sara and Caregivers can talk about things to do. She likes to see her friend, Chris, on the weekends.	Full time support available. Covered by specified rate
Other Needs	<b>Mental Health:</b> Need a psychiatrist for medication monitoring and counseling	If not covered through Medicaid, may need additional funding

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	<p>for insight into borderline personality disorder and coping skills. Must have a Crisis Plan and Suicide Plan in place - these would include a phone tree of supporters she can contact when needed.</p> <p>ALL supporters must be trained in Crisis Intervention (ex. CPI, MANDT, etc) and Crisis/Suicide Plans. Must have 8-12 days of respite per year provided for caregivers.</p> <p>Sara should have choices available to her, including a “personal day” if she is in a bad space and needs time off of school/work. Should have a designated “safe space” at home (one of the skills learned in the COPE program)</p> <p>Sara will need extended visiting periods for transition, including a week long visit prior to moving.</p>	<p>Additional Respite will be an excess cost. Training needs may require additional funding.</p> <p>Additional time for transition visits will require excess cost funding.</p>
	<p><b>Behavior Support:</b> Have ongoing consultation with a Behavior Specialist. Always have a “Plan B” ready to go in case promises are broken. Be involved in support groups to help with issues Sara might have.</p>	<p>Support group(s) will require additional funding</p>
	<p><b>Medical Support:</b> Sara does not require any specialized medical support. However, the current</p>	<p>Should be covered through specified rate</p>

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	medication regime is working well and should not be changed.	
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