

## Tammy's One Page Description

### What People Like and Admire about Tammy (Pg 6)

- Is always smiling
- Totally accepts people
- WONDERFUL personality
- Stylish
- Accepting and forgiving
- Resilient
- Great sense of humor
- Friendly and social



### What is Important to Tammy (Pg. 7-8)

- Being a part of things
- Having eye contact with everyone
- Looking stylish and having her hair and nails done
- Being comfortable and not having her tubes underneath her
- No roughness in personal care

### Supports Tammy Needs to be Happy, Healthy and Safe (Pg. 10-14)

- Always have her head elevated
- To be suctioned frequently (5-6 times per shift). Gurgling noises means she needs to be suctioned
- To have people be kind, sensitive, loving and have a gentle touch
- Be gentle with brushing her hair (she doesn't like it, but wants it to always look nice)
- Always make sure her clothes match and make sure it's not sweat clothes
- Tammy needs to be repositioned every two hours
- Always follow through with a promise or give an explanation of what is going on and when you can keep the promise if something comes up
- Be sure to have Tammy use her body to keep flexible

### Tammy's Picture Of A Life (Pg. 19-21)

- Live in a big wheelchair accessible home with extra wide doors, close to her family
- Have a fun and social housemate
- Have a beautician she can go to regularly
- Have a social medical day program close to home
- Have specialized medical services and medical equipment (including backup generator)

**Tammy's  
Description**



## Tammy's Description

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### Tammy's Description

Date of the 1st description

April 21, 2008

Dates the description was changed

**What do we hope that this description will help Tammy accomplish?**

To write down all the important things people know about how to best support Tammy and share this information with new people who will support her when she moves from ABC Developmental Center

**Who helped Tammy with this description?**

(Who gave information?)

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Jan  
Social Worker  
10 yrs

Lucy  
Sister  
46 years

Father  
46 years

Mom  
46 years

Candy  
OT  
16 years

Verna  
Instructor  
18 years

## Tammy's Description

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Jane  
DDA  
12 years

Shelly  
Family  
Leader  
6 years

Jack  
Serv, Cood,  
1 year

John  
Case Coord.  
4 months

### Who do we still need to talk to?

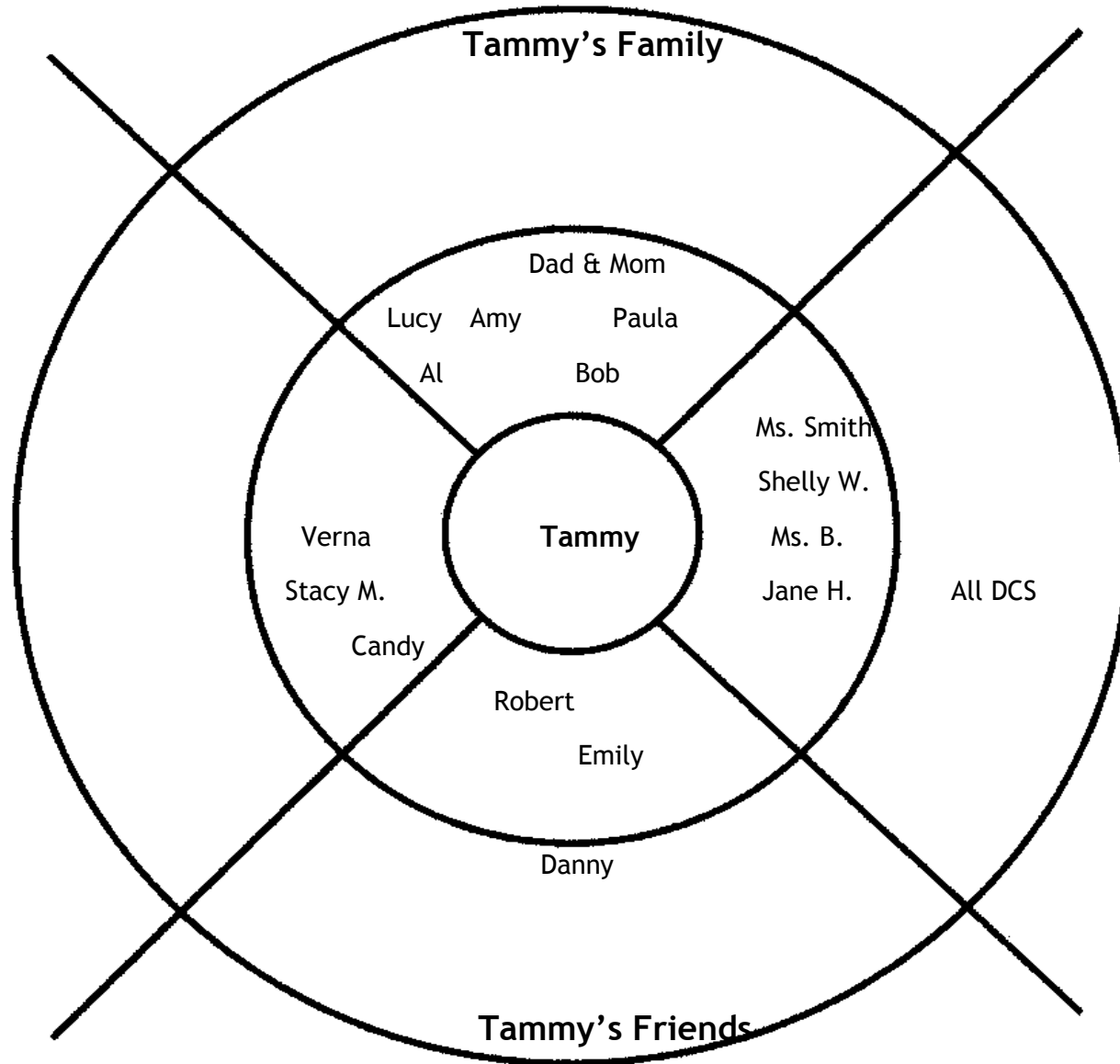
(Are there others who can help Tammy get more information?)

• Mary B.	•	•
•	•	•
•	•	•
•	•	•

# Tammy's Description

People Map for Tammy

People who support Tammy at work, school, training



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

## Tammy's Description

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### My Introduction - Great Things About Tammy

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

<ul style="list-style-type: none"><li>• Pretty</li></ul>	<b>New Things we Have Learned About Tammy</b>
<ul style="list-style-type: none"><li>• Sense of humor</li></ul>	
<ul style="list-style-type: none"><li>• Nice smile (and is always smiling!)</li></ul>	
<ul style="list-style-type: none"><li>• Social</li></ul>	
<ul style="list-style-type: none"><li>• Forgiving</li></ul>	
<ul style="list-style-type: none"><li>• Friendly</li></ul>	
<ul style="list-style-type: none"><li>• Accepting</li></ul>	
<ul style="list-style-type: none"><li>• Stylish</li></ul>	
<ul style="list-style-type: none"><li>• Positive</li></ul>	
<ul style="list-style-type: none"><li>• Wonderful personality</li></ul>	
<ul style="list-style-type: none"><li>• Totally accepts people</li></ul>	
<ul style="list-style-type: none"><li>• Resilient</li></ul>	
<ul style="list-style-type: none"><li>•</li></ul>	

## Tammy's Description

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**What is Important to Tammy** What do we want other people to know about the things that are important to Tammy? Who are the people that are most important to Tammy? What does Tammy do with them? What are the things that Tammy has to do (and things needed to have) if Tammy is going to be happy?

<p><b><u>Being Part Of Things</u></b></p> <ul style="list-style-type: none"><li>• Getting to spend one on one time with people Tammy cares about</li><li>• Being part of the conversation</li><li>• Being able to “talk trash” with staff</li><li>• People singing to her (“You are my sunshine” is a favorite way to wake up)</li><li>• Seeing family, familiar staff and nurses</li><li>• Having eye contact with everyone</li><li>• Being silly and laughing at other people’s “accidents”</li><li>• Being amidst the chaos (as long as it’s safe)</li><li>•</li></ul>	<p><b><u>New Things We Have Learned About Tammy</u></b></p>
<p><b><u>Looking Good</u></b></p> <ul style="list-style-type: none"><li>• Having her hair and nails done (but she really doesn’t like getting her hair brushed!)</li><li>• Wearing clothes that match</li><li>• Being complimented for looking nice</li><li>• Tammy does not like wearing sweat pants/clothes</li></ul>	

## Tammy's Description

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### Being Comfortable

- Listening to soft music
- Making sure her tubes are not underneath her body
- Seeing her food while she is eating
- Nodding off in bed while she gets a bed bath and has her hair brushed
- Having others be empathetic and her arms and legs gently rubbed when not feeling well
- Always keeping her head elevated

### Things Tammy Likes

- Getting up on her own before 7:00
- Painting with a brush
- Bright colors
- Trying new things
- Balloons
- Going to church (currently happens in her building)
- Watching CH 13 on TV in the morning
- Taking naps

### Things Tammy Does NOT Like

- Being ignored or having limited interaction with people
- Being treated roughly during personal care
- Being left alone
- Monster Masks/Halloween
- Sounds being made behind her
- TV and movies
- Being congested
- Not having her clothes match
- Being in poorer health than she currently is in



## Tammy's Description

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

If we were going to pick a new supporter to work with Tammy (e.g. case manager, staff in a home) what would we look for? What do the people that Tammy likes to work with have in common? Have there been people that Tammy couldn't work with? What do they have in common?

<ul style="list-style-type: none"> <li>• Patient</li> </ul>	<p><b>New Things We Have Learned About Tammy</b></p>
<ul style="list-style-type: none"> <li>• Kind, Loving, and Caring</li> </ul>	
<ul style="list-style-type: none"> <li>• Social</li> </ul>	
<ul style="list-style-type: none"> <li>• Friendly and upbeat</li> </ul>	
<ul style="list-style-type: none"> <li>• Observant</li> </ul>	
<ul style="list-style-type: none"> <li>• Sensitive</li> </ul>	
<ul style="list-style-type: none"> <li>• Men</li> </ul>	
Doesn't Do Well With people who have these characteristics	
<ul style="list-style-type: none"> <li>• Rough</li> </ul>	
<ul style="list-style-type: none"> <li>• Restrictive</li> </ul>	
<ul style="list-style-type: none"> <li>• High pitched voices</li> </ul>	
<ul style="list-style-type: none"> <li>• Flat affect</li> </ul>	
<ul style="list-style-type: none"> <li>•</li> </ul>	

## Tammy's Description

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### What Others Need to Know or Do to Support Tammy

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

<u>In Being Comfortable</u>	<b>New Things We Have Learned About Tammy</b>
<ul style="list-style-type: none"><li>• Always have her head elevated</li><li>• Being suctioned frequently (5-6 times per shift) to minimize congestion</li><li>• Being out of her chair every 2 hours during the day</li><li>• Repositioning Tammy every two hours</li><li>• Having those who work with her be kind, sensitive, and loving with a gentle touch</li><li>• If she has a painful spot on her body, people should not touch it</li></ul>	

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<p><u>With Looking Nice</u></p> <ul style="list-style-type: none"><li>• Tammy needs total support with personal care</li><li>• She is up before 7:00am and enjoys when morning shift greets her by singing - "You are my Sunshine" is what people currently sing</li><li>• Tammy needs a bed bath in the morning and then get her hair brushed while she lays in bed. She doesn't particularly like having her hair brushed, but likes it to look good so people need to try and be gentle when doing this.</li><li>• People need to brush Tammy's teeth with an electric toothbrush. She is not fond of this and it is helpful to talk to her throughout the brushing</li><li>• Tammy likes her clothes to match and is not fond of sweat clothes</li><li>• Tammy likes to have her nails painted often so she looks nice</li><li>• At night, she takes a bath using a shower trolley and needs someone to be with her at all times to wash and make sure she is safe</li></ul>	
<ul style="list-style-type: none"><li>•</li><li>•</li></ul>	
<ul style="list-style-type: none"><li>•</li><li>•</li></ul>	
<ul style="list-style-type: none"><li>•</li><li>•</li></ul>	

## Tammy's Description

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### What Other People Need to Know or Do to Help Tammy Stay Healthy and Safe

Does Tammy have medical conditions or mental health issues that other people should know about? Are there times when Tammy needs help in managing their medical or mental health?

#### General Health Information

- Bilateral hip dislocation
- Severe scoliosis
- Cerebral Palsy
- Micro-cephalic
- Recurrent bronchitis
- GERD
- Chronic UTI
- Hypo-functioning right kidney
- Mild fibro cystic breast disease
- G-tube - constant feed
- Catheter
- Tammy is on many medications, administered through the g-tube. Please refer to her medication chart for a complete description

#### **New Things We Have Learned About Tammy**

## Tammy's Description

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### With Scoliosis

- Tammy needs to be repositioned every two hours when in her chair
- She should be out of her chair during the day at 2 hour marks
- She needs nebulizer treatments before getting up at 7:00 and then again at 12:00
- Her head should always be elevated. She needs to be suctioned real well (about 5-10 minutes) and have her mouth cleaned afterwards to minimize congestion
- Have her go "HA" to help draw the mucus out
- Suctioning needs to continue frequently throughout the day and is dependent on how well it was done first thing in the morning.
- If she makes gurgling noises she needs to be suctioned. Make sure her tubes aren't twisted or blocked
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<p><u>With Range Of Motion</u></p> <ul style="list-style-type: none"><li>• To help Tammy maintain mobility, she needs to use her body</li><li>• During the day, she has a foot/hand switch that activates recorded messages. She needs to use this every day</li><li>• She needs to move her right side as directed by a PT. She does not like this since it can be challenging for her. People need to be firm with her about doing the exercises and not joke around with her during this time. This should be done in the morning and afternoon for 10 minutes each time. After this is done, then it is good to joke around again</li></ul>
<p><u>Other</u></p> <ul style="list-style-type: none"><li>• Due to Tammy's kidney, it is important to check her urinary output at the change of every shift. Checking should include amount and color, in accordance with doctor recommendations.</li><li>• Tammy receives continual feeding through her g-tube. She likes to be able to see the food bag when she is eating</li></ul>
<ul style="list-style-type: none"><li>•</li></ul>
<ul style="list-style-type: none"><li>•</li></ul>
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<ul style="list-style-type: none"><li>•</li></ul>

## Tammy's Description

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### Things to Figure Out

What are the things that Tammy is still trying to “figure out?” What are the things about Tammy, their condition, or the supports that they get that they don't understand or where they need more information? What are the things that are getting in Tammy's way?

• Is there a more effective communication system for Tammy (hand or foot switch)?	<b>New Things I Have Learned About Tammy</b>
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## Tammy's Description

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### How Does Tammy Communicate

What is happening	What Tammy does	What We think it means	What We should do
Sees familiar staff	Looks at you, then looks at someone else, then back at you	That person has/has not done something to Tammy	Go through a list with Tammy to try and identify what she is attempting to tell you
Anytime	Frowning, or not laughing	Tammy is in discomfort	Check g-tube, catheter tube, and/or her positioning and adjust as needed
Anytime	Grabs at g-tube	She's playing around and wants attention	Joke around with her
Anytime	Cries	Tammy rarely cries and it usually means she is in serious pain	Check her physical condition, get her to see a doctor/nurse



## Tammy's Description

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

Look at what is working and not working, makes sense and doesn't make sense In your life <i>right now</i> . Think about ...	What I think - my 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 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>	<ul style="list-style-type: none"> <li>• Being included in things</li> <li>• Having my hair and nails done</li> <li>• Seeing my family</li> <li>• Looking nice</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Having to do exercises</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>

## Tammy's Description

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### What is Happening in Tammy's Life - The Upside and Downside

Look at what is working and not working, makes sense and doesn't make sense In Tammy'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>• Staff who love and care for Tammy</li> </ul>	<ul style="list-style-type: none"> <li>• Communication device isn't the most effective for her</li> </ul>
	<ul style="list-style-type: none"> <li>• Including her in everything</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
	<ul style="list-style-type: none"> <li>• Her family's involvement, love and support</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
	<ul style="list-style-type: none"> <li>• Having her hair and nails done</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
	<ul style="list-style-type: none"> <li>• Medical care</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
	<ul style="list-style-type: none"> <li>• People spending time with her</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>

## Tammy's Description

### A Picture Of A Life For Tammy

What would the ideal place to live be like for Tammy? 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?



### Tammy Would Live . . .

- In a big spacious home that is wheelchair accessible and has extra wide doors
- With 24 hour awake staff that are kind, caring, and well trained
- Where her medical needs can be monitored closely
- With a housemate who is fun and social
- Where there is a covered patio so she can sit outside
- In a home with a lay down tub
- Where there is a connected garage
- In a home that is a single level
- Where there are quadruple outlets available for her medical equipment
- Where there is a wheelchair van available
- No more than 35-40 miles away from family

## Tammy's Description

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<p>Tammy's Community Would . . .</p> <ul style="list-style-type: none"><li>• Have a beautician that can do Tammy's hair and nails regularly</li><li>• Have places to go clothes shopping</li><li>• Have a hospital close by that is aware of Tammy's medical needs</li><li>• Have lots of activity</li><li>• Have free concerts</li><li>• Be close to gardens and parks</li><li>•</li></ul>	<p>Tammy's Day Service Would . . .</p> <ul style="list-style-type: none"><li>• Be a Medical Day Program</li><li>• Include physical and occupational therapy</li><li>• Be full of socializing</li><li>• Be close to home</li><li>• Have medical equipment and positioning mats</li><li>• Have a paint wall</li><li>• Offer communication programs</li><li>•</li></ul>
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## Tammy's Description

Activities	Supports Needed	Associated Costs
Morning	Tammy needs full support in all areas of personal care; she needs to be suctioned first thing in the morning and frequently throughout the day; needs monitoring of catheter bag; needs constant feeding through her g-tube; needs medication administered through g-tube; needs positioning and time out of wheelchair	Covered within rate
Day Service	Transportation to Medical Day Program; needs physical therapy and positioning	
Evening	Same as morning	
Weekends	Same as weekday; needs full assistance in all aspects to maintain contact with family	
Other Needs	<b>Medical:</b> Doctor, Nurse, Dentist, EMT, Kidney Specialist	
	<b>Therapy:</b> Physical, Occupational, Speech	
	<b>Medical Equipment:</b> Wheelchair maintenance; bath trolley; g-tube accessories; catheter accessories; mats; adjustable bed, Hoyer lift; suction machine, nebulizer, air conditioning, back up generator	