

Person Centered Plan

CB

January 23, 2015



Who is here today?

- CB (unable to attend)
- Marie (Alpha)
- Reese and Germaine (Work Opps)
- Kathy (DDA CRM)
- Jim Corey (WISE)

My Relationships and Community

Home

- 22 yo and lives at Alpha and the house manager is Marie, and has roommates she likes
- I live near 145th in Shoreline
- Working on communication with the iPad I got through Medicaid
- Jessica from Alpha was working on this with her and doing well, but Jessica moved on
- She plays games and music on the iPad. Marie will ensure the application is in to PROVAIL for a speech assessment and set up of the iPad as a communication device.
- Has some challenges at home but these are on the decline, usually around going to bed/not staying up too late and sleeping past noon.

School

- Was in charge of walking the dog – walked a couple times per day
- Fed and washed guinea pigs, cleaned cages, replenished food and water, didn't require verbal prompts
- Veronica at school was very helpful and could help us fill out the picture of what she is capable of. Used to call her “mummy”

Community

- Did a CBA at the Dollar Tree for 2 days, organized candy and book aisle. Work Opps was shocked at how quickly she picked it up after just being shown once. Successful and quality work.
- Like to go anywhere, everywhere, just to be out, love animals, painting
- Goes to the gym on Fridays for Zumba class, 1 hour, and 8 minutes on the treadmill

Skills, Talents, Strengths and Abilities

- Understands most everything you tell her
- Loved school
- Loves clothes and feminine things
- Can organize clothing on racks
- Is not bothered by the public
- Enjoys music
- Likes to get to know who people are and bonds pretty quickly
- Likes parties a lot
- Really good at matching colors and books – was able to match letters and words
- Can sort by words, size, color
- Let's you know when she is finished
- Loves taking pictures
- Really good at organizing and tidying things, washing dishes, keeps her room spotless, vacuums, makes her bed
- Keeps her hair and fingernails immaculate
- Tells you exactly what she wants, but can be hard to understand – speaks very fast

What Works for Me

- Men need to put up boundaries – she is distracted by men and can try tickling and touching. Coworkers would need training around this. She is vulnerable.
- Avoid heavy lifting and great physical exertion - she does not like it and is working on losing weight and getting into better physical shape
- Having things lined up, being very clear, and providing guidelines to follow
- Showing her how to do something is the best way to teach, visually, keep words to a minimum
- Let her know what's happening in advance, predictability helps
- Contacting staff at home – call directly
- Warm weather (doesn't like the cold)
- Fun, vibrant places
- 1-5 pm is best for activities. Is not a morning person – stays up late, sleeps in late, but can be flexible on this if it's something she really enjoys
- 1-2 hours of work at a time is the max for now
- New meds are helping/are making a huge difference. Is starting a new med she takes once every three months – might see some agitation after the shots

Ideas

- Ross Dress for Less – very close to house, got an interview there, but working in the stock room is a morning activity. The team has brainstormed around this and come up with ways to try to get her to go to sleep earlier to be able to wake up earlier
- Sears
- TJ Maxx
- Cleaning and janitorial in a fun place, or BETTER: tidying/organizing
- Signed up for PROVAIL and an iPad class – might need someone from Alpha to assist

Next Steps

1. Figure out transportation. Alpha is primary and Work Opps is backup. Work Opps will help arrange ACCESS sign-up, go with her at first, then door-to-door 1-2 months
2. Alpha get her into PROVAIL for communication and iPad assessments and training. Design communication system that works for her – 2 months
3. Everyone help her take pics of what she likes with her iPad to better assess and make/create choices for activities - ongoing
4. Get a DVR CBA set up at Ross, TJ Maxx, Sears, Disney Stores – by February
5. Get a CSA assigned (Kathy will help) – by February
6. Try to figure out extra supports to try new things in the community – maybe use RCL funding to do some community mapping and find new places for recreation and potential work activities – next 6 months
7. Figure out some counseling re: personal boundaries – TBD
8. Share info with Veronica to see if she has some input