

[REDACTED]

J P

PERSON CENTERED PLAN

Date: June 11 2015

Participants:

J [REDACTED] P [REDACTED]

Steve Maxxie, Rainier staff

Connie Sharpe, Rainier Staff

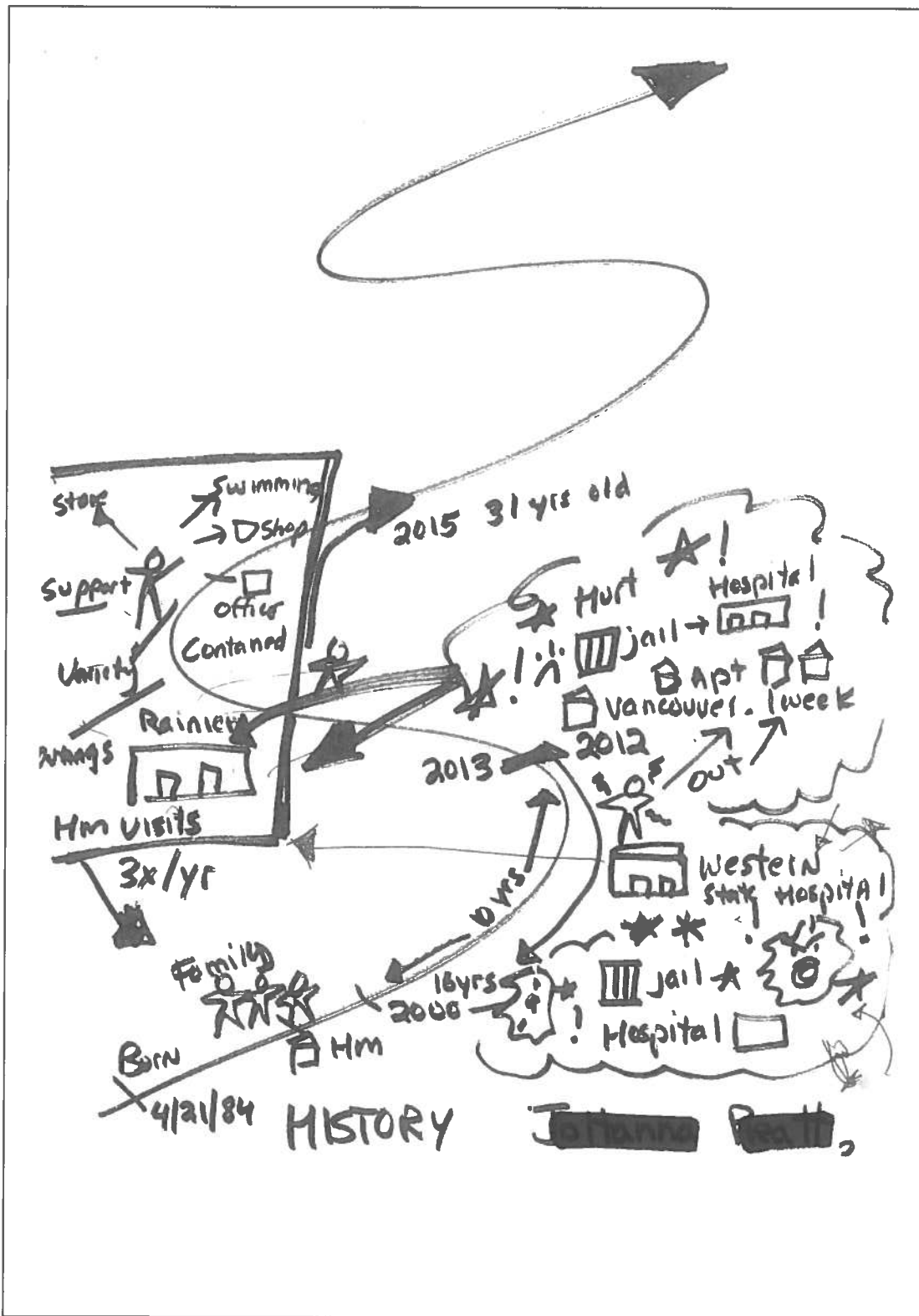
Miguel Salas, RCL staff

Amber Johnson Rainier staff

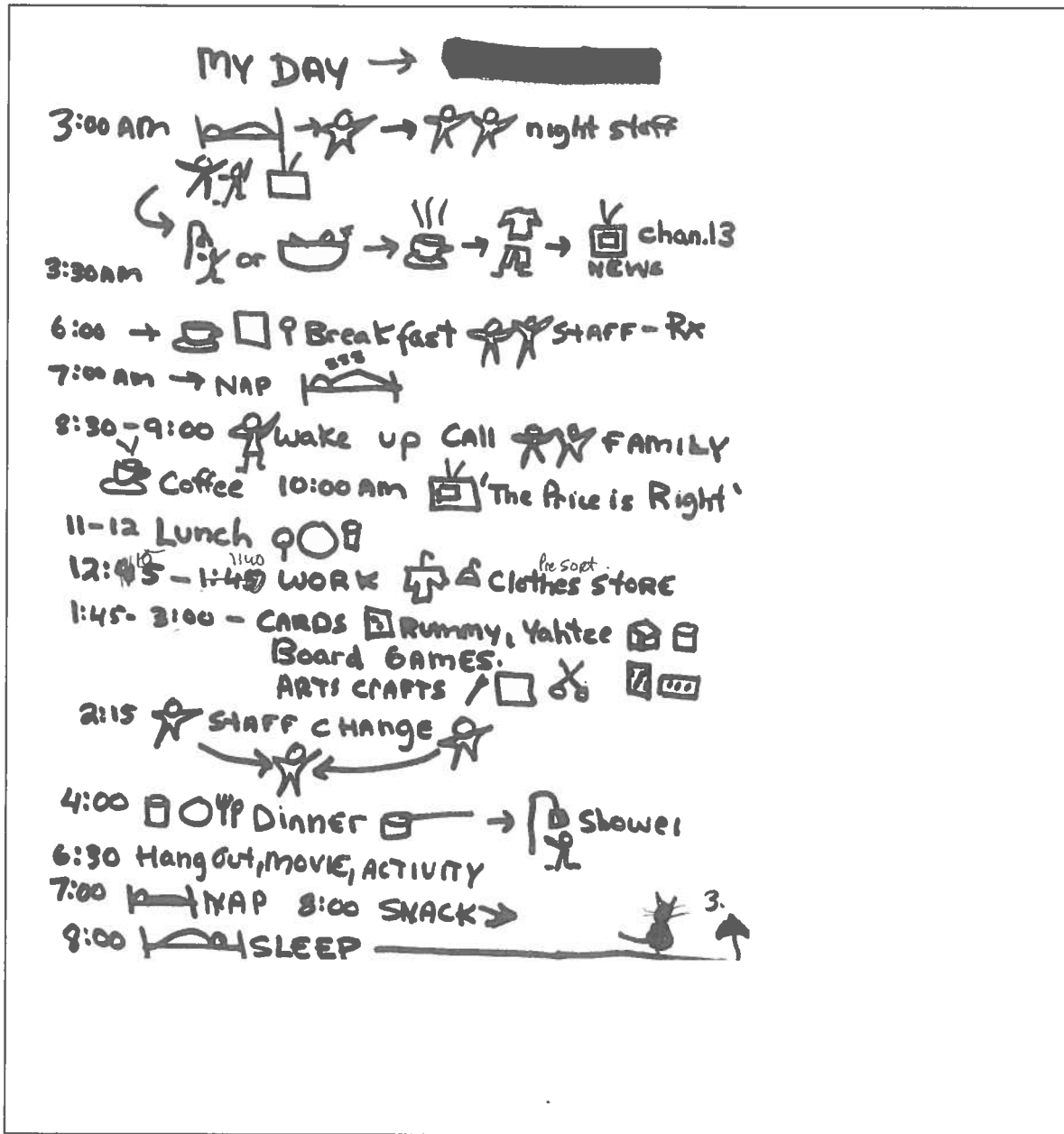
Matt Rainier staff

Larry Carr Rainier staff

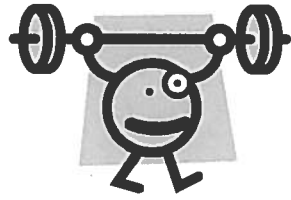
MY HISTORY



MY DAY 2015



STRENGTHS / GIFTS / CAPACITIES



- Smart
- A learner
- Worker -Takes on job area for 6 months – one year then request change to new area asked to be transferred to different area- worked one year at Café at Rainier, food prep. process up to one - 2 hours / day cooking hot and cold sandwiches grilled cheese sandwiches , tool use knives, grill followed directions , use order form to follow ,timing process start to finish ,focus safety -JP decides the time she will stay on the job.
- People around to chat Collegial
- Helpful,
- Food Handlers card
- Responsible

- Uses cell phone, able to call family independently matches to world and Photo, button pushing, order memory
- Plays cards, board games, Rummy Yahtze strategy, matching letters words images timing turn, Fun enthusiastic taking up to an hour daily
- Calendar: Follows routine – but varies daily
- Within structure, studies multiple events and activities on Offer at RAINIER makes choices build schedule and then follows it. Can roam campus from activity to activity, Multiple events that happen simultaneously- is free to move from one to another including work activities
- Outings bowling, shopping lunch at restaurants. Arts and Crafts . Bingo
- Member of speaker group that goes to Buckley and has lunch and dialogue talking with police on monthly basis
- Cared for Dog – Part of formal dog care program – Staff worker brought 60lb dog to campus , had list of assigned dog care workers who took full responsibility, had to sign agreement contract for care of Dog involved walking , cleaning up water food according to schedule , Trained dog to sit on walker . JP

- Music. Dancing
- Karaoke

Boom box

- Rituals Holidays
- A fun surprise to look forward to (weekly)
- Shopping Clothes, hair
- Sporting events Seahawks, Mariners
- Machine Use washer dryers, cell phones, Oven stove
microwave, order sequence process, sandwiches reheating food
Coffee maker, measure s Order process sequence memory start
to finish
- Can follow picture word checklist, directions on back of Noodle
box

Possible ACTIVITIES

Bingo

Board games

Card games

Animals - Horses

Dogs walking training

Lunch out

Movies (afternoons)

Positive social activities with the police and first responders (currently part of speaker and lunch group in Buckley

Community theater group

Music

Bowling

Beauty activities -Hair Nails Make up

Arts and Crafts classes

Pottery

Dances

Swimming

Cooking with others (working together)

Music karaoke

Shopping with a purpose (NOT wandering around the mall)

What Works?



- Currently has line of sight worker at all times
 - Able to move freely within boundaries of Rainier campus
 - Clear expectations
 - Clear consequences
 - Kind clear staff who are calm
- Well trained in physical restraint and crisis management
- Menu of Multiple activities and choices available to her through out every day
 - Structure for JP to be able to plan activities up to a week in advance
- Flexibility of JP decides to

What Doesn't Work?



- Being isolated
- Confrontation with Police
- Having 911 as only strategy if JH has violent out burst
- Using Police and emergency responders as the way to control or manage her behavior
- People being seriously injured by JP (hair pulling, scratching being yanked to the ground – happens very fast and seemingly without warning)
- Unprepared untrained staff
Hurt or injured self by

- Calendar
- Visual Examples
- Charts, Lists photo words
- Structure
- Early riser 3:00 am) Bed at 8:00 Pm
- Charts, visuals
- Written agreements
- Assist with Budgets
- Team of people available to her if she becomes upset (who are calm in charge and extremely well trained able to keep JP and others safe
- Collegial friendly demeanor on part of staff
- Hands on activities – like cards, art, crafts
- Fun playful tone
- Silly
- Jokes humor

- JP stresses and worries about future – makes changes difficult to frame to her
- Don't say something will happen if it wont
- Appearing Tentative afraid of JP – uncertainty
- Only one choice
- Ultimatums
- Yelling at her
- Being jailed - isolated
- Secure environment – pay attention to sharp objects that could be swallowed, or used as weapons second story windows etc
- Penicillin allergy
- Adderall
- Oxcarbazepine
- Taking her behavior

- “ IE: “Have great weekend because next week we are going to the zoo “
- Encourage and recognize positive interactions and behaviors
- Music
- Access to people who she trusts to discuss change process emotions with
- Saying busy
- Being seen as capable and important
- Lay out changes that really will happen
- Clearly laid out support plan
- New staff MUST be well trained and aware of protocols
- Redirect remind of positive coming events

Supports to Consider:

- **Pay attention to Mood Changes**
- **Pay attention to dilated Eyes as pre cursor to physical outburst and violent attacks**
- **Be fluent in Physical Restraints and Crisis management to keep JP and others safe**
- **Set clear positive rewards at least one week ahead**
- **People who know and care about her**
- **Have multiple positive relationships with several people**
- **Kind cheerful upbeat TRAINED support staff**
- **Prescreen for Dangerous objects and think out schedule and event changes**

SUPPORT calm well trained
Staff, Fluent in positive behavior
supports, Physical restraints and
Crisis management

Transition Time

Consider move that takes place over
course of at least 6 months
That New staff actively work
alongside Rainier staff for at least 3
days a week for up to three months
Then begin to weave in schedules
and activities that take place in the
community

Structure

a Full flexible routine
Multiple activities
available to her
A full calendar with JP
able to make choices and
have control power over
what activities are in the
schedule

Relationships TRUST

THRIVE

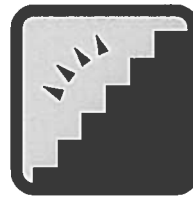
Stay Safe herself
Others are safe and
uninjured
Uninjured
Gets along with other
human beings!

FUN

CONSISTENT

Housing -safe

NEXT STEPS



WHAT?	WHO?	WHEN?
1. DM will write up information gathered to date	Debra McLean	June 24
2. Have second planning meeting with Rainier Staff and Service Alternatives staff, Roads to community living team to careful plan transition and	Rainier staff, RCL staff Service Alternative staff	July 16
3. Add in missing information from staff and people who were unable to be present at June 11 and 12 , PCP and information gathering sessions .		