

MY PERSON-CENTERED DESCRIPTION

MY ONE PAGE PROFILE/DESCRIPTION

Susan



What people appreciate about me

A great and loyal friend

Kind to people

A hard worker

Great smile and always friendly

Fun to be with and likes to have adventures

Knowledgeable about caring for animals

Really good at reading people and knowing when they need a kind word

She has big dreams!

Creative and artistic

What is important to me

- My cat, Dragonfly
- Volunteering at the animal shelter twice each week
- Having horseback riding lessons as I love to be around animals, especially horses
- Spending time with friends, Ellen and Carolyn. We like to watch movies, go out for dinner, play board games, go for walks, go swimming and to dances.
- Visiting my mom on Sundays and staying for dinner
- To live as independently as possible with a little help each day
- To have a little extra money each week to buy art supplies
- To make my own decisions about what to eat
- To have an art project on the go
- Living alone with no room mates. I like my privacy.

How to support me

- I get anxious when people are late to pick me up for activities. If you are going to be late I'd like you to call me and let me know, but please try not to be late.
- I really want to learn to cook and clean my own apartment, but I know I have a motivation problem. At the time I think I want the staff to do it for me, but I want to learn how to be independent. Please ask me to help you instead of just doing it. I want you to remind me about my future goal of living in a big house.
- Please leave your cell phone in the car when you are at my apartment to support me.
- It's helpful if you give me a wake-up call so I can get my medication and have breakfast on time. Know that it makes me feel sick when that call is late, so please be prompt.
- Explain to me what foods at the grocery store are healthy choices.
- I have panic attacks sometimes. I always have my medication with me and I know when I need it. After I take my medication I need you to not make any demands of me for 20 minutes.
- I want to be more involved in things going on in town. Please talk to me about the things that you hear of that are going on. I might say, "No," but remind me that I can come back and talk to you about it if I have more questions.

SUSAN'S PERSON-CENTERED DESCRIPTION

MY PERSON CENTERED REVIEW MEETING

Date of the first description: May 17, 2018

Dates the description was changed:

Purpose: What do I hope this description will help me accomplish?

Insert the purpose of this person-centered description/plan.

A six-month review to discuss what is working and not working at home and at work.

Who helped with this description? (Who provided information?)

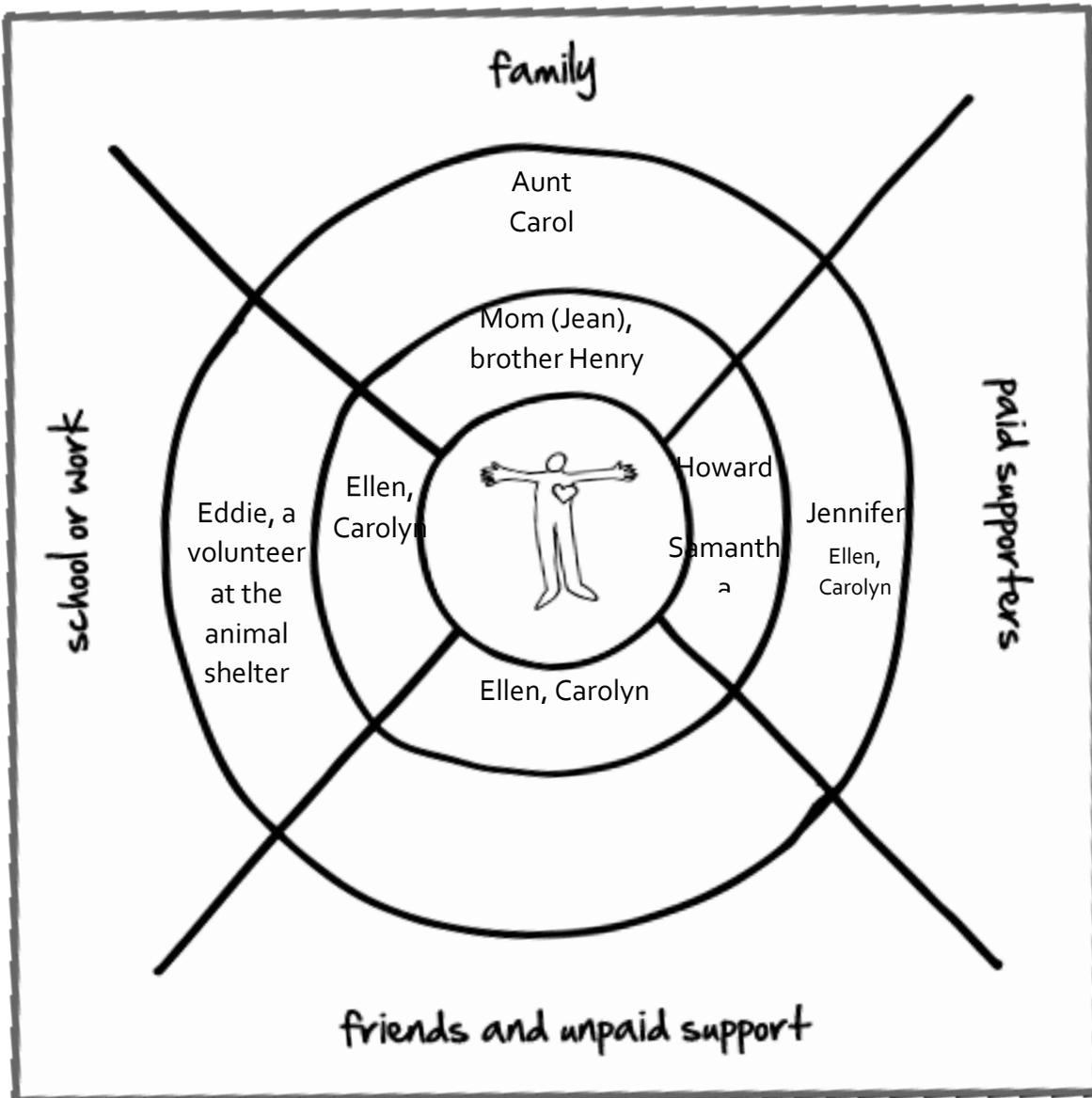
Susan	Ellen – Susan's friend
Henry – Susan's brother	Howard – Susan's support staff
Marjorie – Susan's co-worker	Samantha – Service Coordinator
Jennifer – Howard's supervisor	
Jean – Susan's mother	

Who else can help me get more information?

• Carolyn (friend)	•
• Harvey – Susan's neighbor	•
• Jeanette (work supervisor)	•
• Abigail (Susan's volunteer partner)	•
•	•
•	•

SUSAN'S PERSON-CENTERED DESCRIPTION

PEOPLE IN MY LIFE



Notes about my relationship map:

SUSAN'S PERSON-CENTERED DESCRIPTION

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?	New things I have learned about myself
<ul style="list-style-type: none"> • Great and loyal friend 	
<ul style="list-style-type: none"> • Kind to people 	
<ul style="list-style-type: none"> • A hard worker 	
<ul style="list-style-type: none"> • Has a great smile and is always friendly 	
<ul style="list-style-type: none"> • Fun to be with and likes to have adventures 	
<ul style="list-style-type: none"> • Very knowledgeable about caring for animals 	
<ul style="list-style-type: none"> • Really good at reading people and knowing when they need a kind word 	
<ul style="list-style-type: none"> • Has big dreams 	
<ul style="list-style-type: none"> • Very creative and artistic 	
<ul style="list-style-type: none"> • An advocate for herself and others 	
<ul style="list-style-type: none"> • 	
<ul style="list-style-type: none"> • 	
<ul style="list-style-type: none"> • 	
<ul style="list-style-type: none"> • 	

WHAT'S IMPORTANT TO ME NOW

What's important to me now?	New things I have learned about myself
<ul style="list-style-type: none"> • My cat, Dragonfly 	
<ul style="list-style-type: none"> • My volunteer position at the animal shelter 	
<ul style="list-style-type: none"> • Learning about horses by having horseback riding lessons 	
<ul style="list-style-type: none"> • Spending time with friends. Especially watching movies, going out for dinner, playing board games, going for walks, swimming, and dances. 	
<ul style="list-style-type: none"> • Visiting my mom on Sundays and staying for dinner 	

SUSAN'S PERSON-CENTERED DESCRIPTION

What's important to me now?	New things I have learned about myself
<ul style="list-style-type: none"> • My filing job at the law office 	
<ul style="list-style-type: none"> • Living as independently as possible with a little help each day 	
<ul style="list-style-type: none"> • Having a little extra money each week to buy art supplies 	
<ul style="list-style-type: none"> • Making her own decisions about what to eat 	
<ul style="list-style-type: none"> • Having an art project on the go 	
<ul style="list-style-type: none"> • Living alone with no room mates 	
<ul style="list-style-type: none"> • 	
<ul style="list-style-type: none"> • 	
<ul style="list-style-type: none"> • 	
<ul style="list-style-type: none"> • 	

WHAT'S IMPORTANT TO ME IN THE FUTURE (HOPES AND ASPIRATIONS)

What's important to me in the future?	New things I have learned about myself
<ul style="list-style-type: none"> • Living in a big house, preferably a farm with horses and cats and a garden 	
<ul style="list-style-type: none"> • Learning to cook safely 	
<ul style="list-style-type: none"> • Learning to manage my own money 	
<ul style="list-style-type: none"> • Visiting California 	
<ul style="list-style-type: none"> • Being an actress in plays and movies 	
<ul style="list-style-type: none"> • Having more pets...eventually 	
<ul style="list-style-type: none"> • Having more adventures 	
<ul style="list-style-type: none"> • Getting another paying job and another volunteer job 	
<ul style="list-style-type: none"> • 	
<ul style="list-style-type: none"> • 	
<ul style="list-style-type: none"> • 	

SUSAN'S PERSON-CENTERED DESCRIPTION

WHAT ARE CHARACTERISTICS OF PEOPLE WHO SUPPORT ME BEST?

<p>If I was going to pick a new person to work with me (e.g. service coordinator, support worker) 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?</p>	<p>New things I have learned about myself</p>
<p>Works best:</p>	<ul style="list-style-type: none"> I really value timeliness and being able to stay on my schedule and have my routine. That is probably the most important when looking for a good match.
<ul style="list-style-type: none"> People who are kind and understanding 	
<ul style="list-style-type: none"> Positive attitude 	
<ul style="list-style-type: none"> On time! 	
<ul style="list-style-type: none"> Have a love of animals 	
<ul style="list-style-type: none"> Adventurous 	
<p>Doesn't work well:</p>	
<ul style="list-style-type: none"> Not present – always on cell phone 	
<ul style="list-style-type: none"> People who are late 	
<ul style="list-style-type: none"> Inconsiderate – don't call when running late People who don't listen to me 	

WHAT OTHERS NEED TO KNOW TO SUPPORT ME BEST

<p>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 and about in my community?</p>	<p>New things I have learned about myself</p>
<ul style="list-style-type: none"> I get anxious when people are late to pick me up for activities. If you are going to be late I'd like you to call me and let me know, but please try not to be late. 	
<ul style="list-style-type: none"> I really want to learn to cook and clean my own apartment, but I know ai have a motivation problem. At the time I think I want the staff to do it for me, but I want to learn how to be independent. Please ask me to help you instead of just doing it. I want you to remind me about my future goal of living in a big house. 	
<ul style="list-style-type: none"> Please leave your cell phone in the car when you are at my apartment to support me. 	

SUSAN'S PERSON-CENTERED DESCRIPTION

<p>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 and about in my community?</p>	<p>New things I have learned about myself</p>
<ul style="list-style-type: none"> • It's helpful if you give me a wake-up call so I can get my medication and have breakfast on time. Know that it makes me feel sick when that call is late, so please be prompt. 	
<ul style="list-style-type: none"> • Explain to me what foods at the grocery store are healthy choices. 	
<ul style="list-style-type: none"> • I have panic attacks sometimes. I always have my medication with me and I know when I need it. After I take my medication I need you to not make any demands of me for 20 minutes. 	
<ul style="list-style-type: none"> • I want to be more involved in things going on in town. Please talk to me about the things that you hear of that are going on. I might say, "No," but remind me that I can come back and talk to you about it if I have more questions. 	
<ul style="list-style-type: none"> • I get anxious when people are late to pick me up for activities. If you are going to be late I'd like you to call me and let me know, but please try not to be late. 	
<ul style="list-style-type: none"> • Use PCT matching tools for best staff matches 	
<ul style="list-style-type: none"> • When interested, discuss other work or volunteer opportunities 	
<ul style="list-style-type: none"> • I really want to learn to cook and clean my own apartment, but I know ai have a motivation problem. At the time I think I want the staff to do it for me, but I want to learn how to be independent. Please ask me to help you instead of just doing it. I want you to remind me about my future goal of living in a big house. 	
<ul style="list-style-type: none"> • Arrive to work with Susan with enough time to breath and get settled in. Avoid rushing or running late. 	
<p>At work or when volunteering</p>	
<ul style="list-style-type: none"> • Make the time to drive her to her activities when she wants 	
<ul style="list-style-type: none"> • 	
<p>Future goals</p>	
<ul style="list-style-type: none"> • Consider starting a monthly calendar of event choices – things happening in town • Provide visual support around nutrition 	

SUSAN'S PERSON-CENTERED DESCRIPTION

WHAT DO OTHERS NEED TO KNOW OF DO TO HELP ME STAY HEALTHY AND SAFE

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?	New things I have learned about myself
<ul style="list-style-type: none"> I need to be awake every morning at 7:00am to take my diabetes medication and eat breakfast. Give me a wake-up call to make sure I do these on time. It makes me sick when your call is late. Please be on time. 	
<ul style="list-style-type: none"> Sometimes I forget what my doctor says to me. It helps to have someone go with me to my appointments. 	
<ul style="list-style-type: none"> Susan doesn't always eat the foods that help her manage her diabetes. She sometimes doesn't know if a certain food is good for her so will just eat it anyway. Talk to her about healthy food choices when at the grocery store and in restaurants. 	
<ul style="list-style-type: none"> I have panic attacks sometimes. You will know because I sweat, my face gets red, I shake and sometimes I throw up. I always have my medication with me and I know when I need it. After I take my medication I need you to not make any demands of me for 20 minutes. I don't need you to remind me to take my medication...I know when I need it. 	
<ul style="list-style-type: none"> Learning coping skills may help to reduce anxiety 	

HOW I COMMUNICATE

What is happening	What I do	We think it means...	Others should...
My staff is late in making my wakeup call	My face gets red, I sweat, I shake and sometimes throw up.	I am stressed – and may be having a panic attack	Have my medication available and after taking it do not make demands of me for 20 minutes. To avoid this in the future, please be on time

SUSAN'S PERSON-CENTERED DESCRIPTION

WHAT'S WORKING AND NOT WORKING FROM DIFFERENT PERSPECTIVES

Perspective	What's working	What's not working	New things I have learned about myself
Susan	<ul style="list-style-type: none"> • Having daily support • Horseback riding • Going to animal shelter • Spending time with friends 	<ul style="list-style-type: none"> • Not having transportation to my activities • My mom looking after my money • Staff being late with my wakeup call 	
Family	<ul style="list-style-type: none"> • When I pick her up from horseback riding on time • Mom helping with managing bills and paying on time • Wake up calls to get up to take meds and eat • Starting day on time = a successful diabetes day • Daily support to stay on track • Spending time as a family – with mom and Henry on Sundays • Mom attending medical appointments with Susan 	<ul style="list-style-type: none"> • Being late makes Susan anxious • Bing motivated to clean and cook • Some staff are texting while at work with Susan • Susan is unwilling to get up on her own to take care of meds, food, etc. • When Susan gets upset on the way to horseback riding and has a panic attack • Not having time to drive her to her activities • Susan's apartment is not neat enough 	
Staff	<ul style="list-style-type: none"> • She tells us what she needs • She cares for her cat 	<ul style="list-style-type: none"> • Anger with staff when they use their phones (maybe we can figure out a different way to communicate) • Little time for cooking 	
Others (friends, supervisor, funded agencies, therapists, etc.)	<ul style="list-style-type: none"> • Caring for Dragonfly • Advocating for herself – telling us what she needs • Advocating for others too • Positive work environment • 	<ul style="list-style-type: none"> • No time for cooking • Not finishing her chores • Wakeup call is during the busiest hours for staff • Doing too many things FOR her rather than getting her to help-try things 	

THINGS TO FIGURE OUT – QUESTIONS TO BE ANSWERED

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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? What questions need to be answered?	New things I have learned about myself
<ul style="list-style-type: none"> • How does Susan feel about having a relationship, marriage, kids in the future? 	
<ul style="list-style-type: none"> • What support does Susan need at the law office? How is her performance there? 	
<ul style="list-style-type: none"> • What other support is needed to have good health and therefore have the lifestyle Susan desires? 	
<ul style="list-style-type: none"> • Is there anything else we can do to support Susan around panic attacks? 	
<ul style="list-style-type: none"> • Are there carpool options for horseback riding? 	
<ul style="list-style-type: none"> • What is mom’s perspective on her attending all the medical appointments? 	

OUTCOMES AND ACTIONS

Desired Outcome: To feel more energy by cooking healthier food

How this is connected to what’s important to me:

I want to live in my own place and be healthy, so I can enjoy the activities I choose.

Goal	Action Steps	By Who	By When
1. Host a cooking club once a week with Mom, Ellen, and Howard	a. Pick the day and check with others to make sure that day works	Susan and Howard	5/18/18
	b. Plan a budget to cook enough for meals for four people and leftovers – explore if each person can pay or do pot luck	Susan with mom’s help	5/18/18
	c. Look online and at magazines for recipe ideas	Susan	Ongoing
	d. Suggest websites with good info and pictures about recipes, nutrition guidelines and grocery shopping	Howard	Weekly

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Desired Outcome: To make my own choices about what I eat

How is this connected to what's important to you: I want to be independent and make my own decisions. Sometimes I don't know what the healthy foods are.

Goal	Action Steps	By Who	By When
2. Identify a specialist to assist with nutritional specialization and identify needed support to act on recommendation	e. Help Susan identify a resource by calling Goal Coast to ask for a referral via Service Coordinator. Do this with Susan to teach her.	Mom Samantha	5/15/18

DATE OF OUR NEXT REVIEW

August 2018 Howard will schedule the time by 5/24 and send out reminders in advance