

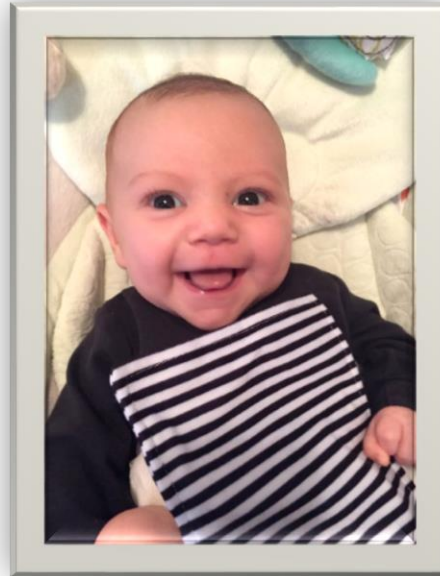
What have we learned?

Good plans are advocacy tools that
work for all ages and many
circumstances

Zachary (3 months)

What is Important to me

- Be held upright like a big boy
 - Playing with people
- Cooing, smiling, and giggling with others
- Hitting the guys on my playmat and kicking my feet
- Looking out the window, or going outside
 - Tummy time
- Singing songs like head shoulders knees and toes
 - Listening to music
- Baby massage for relaxation
 - Playing with my feet
- Being with my Mommy and Daddy



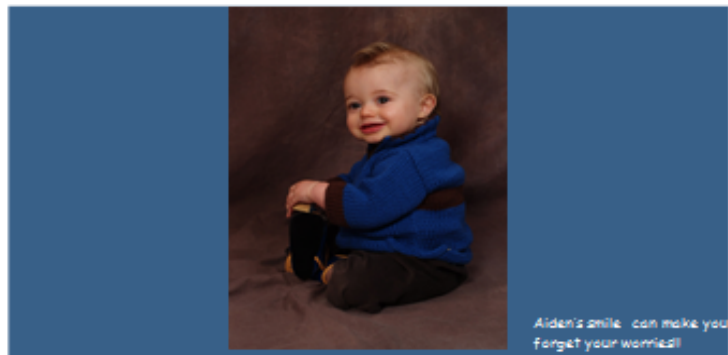
What others like about me

- Great big smile
 - Cute laugh
- I give the best hugs
 - Big talker
 - Always happy
 - Cutie Pie
- Mover and a Shaker

How to support/comfort me

- When I am tired I like to chill with my nuk and be held
 - If I get fussy you can rub your hands across the front part of my hair
- Hold me upright and walk around a little, you may pat my back lightly or rub my back
 - Sing to me, or play music, its relaxing
 - Always talk to me- I enjoy having a conversation with you
 - Talk with me and play when you change my diaper
- I will rub my eyes and yawn when I am tired. Sometime my eyes will look red. You can help me nap by holding me and have me use my nuk
- If I am napping and I wake up to early and fuss, please help me by giving me my nuk and rubbing my tummy lightly or running your fingers around the front of my hair. If I still don't go back to sleep, you may need to hold me and rock me.
 - I need a little time to get up from my nap. I may use my nuk.
- I do pace feeding with a bottle. Burp me and hold me upright after you give me a bottle

Aiden



Aiden's smile can make you forget your worries!

Aiden's Family:

- Chloe Renee - sister
- Brian - dad
Cell #
- Dee - Mom
Cell #
Work

Emergency Contact

Ann

Aiden's Doctor:

- Dr....

Some great things about Aiden!

- ☺ He is adorable.
- ☺ He is loving!
- ☺ He loves to dance.
- ☺ He has a great smile.
- ☺ He loves to be hugged, held and loved.
- ☺ He loves doggies.
- ☺ He's very curious.
- ☺ He adores his sister.



What Aiden's day looks like:

- ☺ 7am Wake up & Bottle of Milk
- ☺ 8am Drop Off Daycare
- ☺ Floor time & Snack
- ☺ 10:30 ish Nap
- ☺ Lunch
- ☺ Floor time & Snack
- ☺ Mid afternoon nap
- ☺ 3:15 pm Days that dad does pick up.
- ☺ 5:15 pm Days that mom does pick up.

Things that are important for Aiden:

- ⇒ To make sure his food is cut up into small enough pieces.
- ⇒ To continue to receive occupational therapy for oral motor deficits.
- ⇒ To keep small items out of his reach...he loves to put things in his mouth.
- ⇒ He does not use a "binky" but will suck on his thumb.
- ⇒ He is high energy and needs a lot of activities/exercise.
- ⇒ To watch him carefully around water, he has already been under water once and can be sneaky trying to get to any type of running water.

Foods that Aiden Likes:

- ▼ Mac-n-cheese
- ▼ Ravioli
- ▼ Peanut Butter & honey sandwiches
- ▼ Yogurt
- ▼ Cottage cheese
- ▼ Rice and Beans
- ▼ Lunch Meat
- ▼ Chicken
- ▼ Pizza
- ▼ Pancakes
- ▼ Scrambled Eggs
- ▼ Sausage
- ▼ Malt-O-Meal
- ▼ Water in a sippy cup
- ▼ Cheddar cheese
- ▼ Gold Fish
- ▼ Nutter Butters
- ▼ Pretzels
- ▼ Teddy Grahams
- ▼ Cheese Puffs
- ▼ French Fries
- ▼ Graham Crackers

Joe Student

What others like and admire about Joe

- ✚ He is very sweet and knows how to make himself happy
- ✚ He finds things to entertain himself
- ✚ When he giggles it makes everyone else laugh

What is Most Important To Joe

- Having some control
 - Having his own space in the classroom
 - Being able to take his shoes off whenever he wants to
 - Being able to reject an activity when he wants to
 - Choosing when he eats and when he drinks, Having the ability to get up and wander around the room when he wants to.
- Having and doing the things that he likes (sensory)
 - *Not being around people who scream and yell*
 - Tapes, boxes, baskets, & containers. To carry them

- Listening to, and playing with musical toys (keyboards)
- Using mirrors to look at himself, looking at pictures of himself
- Balls. Balls. Balls! (carrying them, or hitting them to make noises)
- WATER PLAY! SINKS, WATER TABLES, SMALL POOLS

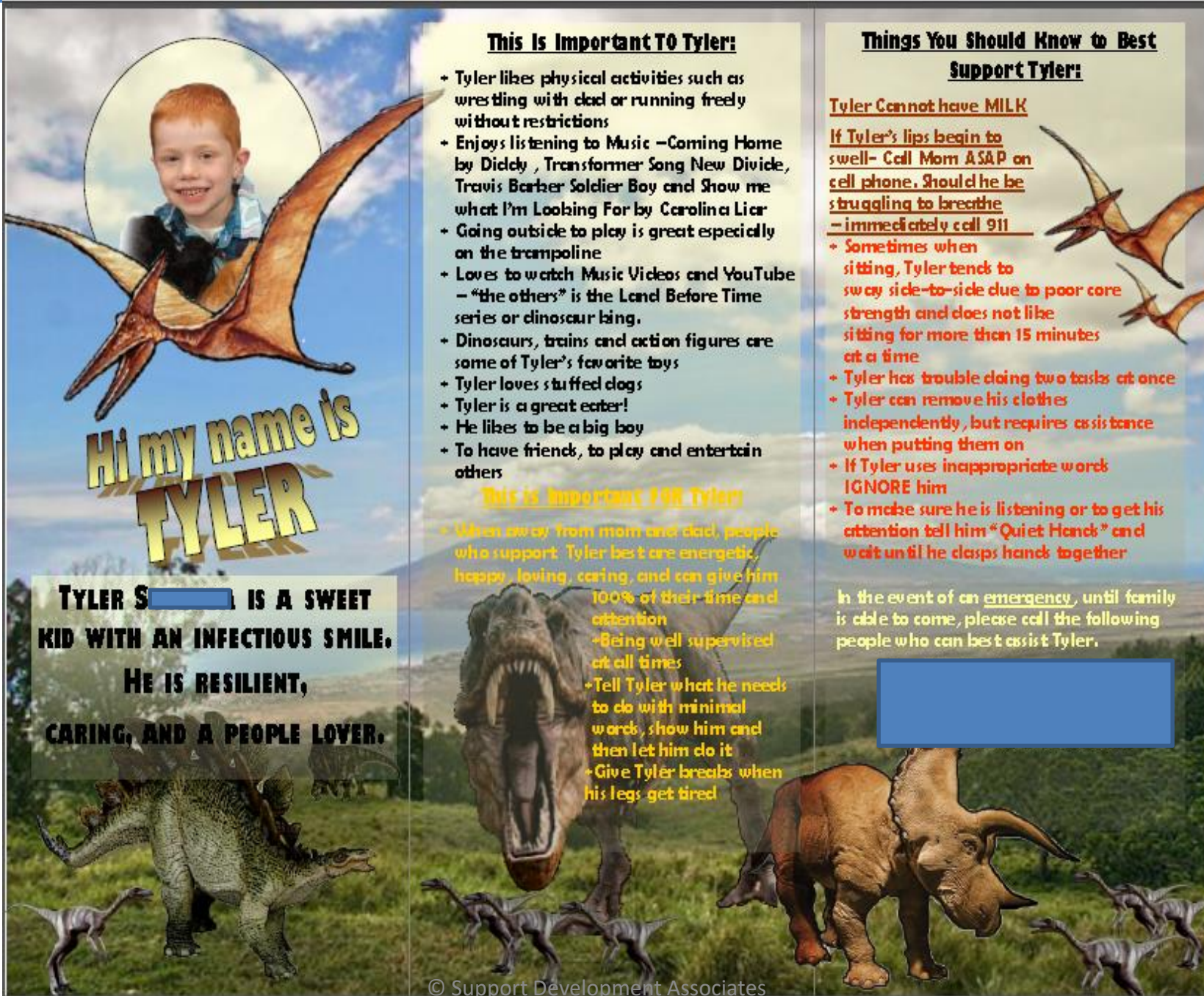


Supporting Joe's Sensory Needs

- **Joe loves to sit in the net swing and being swung around in circles. It helps him calm when upset.**
- **Avoid large open spaces with high ceilings (like the gym) these are difficult for him**
- **Joe is very sensitive to noise, he gets upset when other students screams**
 - **When things are too loud for Joe, he will let you know by covering his ears**
 - **It's good to have earphones handy, both for Joe to try when things are loud, but also for staff when he gets loud.**
 - **Joe is very bothered by the sound of crying babies**
 - **Joe likes to see what sounds things make, he'll touch and try different things to hear the sounds. He'll find his favorites and repeat them.**

Supporting Joe with Tasks/academics

- **When Joe is in a good space, he can do up to three tasks before losing focus.**
- **When he is not in a good space, he may not be able to complete even a very simple and basic task.**
- **Pay attention to his mood and health when setting up work**
- **Be prepared to offer many sensory breaks and modify expectations if he is not able to perform**
- **Have many tasks available for Joe to work with**
- **Don't be surprised if one day he is very competent with a task, and another day he is not able to do it.**



Hi my name is
TYLER

**TYLER S [redacted] IS A SWEET
KID WITH AN INFECTIOUS SMILE.
HE IS RESILIENT,
CARING, AND A PEOPLE LOVER.**

This Is Important TO Tyler:

- Tyler likes physical activities such as wrestling with dad or running freely without restrictions
- Enjoys listening to Music –Coming Home by Diddy , Transformer Song New Divide, Travis Barber Soldier Boy and Show me what I'm Looking For by Carolina Liar
- Going outside to play is great especially on the trampoline
- Loves to watch Music Videos and YouTube – “the others” is the Land Before Time series or dinosaur king.
- Dinosaurs, trains and action figures are some of Tyler’s favorite toys
- Tyler loves stuffed dogs
- Tyler is a great eater!
- He likes to be a big boy
- To have friends, to play and entertain others

This is Important FOR Tyler:

- When away from mom and dad, people who support Tyler best are energetic, happy, loving, caring, and can give him 100% of their time and attention
- Being well supervised at all times
- Tell Tyler what he needs to do with minimal words, show him and then let him do it
- Give Tyler breaks when his legs get tired

Things You Should Know to Best Support Tyler:

Tyler Cannot have MILK

If Tyler’s lips begin to swell- Call Mom ASAP on cell phone. Should he be struggling to breathe – immediately call 911

- Sometimes when sitting, Tyler tends to sway side-to-side due to poor core strength and does not like sitting for more than 15 minutes at a time
- Tyler has trouble doing two tasks at once
- Tyler can remove his clothes independently, but requires assistance when putting them on
- If Tyler uses inappropriate words IGNORE him
- To make sure he is listening or to get his attention tell him “Quiet Hands” and wait until he clasps hands together

In the event of an emergency, until family is able to come, please call the following people who can best assist Tyler.

[Redacted contact information]



IT'S ALL ABOUT ME
ELIZABETH KATZ

What we love about Elizabeth!
(see pages 4-5 for more info)

- She's a determined self-advocate – ask her about her rally speeches
- A gutsy gal
- Talk about organized!
- A true blue friend
- She lights up a room!
- She's a Fashionista

A Few Things That Are Important TO Me...

(Please see pages 6-10 for more information)

- My independence
- A thriving social life
- Being organized and prepared
- School – Graduation in May 2011!
- Taking good care of myself
- Routines
- Planning for the future – including a job, an apartment, and a boyfriend
- Everything Michael Jackson
- Diet Coke
- Singing at church
- Fun with friends & family
- Writing in my journals
- Avoiding conflict
- Fashion
- Close relationships with Family & Friends

...And A Few Things That Are Important FOR Me:

(Please see pages 11-13 for more information)

- CPap machine, plenty of sleep (may include naps)
- Seizure medications
- Healthy diet and exercise
- Writing in my journals
- Conflict free environments & relationships
- Avoiding a "fireball"

Here's How You Can Support Me:

(Please see pages 12-14 for more information)

- Help me with time, money, cooking, shopping & some cleaning
- Help me find a job and job training
- Assist me to fix my hair & pick out cute outfits
- Help me make healthy food choices and to exercise
- Understand if I'm upset, I'm probably tired.
- Talk to me nicely & quietly. No bad words.
- When people around me are angry or there is conflict, help me get away
- Help me understand what's going on, what to expect

Tammy's Description

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

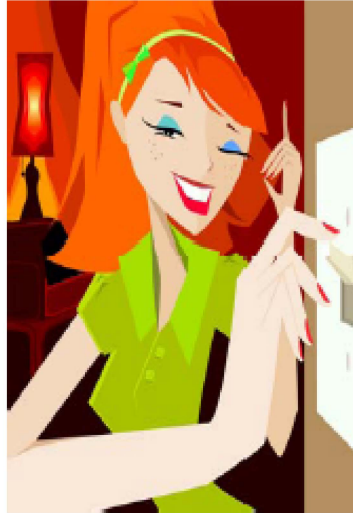
Tammy's Picture Of A Life (Pg. 19-21)

- 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)

~ Sara's One Page Description ~

What People Like and Admire about Sara (Pg 5)

- She has a passion and zest for life
- Friendly and fun
- Positive energy in wanting to advocate for others
- Likes to help and is protective of others
- Very independent
- Knows what she wants to do and is resourceful



What is Important to Sara (Pg. 6-8)

- Being respected and people not breaking their promises
- Being social, joking and doing things with friends
- Making a difference for people
- Being able to smoke without being bugged
- People not messing with her things

Supports Sara Needs to be Happy, Healthy and Safe (Pg. 10-15)

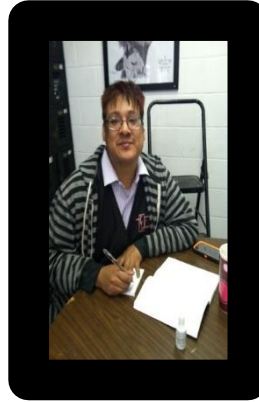
- One person to provide clear directions and expectations
- Give her choices to keep her from getting bored. Always have a "plan B" in case things don't work out
- To be supported unconditionally so she can gain trust in you to help when she moves
- Must have people be consistent with her and talk with her when she gets upset or starts self-diagnosing herself
- Have consistent respite for Sara and others to relax and recharge
- ASK Sara to do something, rather than tell her.
- 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

Sara's Picture Of A Life (Pg. 20-24)

- Live in a Host Home where she can have her own living space and be able to smoke outside
- Have an active community that has good public transportation and advocacy opportunities
- Have a GED class that can lead to paid work for her
- Have mental health services to support Sara and her new provider



Jim Thorpe



Great Things About Me

- Smart
- Caring
- Independent
- Friendly
- Compassionate
- Outgoing
- Loving and Sweet
- Fashionable
- People Person
- Trusting
- Goal-oriented

Important To Me

- My Appearance
- Cosmetology School
- Having support at school from my job coach
- Following my routine
- Acceptance from others
- Independence and choice

How to Support Me at School

- Encourage me to stay on task
- Don't start conversations that will distract me from learning
- Encourage me to stick up for myself when instructors say negative things
- Give lots of praise when I do well!
- Be very open minded and accepting



~ Liz's One Page Description ~

What People Like and Admire about Liz

- She knows everyone's birthday
- Has the gift of gab ~ can hold a lengthy conversation with anyone!!
- Has a green thumb and knows lots about plants and flowers
- Never gives up even through long bouts of serious illness
- LOVES animals!
- Her sense of adventure



What is Important to Liz

- Being in control of her life
- Living in her own home with her 3 cats
- Talking with her daughter frequently
- Having lots of information about her health, and any changes in her life
- Being active; doing things with her family and friends
- Staying in touch with friends

Supports Liz Needs to be Content, Healthy and Safe

- When really depressed, family needs to ask "what did you eat today" to help keep an eye on possible malnourishment
- Must be able to keep a small notebook to write notes and help her remember tasks; she will get confused when she is not well or when she is feeling overwhelmed
- When she is not well, it helps if she talks to her daughter every day
- Because of having Fibromyalgia, she needs someone to clean her house regularly for her
- When she isn't well, she needs someone who can grocery shop and run errands for her; or take her to run errands
- A skilled pet sitter to care for pets when Liz is away or unwell

- **People Who Support Her Best:**
- Like to chit chat and are good listeners and processors of information
- Are consistent; punctual and dependable
- Like to share about their own life

What we have done to address Liz's malnourishment

What have we Tried	What have we learned	What are we Pleased about	What are we concerned about
<ul style="list-style-type: none"> ● Healthy frozen meals ● Daughter cooking a week's worth of food for her ● High protein shakes 2x a day 	<ul style="list-style-type: none"> ● She doesn't like processed food ● Will almost always eat daughter's home cooked food ● Protein shakes work really well ● If she is having a really bad day, might only drink one shake at best 	<ul style="list-style-type: none"> ● She is steadily gaining weight ● Found at least two options that work for her ● She is committed to eating when she can 	<ul style="list-style-type: none"> ● Stress on daughter to cook and drive 5 hours round trip every weekend ● Only eating once a day ● Will lose appetite again if depression comes back

+1: Keep doing protein shakes; find someone local to cook occasionally; keep asking "what did you eat today, not just "did you eat today?"

What's Important To Shelley During Her Recovery...

- Avoiding "scary hospital hair" always! Keep hair untangled and unmatted.
- Being included in aspects of her care and plans for her recovery
- Having time to think about things; not having to make a commitment immediately
- Planning things out after having the time to consider her decisions.
- Being dressed colorfully and comfortably – even if it's a hospital gown!
- Looking good – not in a vain kind of way, but in a stylish, lady-like way.
- Not being bored – she wants things to do and to think about.
- Having her privacy and modesty protected even in the midst of necessary medical procedures.



How You Can Support Shelley During Her Recovery:

- Before you leave the room, make sure she has her "Security System" within reach:
 - IN HER LAP:
 - her cell phone
 - the call light
 - the hospital phone
 - the TV Remote
 - ON THE TABLE TRAY:
 - Hairbrush
 - Hairclips
- Remember she is an expert in supporting other people. She knows a lot and when she doesn't know the answer she knows people who do. Ask for her suggestions about her own care.
- Ask her directly when you have a question. Listen.
- Make sure she has time and assistance to look her best every day.
- Inform her about what you are doing and why. Let her tell you how she'd like it done.
- A sense of humor is always appreciated. Enjoy Shelley's too!

What We Love About Shelley!

She is quick to laugh; she helps us see the fun side of life! She wears really cool jewelry and artful, stylish clothing.

She's a gracious southern lady who can be gracefully direct and straightforward.

She's an amazingly creative problem-solver.

Her priorities are clear: Donald, Katherine, Dana & Susan, and The GrandBoys.

She's a very talented trainer and has much expertise in supporting people.

Shelley will crack you up!

She is generous and kind.

She is a Scrabble Shark. Don't let her sweet face fool you!

Shelley's glass is always half full.

~ Ruth's One Page Description (at home) ~

What People Like and Admire about Ruth

- Such a "grandmother"
- A true lady
- Has the gift of gab ~ can hold a conversation with anyone!
- Always dressed so nice ~ everything always matches, right down to socks and earrings
- Very liberal thinker for her age



What is Important to Ruth

- Living with granddaughter and grandson-in-law
- Being warm and feeling safe with caregivers
- Having "a little pour" before bed (rum and tea)
- Being a part of whatever is going on at home ~ being in the middle of it!
- Sweets during the day!

Supports Ruth Needs to be Happy, Healthy and Safe

- Needs people to ask frequently if she is warm enough and help her put on sweater/sweatshirt if she is not (she'll be cold when you're not)
- Must have assistance with her medications ~ knows them by color but you need to dole them out and keep track of times
- Needs assistance with bathing and dressing ~ will tell you what clothes she wants to wear for the day/event
- When bathing, no water on face ~ she will wash with cloth
- Must talk with daughter 2-3 times a week on the phone ~ will need you to dial for her
- Must see her doctor right away if she has cough, fever or is "off balance" ~ indications of systemic infection that will grow quickly!

People Who Support her Best

- Like to chit chat
- Are timely and stay busy
- Polite and mannerly
- Have a witty and dry sense of humor
- Can be reassuring and help Ruth feel safe



~ Sam's One Page Profile ~



Important to Sam

- At least weekly calls from each of his 3 kids (Tina, Dixie, and Bobby).
- Getting to see people he likes every day
- Feeding the hummingbirds at the complex (the water for the food **MUST** come from Spring Creek)
- His friends, Bill and Vince
- Staying busy

What People Like and Admire about Sam

- He always wants to help others before he takes care of himself
- He tells great, funny stories...some are pretty raunchy...get used to it.
- He can fix ANYTHING and will always offer to assist
- He is a jokester. Sam loves "Pierre and Boudreaux" jokes and must know 100's of them.
- He loves his family and friends and always has time for them

Sam LOVES:

Budweiser (his daughter has figured out how to make beer slushies (recipe on freezer door)...help him have a teaspoon or so every once in a while. He will spit it out if his throat is sore, but, he loves the taste

Supports Sam needs to be Happy, Healthy and Safe

- Assistance with his feeding tube (he will tell you how much to fill it by showing you with his thumb and forefinger).
- Someone to assist him with shopping (if he's too tired to cross the street)
- Support with taking the morphine through the feeding tube. He doesn't want enough so that he is sleepy, but, he needs enough to cut the pain. He'll show you how much he wants.
- Someone must assist in filling the hummingbird feeders. He is distressed if they are empty
- Rides to his medical appointments. It helps if you can check with the discharge desk for any special instructions. Sam doesn't hear well and gets frustrated.
- Help him remember to rest throughout the day, which may include limiting visits or length of visits. He falls when he is exhausted, but will choose company over safety.

Person Centered Planning results:

1. Sam Being listened To: Sam moved to his own apartment, without constant caregiver presence. Friends and family provide transportation and other assistance.
2. Less than 2 hours of support per day (with the exceptions of days when he has a chemo treatment and may need a friend or family member to sleep over)
3. Focus on his desires and what he is interested in doing (fishing, talking, telling jokes, feeding hummingbirds)



Sam rang the bell at the cancer center on the day of his last chemo treatment. He is joined here in front of the bell by two family members. Sam died peacefully at home later this day. Ginny (pictured in blue) was listening to him tell a story when he passed.