

## INTRODUCING:

	Things To Know About Me		
Non-Negotiables	<ul style="list-style-type: none"> <li>• A calm environment</li> </ul>	<ul style="list-style-type: none"> <li>• Access to people who can help me</li> </ul>	<ul style="list-style-type: none"> <li>• My Aunt Laurie</li> </ul>
Here's what is important TO me	<ul style="list-style-type: none"> <li>• Feeling valued and being respected.</li> <li>• Being listened to.</li> <li>• Visiting my family and staying with my Aunt Laurie.</li> <li>• Maintaining contact with Aunt Laurie.</li> <li>• Having a romantic relationship.</li> <li>• I enjoy food.</li> <li>• I enjoy karaoke.</li> <li>• I like bingo.</li> <li>• I live being around animals.</li> <li>• I like listening to music.</li> </ul>	<ul style="list-style-type: none"> <li>• I like to read and you will often find me with a book in my hand.</li> <li>• I like to visit with friends.</li> <li>• I like to play video games.</li> <li>• I like watching scary movies.</li> <li>• I like to shop.</li> <li>• To live with people that are nice to me and are not too loud.</li> <li>• I would like to move to a smaller home or to an apartment.</li> </ul>	<ul style="list-style-type: none"> <li>• Picking out books from the Library</li> <li>• Special events</li> <li>• Earning money</li> <li>• Sleeping in on weekends</li> <li>• Farmer's Market</li> <li>• Talking on the phone</li> <li>• Counseling with my therapist</li> <li>• Getting my hair cut and styled.</li> <li>• Caffeinated drinks.</li> <li>• I enjoy swimming.</li> </ul>
Here's what is important FOR me	<ul style="list-style-type: none"> <li>• To be able to turn things around when I become upset.</li> <li>• To recognize when I am getting upset.</li> <li>• Understanding my support system does not believe I am ready to live alone</li> <li>• Understanding my team believes I need to learn more before having an intimate relationships to assist me with remaining emotionally stable</li> </ul>	<ul style="list-style-type: none"> <li>• To stay out of inpatient psychiatric hospitals.</li> <li>• Understanding that before I am ready to move to a less restrictive setting I should be more independent with saving money, following my diet, making good relationship choices and securing a paying job.</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding my team believes I need to develop better work skills as I currently need a lot of support.</li> <li>• To get enough rest and sleep.</li> <li>• To have regular counseling.</li> <li>• To have my medication monitored by a MD/Psychiatrist.</li> </ul>
What supports me in having a good day and why?	<ul style="list-style-type: none"> <li>• <b>Ask</b> me to do things rather than tell me to do things.</li> <li>• Please be aware of your body language, be calm with me</li> <li>• Beware of your tone of voice when you talk with me</li> <li>• Please validate what I am saying by repeating what I am saying (in your own words) and don't be judgmental. You don't have to agree, just hear me.</li> <li>• Ask me to do something with you and set it up for us to do (board/card game, taking a walk, listening to music, chatting).</li> <li>• Do not talk about my problems with others in a place I can hear you. Do not talk about others' problems when I can hear.</li> </ul>	<ul style="list-style-type: none"> <li>• If I am complaining about physical pain/symptoms, please follow up with someone to see me or explain to me the actions you have taken to ensure I am ok.</li> <li>• Recognize that I am smart and I like to socialize and have conversations.</li> <li>• Give me advance notice about things and take time to explain why things need to be done.</li> <li>• Recognize how hard I work.</li> <li>• I like to stay busy and have things productive to do. Help me with this.</li> <li>• Compliment me when I am doing things well, whether it is my work, my chores or just getting things done.</li> </ul>	<ul style="list-style-type: none"> <li>• If I ask you things repeatedly, realize this is what I do and remind me we have already developed a plan/solution. Compliment me when I am able to resolve the situation.</li> <li>• When you are talking with me, I really appreciate your full attention.</li> <li>• Unless it's impossible, please honor my choices. If this is impossible, explain to me why my choices cannot be honored.</li> <li>• Be neutral with me and don't let my attitude affect yours.</li> <li>• Acknowledge when I am upset and have a productive discussion with me about how I can make the situation better.</li> </ul>

What does a bad day for me look like and why (causes)?	<ul style="list-style-type: none"> <li>In the evening when alone in my room I may try to hurt myself). I will tell you afterwards.</li> <li>If the people I live with are stressed or upset, I tend to take that on and become emotional and upset.</li> </ul>	<ul style="list-style-type: none"> <li>I used to become aggressive, and I may try to hurt myself and engage in suicidal thoughts and actions.</li> <li>I may attempt to leave my home or engage in property destruction.</li> <li>I can have bad days, when I do please minimize demands, it just makes things worse.</li> </ul>	<ul style="list-style-type: none"> <li>I may not always give accurate information.</li> <li>I may ask the same things over and over.</li> <li>I am worried about relationship issues</li> <li>I am worried staff are upset with me.</li> <li>I am worried about family members.</li> </ul>
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### Behavioral and Health Supports:

SUPPORTS	KEY INFORMATION
Supervision Needs/when I may need additional support from staff	I need staff present somewhere in my home and need additional supports if I engage in an action that threatens myself or others. The last time this happened was in 2019. I need supervision getting to and from work.
Communication: Receptive & Expressive. How will you know what I want?	I can read and write and have extensive conversations with you. You may need to remind me to expand on topics when we have a conversation. At times, I can become upset when we talk and need to be supported. I do not have any barriers that prevent me from telling you what I need or want.
TARGETED BEHAVIORS	DESCRIPTION
Identified Behaviors	<ul style="list-style-type: none"> <li>SIB (hitting, biting, scratching self, head banging, pulling her hair, burning</li> <li>Hurting myself (cutting or pinching my arms/legs/chest)</li> </ul> <ul style="list-style-type: none"> <li>Old target behaviors were aggression and suicidal behavior and I met goals for eliminating these behaviors in 2019.</li> </ul>
Antecedents	<ul style="list-style-type: none"> <li>Agitation: breathing heavily, snorting, reddened face</li> <li>Physical complaints: complaints of pain or symptoms</li> <li>Statements (I feel funny, something is wrong, I feel sad, I'm having bad thoughts</li> <li>Perseverating: rehashing issues (e.g thinking someone is made at me) after it has been addressed</li> <li>Having no interest in day to day activities/choices/responsibilities</li> </ul>
Prevention/Reinforcements	<ul style="list-style-type: none"> <li>Give expectations/schedule for the day.</li> <li>Remind me of the good stuff to look forward to.</li> <li>Remind me you are here to support me.</li> <li>Remind me how to have a successful day.</li> <li>Take time to develop a relationship with me (talk to me).</li> <li>Review problem solving skills with me (teach me deep breathing and calming strategies).</li> <li>Look for broken items in my room so I don't harm myself.</li> </ul>
Replacement Strategies	<ul style="list-style-type: none"> <li>If I struggle, remind me how I can do things differently</li> <li>Please let me know when I am successfully doing things, I love positive interactions and attention when I am doing things correctly.</li> <li>Let me know I need to think about things – tell me you know I am upset and ask me to pause and think about what could make things better.</li> <li>Offer me options when I can't figure out how to make things better – give me some options (let's listen to music, etc.).</li> </ul>

### KEY HEALTH & MEDICATION INFORMATION:

<p>I have a mild developmental disability, fetal alcohol syndrome, PTSD, depression, adjustment disorder and borderline personality disorder which can complicate my emotional well-being. I have Type II diabetes, hyperlipidemia, a seizure disorder, GERD, high cholesterol, hypertension and a latex allergy. I wear glasses and see my eye doctor annually. I see a dentist every 6 months and a psychiatrist quarterly. I have an accu-check every 4 weeks and take medicine for the seizure disorder, GERD and my high cholesterol and blood pressure. Remind me to sit up for 30 minutes after I eat and to get some exercise. I also take psychotropic medications for my mental health diagnoses and some of the behaviors I struggle with. It's important that you know some of my history to understand the supports I need. I was taken from my parents and lived in five different foster settings from ages 7-10. I lived in 50 different placements from the age of 14-29 I have lived at here for 9 years. I have a history of being sexually and physically abused.</p>
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