INTRODUCING: Name Date Developed:

|  |  |
| --- | --- |
|  | Things To Know About Me |
| Non-NegotiablesRituals | * Access to Medical Professionals
 | * Connection – any kind - both positive and negative (attention)
 | * I need to be believed and feel valued, even though I am not always honest
 |
| Here’s what is important TO me | * Electronics/Computers/smart phone
* Celebrating my birthday
* Taking to family/friends on the phone
* Connecting with staff
* Peers/roommates not getting more connection than I do
* Having my imaginary friend “Robbie” speak for me when I am not heard
 | * Seeking out new people (licensed professionals and staff) to convince I need medical attention (even when I may not)
* Staff not recognizing that I am really good at convincing them of things that may not be honest or real
 | * Social Media (TikToc)
* Being recognized when I do things well and with positivity
* Having a good relationship with my peers and housemates
 |
| Here’s what is important FOR me | * Getting exercise and being physical
* Use my walker more
* Use my wheelchair less
* Lose some weight
* Eat Healthy
* Staff who are familiar with my Diet
* I need to drink more water
 | * To receive more positive connection
* Staff who are familiar with my adaptive equip
* Staff who provide me assistance with walking when I am upset and may purposefully fall
 | * For staff be knowledgeable about my mental and physical health issues
* For staff to be familiar with my abilities, strengths, and desires.
 |
| What supports me in having a good day and why? | * Assist me in remembering my tools to assist with not over-worrying about my health
* Be patient with me and my struggles
* Give me many compliments when I am doing well - FREQUENTLY
* Let my sense of humor be present. I am an adult and I also enjoy being goofy
* Focus on things that make me happy which assists me finding a calm emotional place
* Be invested in my well being
* Have access to activities I enjoy
 | * Recognize and understand what it means to have Alcohol Fetal Syndrome and Personality Disorder
* Be patient with my behavior, have trust that I will be able to talk in a calmer manner
* Be relaxed and have fun with me – it’s ok to be silly – make me laugh
* Create opportunities for my sense of humor to shine
 | * Remind yourself that hospitals were all I knew for many years and where I received lots of connection during my impressionable years
* Don’t bring your problems to my home – be positive while you work
* Don’t talk about anyone else’s medical problems in front of me or with me, including my own. I have very good hearing. 😊
* Have a day that creates opportunities for socialization/fun
 |
| What does a bad day for me look like and why (causes)? | * I have irrational feelings that I need to go to a hospital
* I will have convincing pseudo seizures
* Even if I am not being honest, it bothers me if you do not believe me and I become upset
* If I am too quiet or too loud
* I am left alone and no one connects with me
 | * I may bite my hand due to frustration
* I may engage in self-destructive behaviors
* I will feed off any fear you have of me and may take advantage of your fear in an attempt to connect
* There are new or unfamiliar staff
* I may be moody or unpredictable
 | * I will become upset if you ask me or expect me to apologize
* I intentionally hurt myself to receive emergency medical treatment
* I will attempt to intimidate new staff with my medical history
 |

**Behavioral and Health Supports:**

|  |  |
| --- | --- |
| SUPPORTS  | KEY INFORMATION |
| Support Needs and when I may need additional support from staff | I need people/staff to be closer connected with me when I am having a bad day and you may need to reach out to the Manager/Administrator when I complain honestly or dishonestly about health conditions. I spent a great deal of time in the hospital as a young child and teenager and this has contributed to my tendency to worry. I will spend a lot of time researching medical conditions that I may have and believing I need assistance with these conditions. I will try and intimidate new staff with my medical history. I can become verbally aggressive towards others, I can harm myself and pretend I am having medical conditions or injuries in order to obtain emergency medical attention/treatment. This includes faking seizures and throwing myself on the floor to report I am hurt (and sometimes I am). I will bite my hand when frustrated and I will closely watch others’ methods of connecting and will imitate their behavior so I am not left out. It is much better and I am much better when you to give me lots of compliments and recognition when I am being productive and a positive friend/person. I need to learn that I can receive positive connection without having to be in a hospital. Be patient with me while I learn this. |
| Communication: Receptive & Expressive. How will you know what I want? | I graduated from HS in the Special Education Program. I can read/write and I have great receptive and expressive skills. I participate in complex conversations and am my own guardian.  |
| TARGETED BEHAVIORS | DESCRIPTION |
| Identified Behaviors | * Self-Injurious Behavior/Biting my hand & others
* Verbal Aggression
* Lack of boundaries with staff
 | * Pseudo Seizures
* Imitating self-destructive behavior
* Stating I am leaving without the support I need
 |
| Antecedents | * I am too loud or too quiet
* My housemates are getting connection I want
* I haven’t received connected with staff
* Staff try to correct me or become frustrated with me – staff not remaining neutral
 |
| Prevention/Reinforcements | * Connect with me frequently (at least every 10 minutes) via a touch or compliment
* Don’t talk about my complaints to me or in front of me
* Change the subject and use humor for me to focus on the positives
 | * Unless you believe I am hurt, don’t focus on my complaints (you do need to communicate my complaints to others)
* Keep a neutral tone with me ALWAYS
 |
| Replacement Strategies | * Remind me I can engage in something else positively – assist me with making these available
* Remind me there are appropriate ways to communicate my needs and model these for me
* Notice when I am doing things well – I mean ALL THE TIME WHEN I DO WELL
 |

**KEY HEALTH & MEDICATION INFORMATION:**

|  |
| --- |
| I eat a pureed diet with thickened liquids. I was born with fetal alcohol syndrome which contributes to many of my anti-social behaviors. I was removed from my biological mother as an infant and adopted. I was also born with cerebral palsy and am blind in my left eye. I began having surgeries when I was 2 ½ years old and continued to have surgeries until I was in my late teens. I had surgery on my feet, my hips, my legs, and my eye. I spent a great deal of my childhood in a hospital. I have gained weight in recent years which makes it more painful and difficult for me to walk. I have received in-patient care for my psychiatric needs in the past. I am diagnosed with multiple mental health conditions (Conversion disorder, Disruptive Behavior Disorder, Impulse Control Disorder, and Personality Disorder). I also have medical diagnoses which include Mild I/DD, Alcohol Fetal Syndrome, CP, Asthma, Constipation, Dysphagia, Lactose Intolerance, Neuromuscular Dysfunction of the bladder, frequent Urinary Tract Infections, Prolapsed Rectum, Obesity, GERD. I have a tendency to fall. I take health and psychotropic medications to assist with both my medical and my mental health.  |