INTRODUCING: Name Date Developed:

|  |  |  |  |
| --- | --- | --- | --- |
|  | Things To Know About Me | | |
| Non-Negotiables  Rituals | * 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. |