Daily Progress ICIP Bonnie Baker 6/10/14 Written by Genni Sasnett, DSP total hrs. of services 5

I traveled to Bonnie’s apartment to meet her this morning. I arrived at 9:30am as planned. Bonnie was ready to go. She had lunch and her Metro fare card with her. We first talked about the day ahead of us. We then proceeded to the near-by Metro station where she used her pre-purchased fare card to enter the station independently but needed support to find the proper platform to travel to Metro Center. She did not recognize the stop that we had discussed as the destination and needed assistance exiting the train station. From the Metro station she proceeded to the downtown YMCA with for the water aerobics class she had chosen as an activity she would like to explore. She required some support navigating the way to there but acknowledged and adhered to all crosswalk notifications and looked each way before crossing busy downtown streets.

We arrived at the YMCA at 10:00 am. Upon arrival Bonnie asked the staff at the front desk where the class was being held. She also asked about a dressing room. She was very courteous and friendly in the exchange. The staff were very warm in return. They assigned her a locker and accompanied her to the locker room to orient her to it. Bonnie then proceeded to dress for her class and store her clothing and lunch in her locker. She changed into her swim wear with no assistance. She did require some support putting her bathing cap on but it was a difficult task. We talked about getting a lock for her locker if she decided that this class was something she would like to do routinely in the future. She like the idea of having her own locker and lock and key. She talked about how she would take care of the key if she had one. After dressing, Bonnie proceeded to the pool area to wait for her water aerobics class which was to begin at 10:30am.

Bonnie participated in the class but was a bit shy at first. She was able to follow all directions with the coaching and support of the instructor and her peers, most of whom were around her age of 65. After a short time her peers began calling her by name and engaging her in conversation. The instructor was very supportive of Bonnie and positively engaged her throughout the hour long session.

After the session which concluded at 11:30, Bonnie showered, dressed independently, packed up her swimsuit and combed her hair before leaving the YMCA. Upon leaving I asked her how she liked the class. She said she liked it and would like to come back and try it again. She stated that she wasn’t ready to commit to coming there each week just yet and would like to try some additional activities. She later came back to the subject of the YMCA classes and talked about the women there and how nice they were to her. I asked if they were people she may like as friends and she responded, “I think so”.

After the YMCA class we had lunch outside on the plaza and spent time getting to know each other better while eating. At 12:30 we met up with DW, an individual that Bonnie may pair with for some activities if she and DW choose to do so. They walked a short distance together to Bread for the City, a non-profit agency where they both have chosen to explore volunteerism. Bonnie has stated that at her age she considers herself retired from paid work but would like to volunteer in order to keep busy. They were both oriented to the volunteer work and asked to talk a little about why they were interested in Bread for the City. Bonnie shared her interest in keeping busy and in her words, “helping the people”. Bonnie again was not ready to commit to volunteering at Bread for the City and asked about the other places that we had discussed her visiting.

At 1:30pm we began traveling back to the place where DW met us previously, which was on Bonnie’s route home, and met her staff who traveled home with her. While traveling back to Bonnie’s home we talked about our day. Bonnie kept going back to her experience at the Y. She said she looked forward to going back and seeing her “friends” again. I assured her that we would do that. I asked how she enjoyed being with DW. She said it was, “ok”, but said nothing more. I asked if she wanted to spend more time with DW to get to know her more and she agreed. We reviewed our plan for our next meeting and then arrived at Bonnie’s subway stop, exited and walked back to her home where we arrived at 2:30pm and said goodbye for the day.