

# Leonard's Person Centered Description



Initial Planning Meeting Date: February 26, 2014

Revisions: 3/13/14, 5/7/14, 5/22/14

Report Submitted By

XXXX XXXXX

This Person Centered Description provides a snapshot of Leonard NOW including important information others need to know to provide support and a description of the life planners believe Leonard will enjoy when he moves. Every effort has been made to include Leonard, Family, Friends, and Support Staff and others who know and care about Leonard. This description is not intended to be all inclusive nor take the place of assessments and historical information. Instead, it is an honest introduction to Leonard and a document to help him and others reach an understanding of the support needed and life desired.

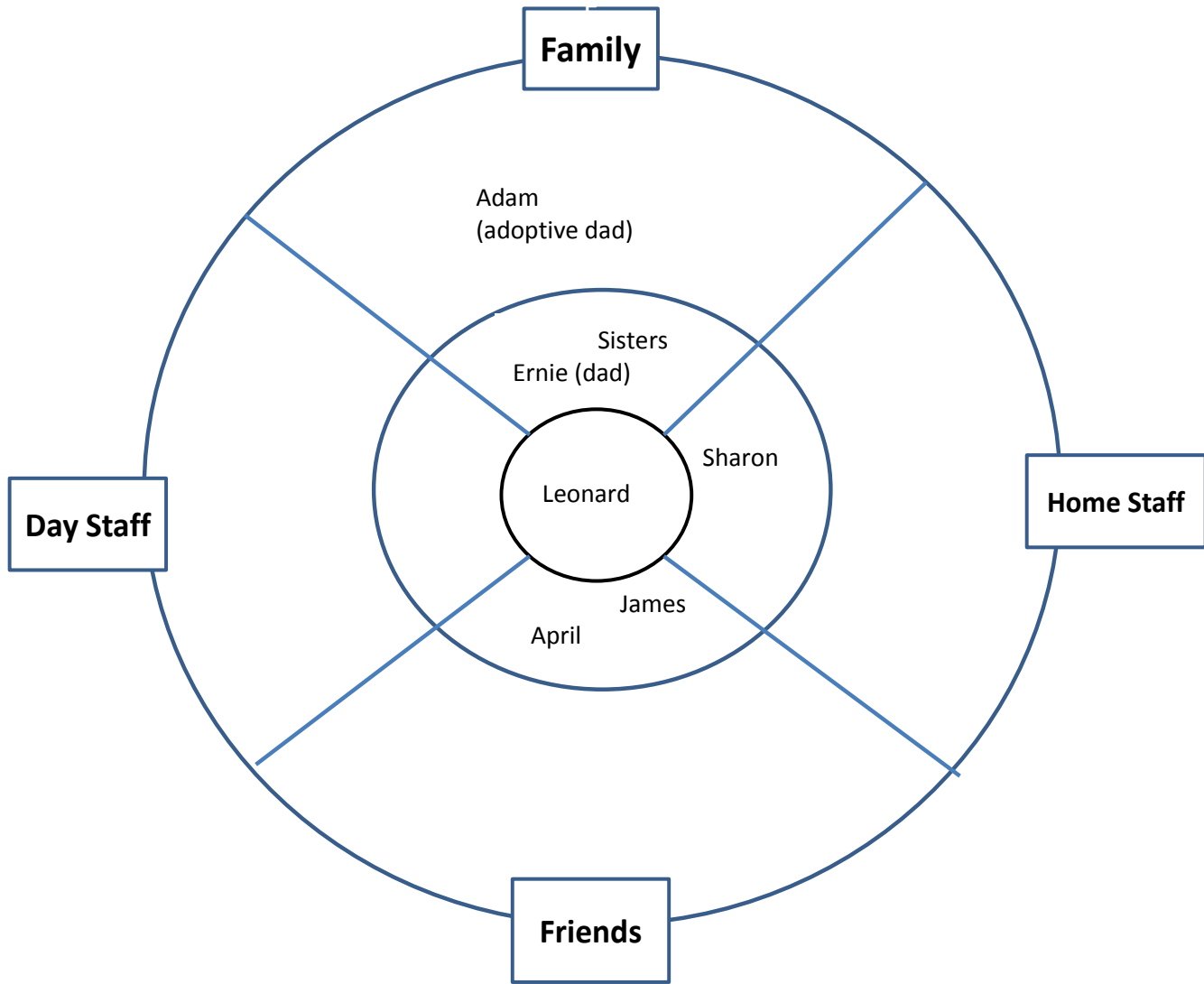
**Date of the 1<sup>st</sup> Description:** Meeting held on February 26, 2014 in his home in XXXX, Minnesota. Leonard talked with his team at the meeting and let them know that he would like them to add their input at any time. All the information described below was captured through various conversations with Leonard and his team.

**Purpose of this Description:**

1. Organize and share key information gathered from people who have known Leonard best
2. Help others learn about who Leonard is as a person
3. Help potential Providers quickly identify
  - What people like and admire about Leonard
  - What is most important to Leonard
  - Health and Safety issues to address
  - “Top Tips” for supporting Leonard
  - A description of what those who know Leonard best think would be a good life

People who participated in this meeting		
Leonard		
Name	Relationship	How long known Leonard
Sharon	Lead staff	1 year
Andrew	Behavior Analyst	1 year
Amy	Case Manager	5 years
Ron	Positive Support Professional	1 year
Ernie	Biological Dad	27 years
Adam	Dad	27 years

**People who are close to Leonard**



**Introduction:** *What do people like and admire about Leonard? What are the good things they say about Leonard? How would Leonard like to be introduced?*  
**Great Things About Leonard**

- Caring and helpful
- Honest
- Infectious laugh, great smile
- Creative, likes to draw
- Good fisherman
- Creative cook
- Early bird – wakes up early to start his day
- Gentle and great with dogs
- Resourceful
- Active, likes to get out and do things

**What is Important To Leonard** *What do we want other people to know about what is important to Leonard? Who are the people that are most important to Leonard? What does Leonard do with them? What is essential to Leonard's happiness? What does he/she do for fun? What things must Leonard have? What makes him/her feel happy?*

#### Family is Number One

- Dad (Biological)-Ernie. Lives in Florida. They talk on the phone every day. Leonard calls Dad and Dad calls Leonard.
- 4 sisters- Brandi, Connie, Hope, Jackie. They live in Duluth. Leonard enjoys connecting and getting to know them as they are new people in his life
- He connects with his family on Facebook. They like to send each other jokes.
- What family means to Leonard is "seeing me and spending time with me."
- Adopted Dad Adam- lives in Minnesota. They talk on the phone and see each other occasionally

#### Keeping Busy

- Renting and watching DVD's
- Going shopping- at Walmart and the dollar store
- Going out to eat- Perkins, Chinese Buffet are his favorite. He likes to go out to eat right after he gets his money deposited.
- Leonard enjoys car rides. He says they "keep me calm." "I fall asleep." "I like the music on while in the car, rap music, stations like 93.5 (top hits)."
- Facebook. He likes to connect with his family and some friends on Facebook. He will send them messages and read their messages (some are really funny). He will use the computers at the library to access his Facebook account.
- Fishing- Leonard loves to go fishing and will fish for hours at a time
- Swimming- at the beach or quarries like "The Pit"
- Hiking and biking
- Taking walks- on trails not next to busy streets
- Going out to play Bingo, at the Bingo Hall

- Casinos- "I try to make more money. The penny slots are fun because you can play a lot of times."
- Bowling- but not when crowded
- Going to do things in Duluth- like shop at the Super Target, visit the sites, eat a meal out
- Going to the library- to use the computer or check out DVDs
- Rent a movie (redbox)
- Play/strum the guitar
- Likes to spend time with animals like at animal care shelters
- Laser Tag
- Bingo
- Paint Ball
- Grilling

#### Money

- Being able to buy things that he wants and when he wants to buy them.
- Leonard wants to have a Job so he can make his own money and have more pocket money.
- He wants to have a job that he will be a good hard worker. He feels happy and proud when he does a good job at work. He likes to get positive comments from other people at work- "it feels good!"
- When he gets his money he likes to spend it right away on a meal out. If he has enough money he likes to go to out for a meal and a movie.

#### Fitting In

- Making friends is important to Leonard. He likes to hang out with other guys his age.
- Feeling "liked" and cared for by others. He wants to fit in with the guys.
- Going to the XXXX house- hanging out with people, grabbing a bite to eat, having a coffee and conversations with people
- Hanging out with his roommates
- Has a friend named James that he would like to hang out with and do fun things with.

#### Making Decisions About His Life

- Going for walks on his own and deciding when to go
- Making his own money so he can buy things
- Spending time with April (girlfriend)
- Spending time with James
- Getting to know his sisters and hanging out with them

#### To Feel Safe

- Knowing he is in a safe place. He feels the most comfortable when he feels he is safe from harm.
- Feeling comfortable in his home. The doors to rooms are always open and the locks are removed.
- It is important to Leonard that safety checks occur at his home at night. He may want to see the log to ensure they are done when he is sleeping.

**What are the characteristics of people who support Leonard best?**

*If we were going to pick a new supporter to work with him/her (ex. case manager, direct care supporter) what would we look for? What do the people that Leonard likes to work with have in common? Have there been people that he/she couldn't work with? What do they have in common that helps up know what should be absent?*

- Calm and cool
- Understanding, good listener, patient
- Someone who is able to have a conversation and be chatty
- Funny, someone who will make him laugh
- Active, on the go
- Not offended easily
- Someone who likes to fish and isn't afraid to get a little dirty

**Doesn't Do Well With**

- Bossy/rude
- Crabby/short
- Repeatedly ask him something over and over

**What others need to know or do to support Leonard**

*If Leonard is going to have what is important to be happy, satisfied, fulfilled, or comforted, what do people need to know about Leonard? What do they need to do? How does Leonard need to be supported at home, work, and when out in the community to be valued by others?*

Being Respected

- Treat him like an adult not a child.
- Reminders rather than a request to shower. If you present something as a rule he is more likely not to do it. The hook for him to shower is that he will be going out somewhere. First, remind him he is going out somewhere and ask him if he wants to shower.
- If you have to give him bad news, warn him ahead of time that you have some bad news. Ask him where he would like to talk about it.
- Don't tell him he can't do something.

Predictable schedule with the ability to be flexible

- Knowing what is going to be happening throughout the day. Work with Leonard to plan his day and make back up plans. Remember to give him a heads up if bad news will be coming to him soon.
- Predictability at shift change with staff- knowing who is coming to work with him next.
- Always having a point person that works with him/hangs out with him each shift. Leonard needs to be a part of the process to decide who that staff will be. This point person needs to be different from the point person of his housemates.
- If he requests something/somewhere to go, affirm that you understand what he is asking for, and schedule a time to do it. This helps, but may not be a cure all.

Likes having staff present

- Hanging out with staff and chatting with them. He doesn't like to be alone.

- At night time, he will wake up and talk with staff or watch TV with staff. Don't rush him back to bed.
- There are times when he will like to sleep in the living room on the couch with staff present, during the day and during the nights.
- Even if staff are not talking with Leonard, it is nice for them to be in the area, so Leonard can see them.
- Ask Leonard if he would like staff to be present or to be hanging out. He may request time by himself, so respect his space at that time.

#### Sleep routine

- Leonard likes to sleep in different places around the home. He prefers to sleep in the living room, sometimes on the couch and sometimes on the floor. He said that he feels safe on the couch because there is a backside and he knows no one can attack him from behind
- He does not like a bed frame...reminds him of bad things from his past. He sleeps without one.
- He likes to have staff present when he falls asleep
- He likes the door open
- He wakes up during the night
- He prefers to sleep on a hard surface

#### Pay attention to what your interactions are doing to him

- There are times when you may need to stop talking but still be around, he can still see you. He may re-engage you himself
- He may tell you to leave, tell him you will still be around, and stay within his sight
- Take a break from the conversation. Either he can ask for a break, "I don't want to talk right now." Or he will become standoffish and not look at you anymore. At that point, staff can say "ok, we can talk in 10 minutes."
- While talking with you, and he begins to interrupt and it becomes a one way conversation, it is important to let him vent and you should just listen.
- Don't try to rationalize with him. Listen to him and show him you understand.
- Provide explanations when having conversations. Don't be short. Make sure he fully understands the conversation.

#### Day to Day Reminders/Tip

- Leonard likes to get positive comments from other people.
- When he gets his money- ask him what he has planned for his money. Offer him the options to go out to eat, or go to a movie. It is useful for staff to work with Leonard to support him to figure out what he needs and what he wants (i.e., new socks vs junk food). Leonard finds it helpful when staff work with him and not tell him he can't have something or can't do something.
- Facebook- Staff help Leonard remember his username and password. He also would like staff to type for him at times. He will let you know when he needs help.
- Just say it once. Don't tell me what to do or remind me of what I should be doing over and over.

#### Family and Relationships

- Leonard calls his family when he wants. He may need a reminder to leave them a voicemail if he would like them to call him back.
- He needs support connecting with his sisters on Facebook. He is still learning how to use facebook.

- There may be times that he is expecting something from a family member, or is told something he is looking forward to but it may not actually happen, so he could/may feel disappointed. It is best for staff and others to be understanding. If you are the one who has bad news about what he was expecting to be good, let him know good news first. Give him a heads up.

**What other people need to know or do to help Leonard stay healthy and safe** *Does Leonard have medical conditions or mental health issues that others people should know about? For example, does Leonard need support with meals? Swallowing? Medications? Does he/she need help managing these? What do people need to know or do to help Leonard stay safe? For example for things in his/her home, unknown people, spending time along either in or out of the home?*

#### General Information and Diagnoses

- Extensive Trauma History. Leonard is now 27 years old but when he was a child he experienced significant trauma that impacts him today. Important for staff to use a trauma informed framework and identify possible triggers for trauma. This should be an ongoing "assessment" throughout every day. Leonard will tell you what he needs in order to feel safe. If he is unable to tell you in the moment, take the time to have a conversation with him and explore possible options that would make him feel safer.
- Intellectual And Developmental Disability- He had some challenges with adaptive and social skills
- Possible Brain Damage- but it is unclear
- Sleep trouble- he does not sleep the whole night and may take naps during the day
- Challenges with relationships- family and girlfriend
- Impairments in emotional regulation- At times he can be irritable, and act out with little provocation. Review Functional Behavior Assessment and Positive Behavior Support plan for details.

#### Current Medications

- Haloperidol 2 mgs oral three times a day
- Lithium Carbonate 1200mgs oral at bedtime
- Propanalol 60 mgs oral
- Divalproex Sodium 2000mgs oral at bedtime
- Hydroxyzine 10 mgs oral at 4pm
- Benztropine 1mg oral at bedtime
- Ducosate 100mgs oral daily
- Omeprazole DR 40 mgs oral daily at 5pm
- Haldol decanoate 50mgs IM every 2 weeks
- Hydroxyzine 25 mgs oral up to twice daily as needed for escalation of symptoms of mood disorder(SEE PRN CRITERIA)
- Certizine 10mgs oral daily as needed for seasonal allergies
- Boudreaux's ointment 16% topically twice daily as needed. May need help with application.
- Desenex Shake powder 2% topical to rash twice daily as needed. May need help with application.
- Ocean Spray 1 spray to reach nostril hourly as needed.



- PRN- there are times when Leonard will ask for a PRN.

#### Dietary Considerations

- Leonard has gained weight in the last year which has affected his health.
- He is prescribed the Zone diet which focuses on more vegetables and fruits, low fat protein and less sugar to help his medications metabolize properly. Leonard is not interested in following this plan at this time.
- Leonard has reported that it works well for his food to be portioned out ahead of time by staff. That way he is willing to follow his diet. He likes to portion his snacks in baggies.

#### Safety Considerations At Home

- Leonard will get upset and at times when he begins to escalate he will leave the home by walking out the front door. It is useful for staff to walk behind him (keeping distance), ask him what his plan is, pause and listen. Then remind him what home has to offer (like a stuff to do, food to make). If he gets upset with you talking to him, stop talking give him some space and follow behind him.
- Leonard likes supports using Facebook. He would like staff to help monitor his Facebook page. He is trying to keep a big distance from family related to past traumas. Staff help Leonard access his Facebook with the user names and password. They also monitor his friend requests to be sure that past family members do not re-connect with him. This is important to Leonard as well as important for him.
- Leonard likes alone time outside to relax, be alone, and to escape conflicts with staff/others. He reports having this time as very helpful for him to have every day.

#### Safety Considerations When Going Places

- He does not like loud and crowded places. He will tell you he wants to leave
- He does ok with loud/crowded places when he is shopping or out to eat

#### How Leonard will "keep calm"

- Going for a Car ride. Leonard is likely to open up and talk to staff in the car. The car is private. If weather is bad, Leonard and staff will sit in the car, listen to music, and talk without driving.
- Leonard will practice self-management skills throughout the day. The more he is able to practice the more the skills will become natural.
- If he is ramped up, figure out a way to ask him if he wants to talk to you, if he does not, give him space and don't talk to him until he is ready. See his Positive Behavior Support Plan for more details

**Things to figure out**      *What are the things that Leonard is still trying to "figure out"? What are we trying to figure out? Does Leonard need help understanding his/her condition or the support he/she gets?*

- Leonard would like to look at moving to XXXX and moving his case management to a XXXX case manager.
- Leonard would like to have a job. And Job that he would find fun (not cleaning).
- Leonard would like to connect with James.
- Leonard would like a dog.
- Would Leonard like to have his own computer at home so he can get on FB whenever he wants?

### How Leonard Communicates

<b>What is happening around the person:</b>	<b>And the person does this</b>	<b>We think it means</b>	<b>And the best support at this time is</b>
We are having a conversation	Leonard stops looking at the other person, or begins to joke	He does not want to talk to you or he does not want to talk about that topic anymore. He may be bored.	Stop the conversation; ask him if there is something he would like to do.
Talking with staff about making plans for the day	Makes a verbal threat "I am going to hurt you"	He is mad at that staff	See if Leonard wants to talk with another staff. If he is trying to make plans, support him in scheduling.
Nothing is happening, people are not around	Leaves the house	He is bored and wants to go for a walk	Open the door and ask him where he is going.
Conversation has elevated	Leaves the house	He is mad and needs to get away	Open the door and ask him where he is going. Follow support plan

## What is Happening in Your Life - The Upside and Downside

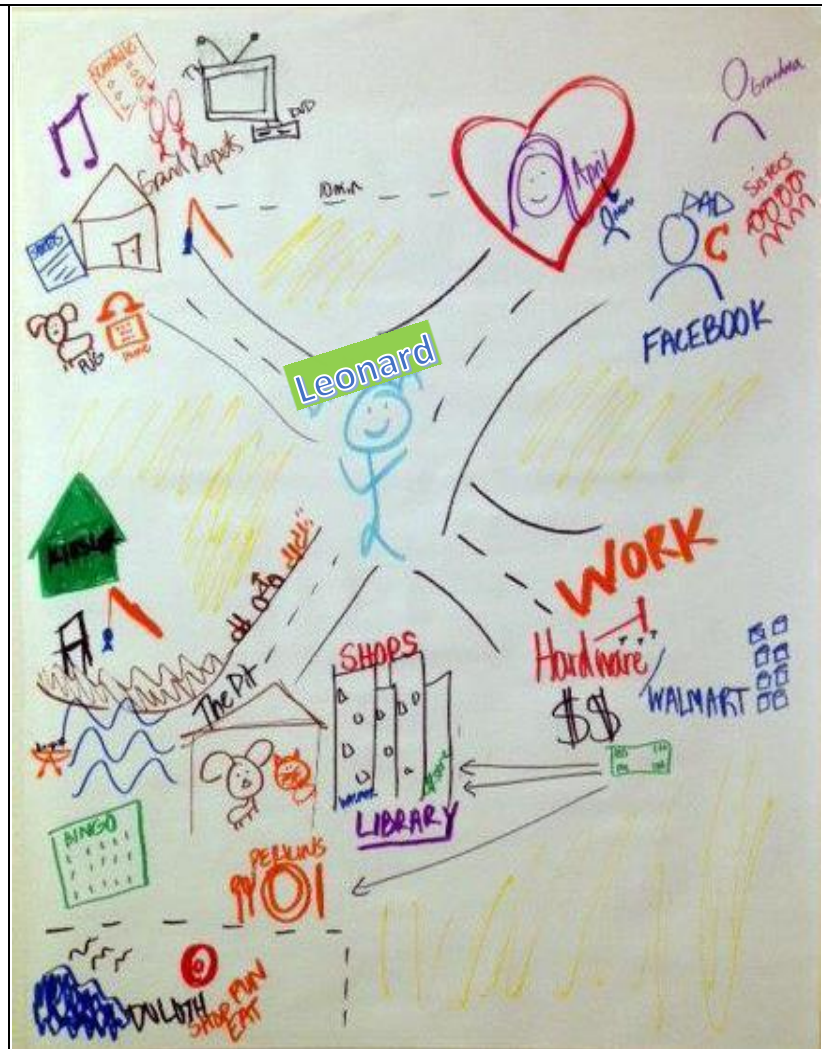
	What I think – my perspective	
	What works, makes sense, the upside	What doesn't work, doesn't make sense, the downside
Look at what is working and not working, makes sense and doesn't make sense In your life <i>right now</i> . Think about ...  Where you live What you do during the day Who you spend time with The services that you receive to help you stay healthy/safe Issues with medication – how it works, side effects What you do for fun Other parts of your life	<ul style="list-style-type: none"> <li>• Having food portioned ahead of time.</li> </ul>	<ul style="list-style-type: none"> <li>• Being told over and over about the same thing.</li> </ul>
	<ul style="list-style-type: none"> <li>• Having alone time outside.</li> </ul>	<ul style="list-style-type: none"> <li>• Having my money controlled by others.</li> </ul>
	<ul style="list-style-type: none"> <li>• Talking with staff about his feelings.</li> </ul>	<ul style="list-style-type: none"> <li>• My housemates talking to April on the phone</li> </ul>
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### What is Happening in Leonard's Life - The Upside and Downside

Look at what is working and not working, makes sense and doesn't make sense In Leonard's life <i>right now</i> . Think about ...	What others think – their perspective	
	What works, makes sense, the upside	What doesn't work, doesn't make sense, the downside
Where I live	<ul style="list-style-type: none"> <li>• Having time to be by himself</li> </ul>	<ul style="list-style-type: none"> <li>• Not having a job- Not having enough pocket money</li> <li>•</li> </ul>
What I do during the day	<ul style="list-style-type: none"> <li>• Planning what he is going to do each day and using a daily planner</li> </ul>	<ul style="list-style-type: none"> <li>• Still living in a temporary place</li> </ul>
Who I spend time with	<ul style="list-style-type: none"> <li>• Enjoying time with his housemates</li> </ul>	<ul style="list-style-type: none"> <li>• Not showering everyday- which creates a rash</li> </ul>
The services that I receive to help you stay healthy/safe	<ul style="list-style-type: none"> <li>• Connecting with his family in a safe way</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
Issues with medication – how it works, side effects	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
What I do for fun	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
Other parts of my life	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
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## Picture of a Life for Leonard

What would the ideal place to live be like for Leonard? What would it look like? What would be present or absent in the neighborhood? What supports would be needed? What would Leonard be doing during the day?



Leonard dreams of living by his family, having a job at the hardware store and hanging out with friends and family when he is not at work.

Leonard Would Live . . .

- In his own home in XXXX, MN. No roommates, where he helps hire his staff
- Near his sisters in Duluth so he can establish relationships with his sisters
- Have a TV with a DVD player and video games at his home
- Listen to his music- loud
- Have a phone- maybe his own cell phone
- Have a dog at home- a small lag dog, a pug, or Chihuahua
- Use a daily schedule, have a routine
- Use "sheets"

Leonard's Community Would . . .

- Go Fishing, shopping, to library- all within a short drive
- Places for walking, hiking, biking- outdoor trails
- A place to volunteer with dogs and cats
- go swimming- at a pool or lake
- a place to kayak
- a place to Play bingo with others (Like American Legion)
- See movies at the theatre
- Take a vacation trip to Duluth to go out to eat and go shopping (Target in Duluth is a Super

<ul style="list-style-type: none"> <li>• Be close distance from family and friends (April)</li> <li>• Be close</li> <li>• Have transportation- a car that can be used by staff</li> </ul>	<p>Target so it is better). This would occur often because the shopping is better in Duluth</p> <ul style="list-style-type: none"> <li>• A place to play Paint ball and laser tag</li> <li>• Laser tag</li> <li>• Get involved his faith</li> </ul>
<p>Leonard's Day Would . . .</p> <ul style="list-style-type: none"> <li>• Work at a hardware store stocking shelves</li> <li>• Make money so he could go out to eat and see movies</li> <li>• Spend time keep busy, shopping, and going out to eat</li> <li>• Using Facebook to connect with Family</li> <li>• Do yard work for money.</li> <li>• Adopt a highway to clean up the side of roads.</li> <li>• Have a paper route to make money and exercise</li> </ul>	

**Based on this ideal, what can be provided? How would it be funded?**

Activities	Supports Needed	Associated Costs
Morning	He wakes up early and may need supports remembering to shower as he wants to shower in the morning	
Day Time	Needs transportation to and from places. Needs access to staff during the day, preference for someone just for Leonard with matched characteristics	
Evening	Needs transportation to and from places. May need supports to prepare meals or may healthy choices, Needs staff available at night when he wakes up. Needs TV/movies at night when he wakes up. May need to sleep on the sofa in the living room or on a hard surface in an open space.	
Weekends	Same as week day	
Medical and Dental	Doctor, Dentist, follow up on Knee pain	
Behavioral	Positive support: person centered and positive behavior	

	support approach. Specialist to provide guidance to staff. Specialist in community mapping, bridge building, and relationship development.	
Therapies	Focused on trauma. Continued trauma assessment throughout the day to identify possible triggers to past trauma	
Mental Health	Continue working with psychologist. Continue working with his psychiatrist	
Equipment		
Transition		

<b>Supports that must be in place prior to move</b>	