

Making Sense of Self Direction - Supporting Oscar

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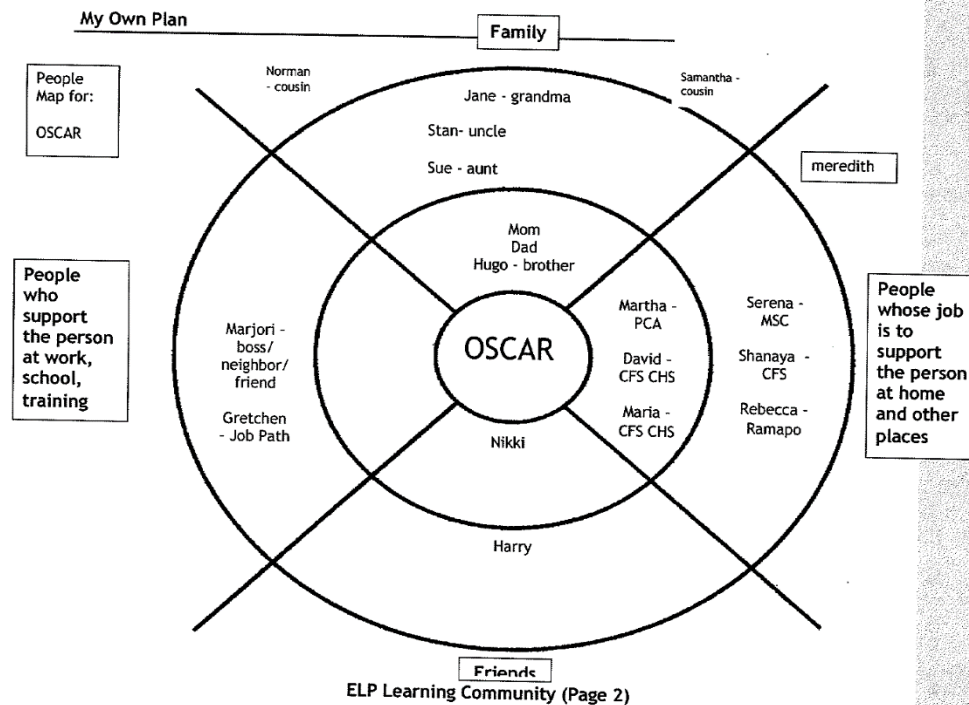
The Center for Family Support

Oscar

- Identified a Broker
- Developed Person Centered Plan Utilizing Essential Lifestyle Plan
- Developed Individual Budget
- Implemented the services



Circle of Support



Characteristics of People Who Best Support Me

My Own Plan

What are the characteristics of people who support me best?

If I was going to pick a new person to work with me (e.g. case manager, staff in a home) what would I look for? What do the people that I like to work with have in common? Have there been people that I couldn't work with? What do they have in common?

<ul style="list-style-type: none">Someone who is open to engage in meaningful conversations with me.
<ul style="list-style-type: none">Someone who has a calm, gentle yet someone firm tone.
<ul style="list-style-type: none">Talk to me about yourself, I like to hear about others as well.
<ul style="list-style-type: none">Be on time, it really bothers me when people are late. I am on time, so I expect others to also be on time.
<ul style="list-style-type: none">Do not be so bossy and authoritative. I listen better if you communicate with me in a gentle yet somewhat firm tone.
<ul style="list-style-type: none">I am on the fast track to a healthy lifestyle, so I would want someone who is interested in this for themselves as well (healthy eating, exercise and lots of water).
<ul style="list-style-type: none">I appreciate structure and organization. Be structured and organized but also flexible to help me to cope with changes.

New Things I Have Learned About Myself

What Others Need to Know or Do to Support Me

My Own Plan

What Others Need to Know or Do to Support Me

If I am going to have the things that are important to me, and stay healthy and safe, what do people need to know about me? What do they need to do? How do I need to be supported at home, at work, and when I am out in my community?

<ul style="list-style-type: none">• Loud noises and changes of plans bother me. If I become upset, please don't touch me. Remind me to stop, breath and think. Gently remind me to be calm, reassure me that it is going to be okay and that I can leave the area.
<ul style="list-style-type: none">• A perfect day for me would be if I have had enough sleep, have planned out activities of interest in the community, have taken a long walk, eating meals out, doing errands, and seeing my family.
<ul style="list-style-type: none">• I have a difficult time when the subways are delayed, or stops/delays when in route or changes to subways lines.
<ul style="list-style-type: none">• It bothers me when there are unnecessary or unexpected changes in plans. Help to think of alternatives. When possible, help to support me by anticipating if changes might happen and how I can best cope.
<ul style="list-style-type: none">• Sometimes crowds bother me (especially kids and loud noise). Encourage me to walk where it is less busy to help me to calm down.
<ul style="list-style-type: none">• Walking helps me to calm down.

New Things I Have Learned About Myself

What Other People Need to Know or Do to Help Me Stay Healthy and Safe

My Own Plan

What Other People Need to Know or Do to Help Me Stay Healthy and Safe

Do I have medical conditions or mental health issues that other people should know about? Are there times when I need help in managing my medical or mental health?

<ul style="list-style-type: none">• If I am eating too fast, encourage me to slow down. Try to help me eat a little bit of food at one time.
<ul style="list-style-type: none">• If I am feeling constipated, remind me to go to the washroom. Ask me if I am okay and if I need a Mirolax.
<ul style="list-style-type: none">• I am at risk of dehydration so please remind me to drink water often. Drinking water also helps me with constipation.
<ul style="list-style-type: none">• I am able to take my own medication, but might need a reminder or a check in to ensure that I have taken it.
<ul style="list-style-type: none">• When something does not go as planned my anxiety might slowly rise. To prevent my anxiety level from escalating, support me by changing my environment, walking, use humor, talk to me about my positive qualities, distract me to help me to not persevereate. If despite these efforts my anxiety continues to intensify, my parents might give me Klonopin 1mg to help.

New Things I Have Learned About Myself

What Other People Need to Know or Do to Help Me Stay Healthy and Safe

My Own Plan

<ul style="list-style-type: none">• If I become aggressive, remove potentially dangerous objects, continue to remind me that I am not in trouble and continue to try to change the subject. We can always discuss what happened later.
<ul style="list-style-type: none">• Some other things that cause my anxiety to rise are being harshly rebuked, criticized and noisy school gym/cafeteria.
<ul style="list-style-type: none">• I am a young man and curious about sexuality. I don't always know how to express this appropriately. I might ask females if we ever wear leggings or what we wear when we swim. Sometimes I might look at the lower back of females if they are bending down. Remind me that this makes others feel uncomfortable and suggest more appropriate ways to address these feelings.
<ul style="list-style-type: none">• Remind me to pay attention to cross walk signs and general community safety when traveling.
<ul style="list-style-type: none">• I like to be thrifty, but pay attention to make sure that I pay after lunch or subway/bus fare and that I am not taking too many free samples!

Self Directed Plan

- Housing Subsidy
- 2 Live in Caregivers
- Agency Supported Community Habilitation
- Brokerage
- Transportation
- Cell Phone

Keys to Success

- Involved parents and circle members
- Regular meetings bi-weekly for the first two months
- Developing a map of all steps needing to be addressed (move coordination, address change, set up utilities, LIC agreement, recruit staff, train staff, house rules, how money will be managed, set up Therap)
- Set up good communication system & clear roles
- Establish back up plan and work through worse case scenarios.

“I didn’t think I could live in my own apartment or have a job, Now I know that I can.”

