

# A Plan for Jack



Jack



Date of the 1st plan	October 12, 2006
Dates the plan was changed	
What do you hope that this plan will help accomplish for Jack?	
<p>Jack is ten years old now and is feeling a greater need to do things for himself and feel he is making a contribution. His feelings of anxiety would lessen greatly if he had the power to physically move away from situations that he perceives as dangerous or scary. An accessible home and power wheelchair would make much of this possible. Jack also wants supports that preserve his dignity. Also, boredom is something we want to eliminate by helping Jack make new friends, helping him get around more independently, and helping him find new opportunities to do the things he loves.</p>	



<b>Who helped with this plan?</b> (Who gave you information?)		
• Jack	• Donna (Mom)	• Sharon (Godmom)
• Randy (Dad)	• Andy	• Colleen
• Tim	• Dave	•
• Randi Marie	• Freda	• Mike Steinbruck (facilitator)

<b>Who do you still need to talk to?</b> (Are there others who can help you get more information?)		
• Merna (SW)	• Joyce (DDD)	• Mindi

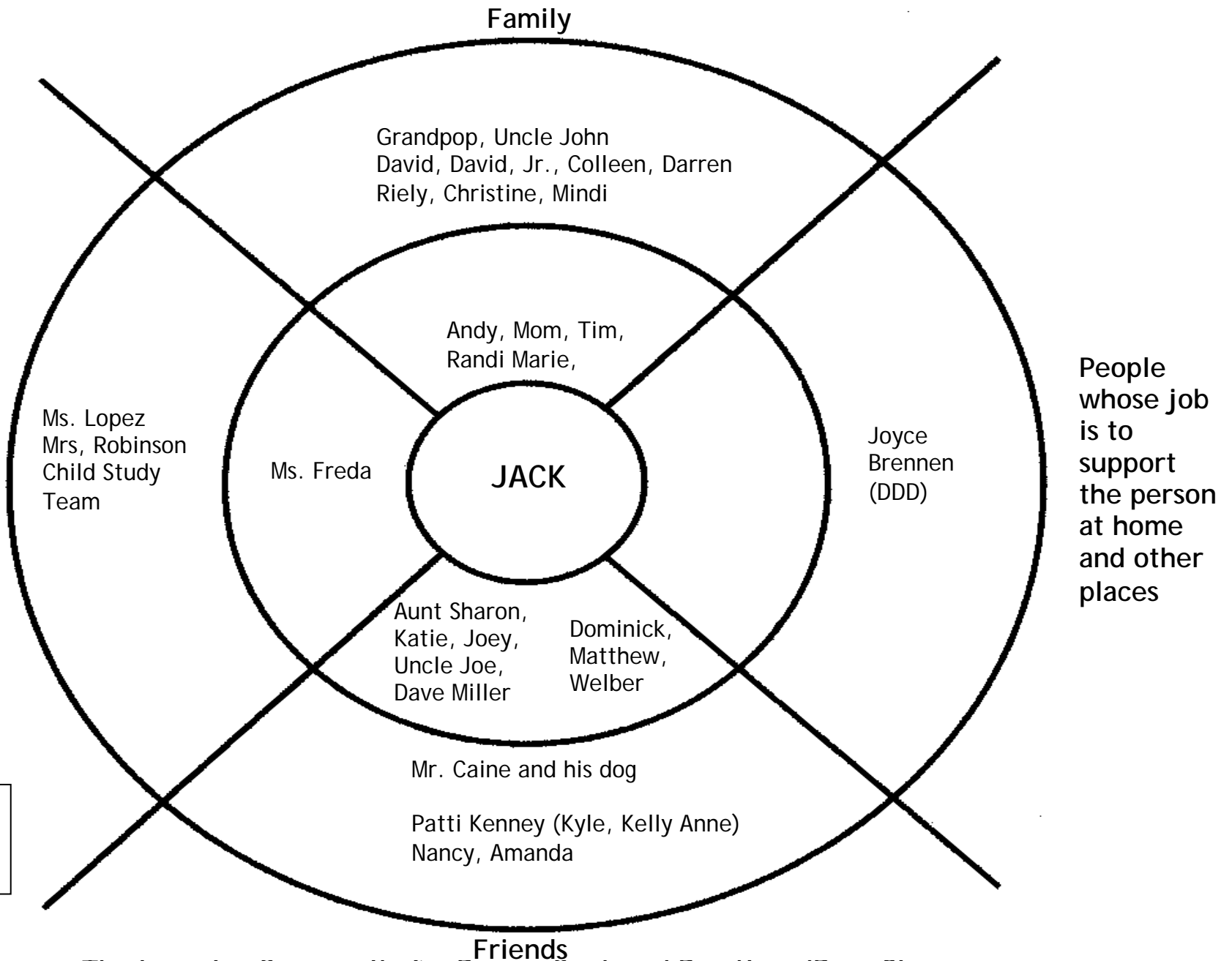
NOTE: In this plan, information coming directly from Jack is reflected in first person, otherwise, third person is used.

# A Plan for Jack

People  
Map for:  
Jack

People  
who  
support  
the person  
at work,  
school,  
training

*"I don't want to  
just sit there..."  
- Jack*



People  
whose job  
is to  
support  
the person  
at home  
and other  
places

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### Introduction - Great Things About Jack

What do people like and admire about the person? What are the good things they say about him or her? How would the person like to be introduced?

<ul style="list-style-type: none"><li>• “Jack has a beautiful personality. Everyone he meets falls in love with him and remembers him”</li><li>• “Jack has a positive spirit that motivates those around him”</li><li>• Compassionate, caring about other people’s feelings, kind, sensitive</li></ul>	<b>New Things We Have Learned</b>
<ul style="list-style-type: none"><li>• Loves his family,<ul style="list-style-type: none"><li>• Very supportive of siblings (Randi’s field hockey and Tim’s band)</li><li>• Loyal</li></ul></li></ul>	
<ul style="list-style-type: none"><li>• Thankful, appreciative, helpful, giving</li></ul>	
<ul style="list-style-type: none"><li>• Great listener</li></ul>	
<ul style="list-style-type: none"><li>• Good singer</li></ul>	
<ul style="list-style-type: none"><li>• Smart, articulate, bright, great memory</li></ul>	
<ul style="list-style-type: none"><li>• Funny, great sense of humor</li></ul>	
<ul style="list-style-type: none"><li>• Determined, brave, hard worker, respected</li></ul>	
<ul style="list-style-type: none"><li>• Good at following rules</li></ul>	
<ul style="list-style-type: none"><li>• Easy going</li></ul>	



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<ul style="list-style-type: none"><li>• Celebrations<ul style="list-style-type: none"><li>• I love birthday's, especially mine. I like singing 'Happy Birthday' the loudest.</li><li>• Getting Christmas presents</li><li>• 4<sup>th</sup> of July</li></ul></li></ul>
<ul style="list-style-type: none"><li>• Being creative<ul style="list-style-type: none"><li>• Drawing/color with markers</li><li>• Cutting up things with scissors</li></ul></li></ul>
<ul style="list-style-type: none"><li>• To be tough, to be seen as tough<ul style="list-style-type: none"><li>• Wrestling with Dad, and Katie</li><li>• "when I get tackled, I don't cry"</li></ul></li></ul>
<ul style="list-style-type: none"><li>• Firetrucks, Police cars</li><li>• Listening to Andy's police scanner</li><li>• I want to be a firefighter</li></ul>
<ul style="list-style-type: none"><li>• Computer games (play station driving &amp; sports games)</li></ul>
<ul style="list-style-type: none"><li>• Performing<ul style="list-style-type: none"><li>• Singing/listening (rock, metal, pride songs), Karaoke</li><li>• Playing music/drums, Variety Club</li><li>• I like to announce at events</li></ul></li></ul>
<ul style="list-style-type: none"><li>• Sports<ul style="list-style-type: none"><li>• Football, watching high school football, baseball</li><li>• "I want to tackle and be tackled, I won't cry."</li><li>• Phila. Eagles, University of Iowa, Go Hawkeyes!</li><li>• Roughhousing</li><li>• Swimming in the pool, hanging on the deck</li></ul></li></ul>
<ul style="list-style-type: none"><li>• Food that I am familiar with... eating out<ul style="list-style-type: none"><li>• Pat's cheesesteaks in Philly, flurry boat, Pepsi</li><li>• Pepperoni pizza, soda, chocolate, chicken strips, French fries, kids cheeseburger meals, ranch dipping sauce, not veggies so much</li></ul></li></ul>
<ul style="list-style-type: none"><li>• TV - watching religious services and "Cops"<ul style="list-style-type: none"><li>• Comedy films (w/popcorn &amp; candy)</li></ul></li></ul>

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

If you were going to pick a new person to work with this person (e.g. case manager, staff in a home) what would you look for? What do the people that he or she likes to work with have in common? Have there been people that he or she couldn't work with? What do they have in common?

<ul style="list-style-type: none"> <li>• Respectful             <ul style="list-style-type: none"> <li>• Help me avoid embarrassing situations, like having an accident, help me use the bathroom when I need to</li> <li>• Never yell at me</li> </ul> </li> </ul>	<h3>New Things We Have Learned</h3>
<ul style="list-style-type: none"> <li>• Reliability, promptness... I don't like being late for things</li> </ul>	
<ul style="list-style-type: none"> <li>• Strong, so they can help move me when I need them to</li> </ul>	
<ul style="list-style-type: none"> <li>• Warm, caring</li> </ul>	
<ul style="list-style-type: none"> <li>• Calm, but active, likes to do things</li> </ul>	
<ul style="list-style-type: none"> <li>• Fun, good sense of humor</li> </ul>	
<ul style="list-style-type: none"> <li>• Good at giving compliments, sincere, a positive attitude</li> </ul>	

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### What Others Need to Know or Do to Support Jack

If the person is going to have the things that are important to him or her, and stay healthy and safe, what do people need to know? What do they need to do? How does the person need to be supported at home, at work, or out in the community?

<ul style="list-style-type: none"><li>• <u>IMPORTANT (some things make me anxious):</u><ul style="list-style-type: none"><li>• Loud noises startle me</li><li>• I am not comfortable at the zoo. The animals frighten me when they move because and I cannot get away.</li><li>• I don't like clowns or cartoon characters like Elmo and Garfield...so no circuses please.</li><li>• Homework and learning new things can make me anxious</li><li>• Seagulls at the shore</li><li>• Scary things, Halloween</li><li>• I'll make a funny face when I don't like something and it is making me anxious</li></ul></li></ul>	<h3>New Things We Have Learned</h3>
<ul style="list-style-type: none"><li>• Be respectful in how you support me</li></ul>	
<ul style="list-style-type: none"><li>• Transferring: Jack needs help transferring in/out of chair, in/out of bed and in/out of bath. No special instructions for moving Jack, just do it like any other kid.</li></ul>	
<ul style="list-style-type: none"><li>• Toileting<ul style="list-style-type: none"><li>• I need assistance using the bathroom</li><li>• I don't like having accidents at school, it is embarrassing</li><li>• I don't trust just anyone to support me to stand to go to the bathroom</li><li>• Family and Freda can help me go standing up, but others should put me on my seat</li><li>• I prefer males to help me, but Freda is ok</li><li>• Use pull-ups at bedtime</li></ul></li></ul>	

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<ul style="list-style-type: none"><li>• Bedtime<ul style="list-style-type: none"><li>• I relax myself with singing at bedtime</li><li>• I need a nightlight on.</li><li>• I don't like to be alone upstairs, so I feel better if mom is going to bed too or tells me what time she will be.</li><li>• I need full assistance to get out of bed.</li></ul></li></ul>
<ul style="list-style-type: none"><li>• Jack is at the age where he is coming to terms with and accept some physical things he will not be able to do, and understanding and focusing on the many gifts he does have.</li></ul>
<ul style="list-style-type: none"><li>• I can drink from a cup with a lid and straw, but someone to get it for me.</li></ul>
<ul style="list-style-type: none"><li>• I need support in dressing and eating, but I can help out, especially if the supporter has a positive attitude.</li></ul>
<ul style="list-style-type: none"><li>• No clowns!</li></ul>
<ul style="list-style-type: none"><li>• Using fork, but needs assistance eating. Sometimes Jack may put too much food in his mouth and can choke, so you need to watch out for that.</li></ul>
<ul style="list-style-type: none"><li>• The best way to help support me in walking is to walk behind me and support me from behind.</li></ul>
<ul style="list-style-type: none"><li>• Help Jack find way to make contributions in his home and his community. This could mean chores or finding opportunities to sing in public, etc.</li></ul>

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

Does he/she have medical conditions or mental health issues that other people should know about? Are there times when he/she needs help in managing medical or mental health?

	New Things We Have Learned
<ul style="list-style-type: none"> <li>Jack gets regular physical therapy due to spasticity, a condition related to his cerebral palsy.</li> </ul>	
<ul style="list-style-type: none"> <li>Spasticity is a condition in which certain muscles are continuously contracted. This contraction causes stiffness or tightness of the muscles and may interfere with movement, speech, and manner of walking. Spasticity is usually caused by injury to the portion of the brain or spinal cord that controls voluntary movement</li> </ul>	
<ul style="list-style-type: none"> <li>Jack needs to drink plenty of fluids to keep bowels moving, he may also need to use enemas to help with this. Jack is happy to do this but may need some gentle encouragement from time to time.</li> </ul>	
<ul style="list-style-type: none"> <li>Heart condition (not real serious), but needs antibiotics before any dental or other surgery</li> </ul>	
<ul style="list-style-type: none"> <li>Bad reactions to anesthesia, needs a 'tonic' to calm stomach before getting it.</li> </ul>	

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### Things to Figure Out

What are the things that you are still trying to “figure out?” What are the things about the person, or the supports that he/she gets that you don’t understand or where you need more information? What are the things that are getting in the way?

	<b>New Things We Have Learned</b>
<ul style="list-style-type: none"><li>• Home is not accessible. This is hard on the family and it restricts Jack from being as independent as he wants to be.</li></ul>	
<ul style="list-style-type: none"><li>• Jack is isolated socially. He wants and needs more friends to spend time with.</li></ul>	
<ul style="list-style-type: none"><li>• Jack wants to play tackle football. He likes to roughhouse like other kids and family. This is an issue as it can make my body hurt.</li></ul>	
<ul style="list-style-type: none"><li>• Gets physical therapy at school, but not at home anymore as it was too much. Does Jack need more than he gets?</li></ul>	
<ul style="list-style-type: none"><li>• Testing, does well at home but not at school during tests. Why???</li></ul>	
<ul style="list-style-type: none"><li>• They keep saying he may need out of district placement, how can we get them to accept he is there to stay?</li></ul>	
<ul style="list-style-type: none"><li>• Jack wants to attend and become part of a church community. If their one that is inclusive nearby? Who else in Jack’s life has this interest?</li></ul>	

**Some ways that Jack Communicates**

<b>What is happening</b>	<b>What he/she does</b>	<b>What we think it means</b>	<b>What others should do</b>
I am alone.	I scream very loud.	I worry about being alone. I can't move if something happens and I worry about things happening that may put me in danger.	Stay in earshot. Let me know where you are and that you are keeping tabs on me. Try not to leave me alone too long.
I encounter something that makes me frightened or anxious	I make a funny face and mouth	I don't like something and it is making me anxious	Get it away form or me away from it immediately.
There is a loud noise or a sudden movement	My body will stiffen up	I was startled and frightened by what happened.	Reassure me about what is going on and help me feel safe.

What is Happening in Jack’s Life - The Upside and 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 ...	What I (Jack) think - my perspective	
	What works, makes sense, the upside	What doesn't work, doesn't make sense, the downside
<ul style="list-style-type: none"> <li>• Where you live</li> <li>• What you do during the day</li> <li>• Who you spend time with</li> <li>• The services that you receive to help you stay healthy/safe</li> <li>• Issues with medication - how it works, side effects</li> <li>• What you do for fun</li> <li>• Other parts of your life</li> </ul>	•	<ul style="list-style-type: none"> <li>• I hate it when I have an accident at school. It is embarrassing. I should be able to go when I need to go, not just when they say.</li> <li>• “this makes me sad, I gotta go when I gotta go”.</li> </ul>
	<ul style="list-style-type: none"> <li>• I trust Freda to help me use the bathroom while supporting me in a standing position.</li> </ul>	<ul style="list-style-type: none"> <li>• I worry that other staff will drop me if I use the bathroom upright.</li> <li>• I want to be able to go to the bathroom when I say I need to go. I get embarrassed when I don't make it to the bathroom in time and this happens when a teacher says I should have gone earlier.</li> </ul>
	<ul style="list-style-type: none"> <li>• Being able to roughhouse.</li> </ul>	<ul style="list-style-type: none"> <li>• I want to play tackle football, but my family says I can't because I will get hurt. Wrestling does make my body hurt.</li> </ul>
	<ul style="list-style-type: none"> <li>• My belief in God is an important part of who I am.</li> </ul>	<ul style="list-style-type: none"> <li>• I want to find a congregation that works for all of us and has things for kids too.</li> </ul>
	<ul style="list-style-type: none"> <li>• Living with my family</li> </ul>	<ul style="list-style-type: none"> <li>• Not knowing where people are in the house, being alone in a room and not being able to see where others are.</li> </ul>

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### What is Happening in Jack's Life - The Upside and Downside

Look at what is working and not working, makes sense and doesn't make sense In _____'s life <i>right now</i> . Think about ...	What others think (family, school staff) - their perspective	
	What works, makes sense, the upside	What doesn't work, doesn't make sense, the downside
<ul style="list-style-type: none"> <li>• Where he/she lives</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Some school staff feel Jack is not responsible about going to the bathroom at the appropriate times.</li> <li>• They also don't feel uncomfortable helping him use the bathroom and prefer that Freda does it.</li> </ul>
<ul style="list-style-type: none"> <li>• What he/she does during the day</li> </ul>	<ul style="list-style-type: none"> <li>• Jack's family wants to support him in being part of a church community if he wants to.</li> </ul>	<ul style="list-style-type: none"> <li>• The family is looking for church congregation where they know they will all be welcomed.</li> </ul>
<ul style="list-style-type: none"> <li>• Who he/she spends time with</li> </ul>	<ul style="list-style-type: none"> <li>• Jack's family loves him very much and wants him to live comfortable and safely at home.</li> </ul>	<ul style="list-style-type: none"> <li>• The family home is not accessible and Jack is getting bigger so transferring and bringing him up to bed is hard. He also doesn't like being alone upstairs when he goes to bed before others.</li> </ul>
<ul style="list-style-type: none"> <li>• Services received to help him/her stay healthy/safe</li> </ul>	<ul style="list-style-type: none"> <li>• Jack's principal at his school is very supportive of his being there</li> </ul>	<ul style="list-style-type: none"> <li>• Some school staff think Jack would be better of in an out-of-district placement.</li> <li>• It is a small district and they are not used to having kids with Jack's needs. Jack was the first kid in his school who uses a wheelchair.</li> </ul>
<ul style="list-style-type: none"> <li>• Issues with medication - how it works, side effects</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
<ul style="list-style-type: none"> <li>• What he/she does for fun</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
<ul style="list-style-type: none"> <li>• Other parts of his or her life</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>

## A Plan for Jack

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### To Do List, Goals, Action Planning

What can you do to make sure things that are working, continue, or change those things that are not working? What can other people do to keep things that are working and to change those things that are not working?

**Desired Outcome:** My home will be accessible.

**Discussion/Justification** Jack is getting older and heavier and this will only get harder. A first floor bedroom will also help with his anxiety about being alone in his room.

What needs to be done	Who is responsible?	By when?
Plan and get approval for use of DDD budget for home modifications	Mom and Joyce	December 1, 2006
Obtain a lift for bed and chair transfers	Mom and Joyce	January 1, 2007
Ramp lift for entry into home	Andy and Mom	April, 2007
Convert 1st floor room to Jack's bedroom	Andy and Mom	September, 2007
Modify bathroom to be accessible w/roll in shower	Andy and Mom	September, 2007
Accessible van for home	Mom and Joyce	September, 2007

### **Review of Desired Outcome:**

Date:            Comments:

## A Plan for Jack

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### To Do List, Goals, Action Planning

What can you do to make sure things that are working, continue, or change those things that are not working? What can other people do to keep things that are working and to change those things that are not working?

**Desired Outcome:** I will be able to move independently and keep myself safe from harm.

**Discussion/Justification** I have a great deal of anxiety around being alone and not being able to move away from dangers that I worry about or perceive. I have to depend on others for my safety, so I always want to know where people are if I cannot see them. I will scream loudly if I fear I am alone.

What needs to be done	Who is responsible?	By when?
Explore funding possibilities for electric wheelchair	Randy and Joyce	November 12, 2006
Buy electric wheelchair	DDD/Joyce	February 1, 2007

### Review of Desired Outcome:

Date:            Comments:

## A Plan for Jack

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### To Do List, Goals, Action Planning

What can you do to make sure things that are working, continue, or change those things that are not working? What can other people do to keep things that are working and to change those things that are not working?

**Desired Outcome:** Jack will have new friends and opportunities to spend time with them.

**Discussion/Justification** Beyond his family, Jack does not have a social network outside of a limited one at school. He has no one to have a sleepover with, like other kids. He often gets bored being around the house if there is not someone who can get out with him.

What needs to be done	Who is responsible?	By when?
Invite friend from school out to a movie	Jack	October 26, 2006
Have a friend for a sleepover	Jack and Mom	March, 2007
Join student government club	Jack	October 26, 2006
Join chorus	Jack	October 26, 2006

Review of Desired Outcome:	
Date:	Comments:

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### To Do List, Goals, Action Planning

What can you do to make sure things that are working, continue, or change those things that are not working? What can other people do to keep things that are working and to change those things that are not working?

**Desired Outcome:** Jack will be/feel welcomed and supported in his (inclusive) school.

**Discussion/Justification** Jack feels like a burden sometimes. Also, all school personnel need to understand that Jack and his family are determined for him to have an inclusive education through college. There have been on-going suggestions that Jack may benefit from an out-of-district placement, which is unacceptable.

What needs to be done	Who is responsible?	By when?
All supporters/teachers will read and have copies of Jack's ELP.	Merna	October 26, 2006
Jack's ELP will be incorporated into his IEP.	Merna and Mom	Next IEP
Training for all staff that support/teach Jack in how to toilet him safely and respectfully.	Freda and Merna	January, 1, 2006

### **Review of Desired Outcome:**

Date:            Comments:

## A Plan for Jack

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### To Do List, Goals, Action Planning

What can you do to make sure things that are working, continue, or change those things that are not working? What can other people do to keep things that are working and to change those things that are not working?

**Desired Outcome:**

Jack will be a part of an inclusive faith community, preferably Catholic.

**Discussion/Justification**

Jack is a spiritual person who maintains a belief in God and a desire to be part of a church. He often watches religious services on television but has not had the opportunity to attend and be part of a congregation

What needs to be done	Who is responsible?	By when?
Jack and his family will obtain information about faith communities in their area and any inclusive ministries that are active.	Mom and Jack	November, 2006
Jack and his family will start attending local services to try and find a place where they feel comfortable	Mom and Jack	Christmas, 2006

**Review of Desired Outcome:**

Date:

Comments:

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### To Do List, Goals, Action Planning

What can you do to make sure things that are working, continue, or change those things that are not working? What can other people do to keep things that are working and to change those things that are not working?

**Desired Outcome:**

Jack will have opportunities to make his contribution.

**Discussion/Justification**

It is very important to Jack that he not be a burden or be viewed as one. He has much to offer and he wants to make a contribution to his family and community.

What needs to be done	Who is responsible?	By when?
Jack will sing at community events	Tim	December, 2006

**Review of Desired Outcome:**

Date:

Comments: