

Kelly Kennedy's Plan

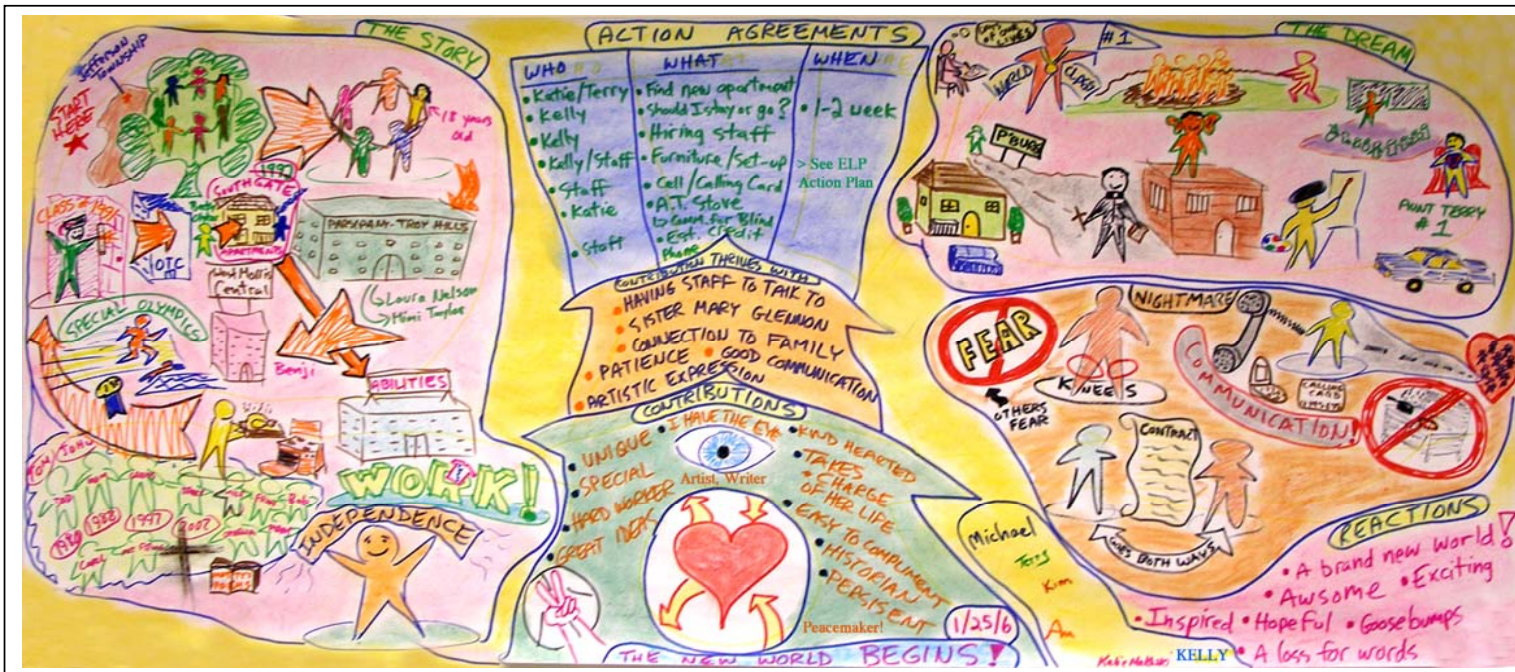
Date of the 1st plan

01/25/06

Dates the plan was changed

What do I hope that this plan will help me accomplish?

I want to live alone in peace in my own apartment, but in close contact with staff when I need them, and with plenty of opportunity to expand my creative outlets and pursue my work interests of helping others in need.



My Own Plan

Who helped me with this plan?

(Who gave me information?)

- | | |
|----------------------|-----------------|
| • Kelly | • Sylvia |
| • Aunt Terry | • Katie |
| • Eileen | • Dara |
| • Jesse | • Ann Milam |
| • Michael Steinbruck | • Kim Rodriguez |

Who do I still need to talk to?

(Others who can help me get more information)

- | | |
|---------------------|-------------|
| • Sis. Mary Glennon | • Aunt Jane |
|---------------------|-------------|

My Story

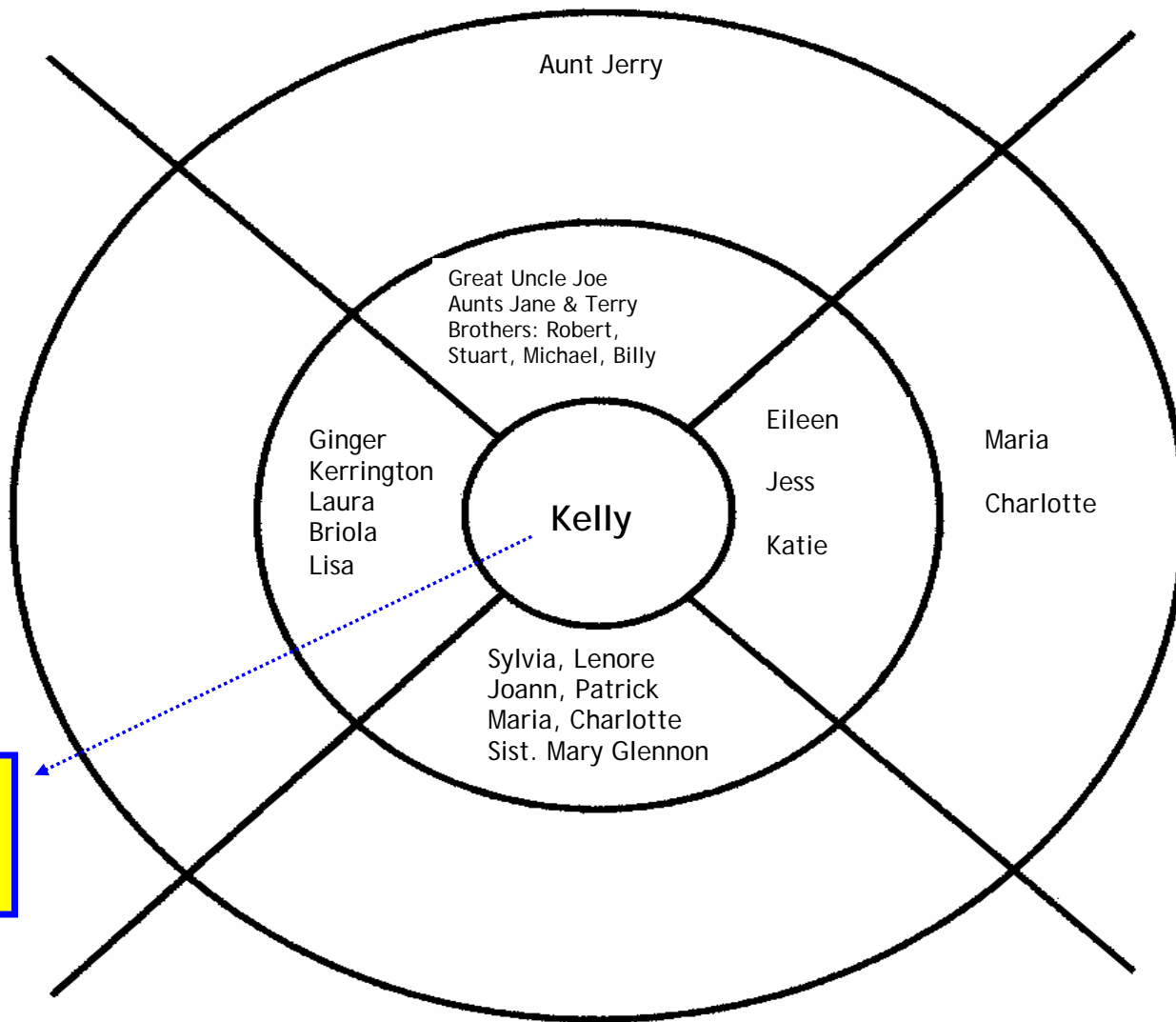
- My family means everything to me, "I'm a Kennedy through and through"
- I lost my father and mother when I was very young (18 for my mom)
- My Aunt Terry has always been there for me, she is my hero.
- My struggle with the many deaths of friend and family and overcoming doubts in my faith.
- Education and graduation made me feel successful
- Work, cooking and Special Olympics do too



People Map for:
Kelly

People who support the person at work, school, training

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



"Don't forget one thing... you're a Kennedy through and through."

My Own Plan

My Introduction - Great Things About Me

What do people like and admire about me? What are the good things they say about me? How would I like to be introduced?

<ul style="list-style-type: none"> • Unique, Special 	<h3>New Things I Have Learned About Myself</h3>
<ul style="list-style-type: none"> • I take charge of my life <ul style="list-style-type: none"> • responsible, independent • my own woman • Good on my feet 	
<ul style="list-style-type: none"> • Kind hearted <ul style="list-style-type: none"> • willing to help others, caring, helpful • sharing, generous • I love and am loved • Friendly, pleasant, understanding • Positive attitude... always! • Polite • I want to teach others 	
<ul style="list-style-type: none"> • Hard worker, self-starter, I follow through 	
<ul style="list-style-type: none"> • I have great ideas 	
<ul style="list-style-type: none"> • Easy to compliment 	
<ul style="list-style-type: none"> • Wonderful artist... "I have the eye" 	
<ul style="list-style-type: none"> • I am a peacemaker 	
<ul style="list-style-type: none"> • I love to draw, write and cook. 	


The Dream

<ul style="list-style-type: none">• To be a world class athlete• To write for "Days of our lives"• To live in a first floor apartment w/balcony• To have blue furniture• To pursue my art	<ul style="list-style-type: none">• To help people get unstuck• To counsel troubled youth, listen to them• To teach young children• To be a lay minister in my church• To drive a blue jeep
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My Own Plan

What is Important to Me What do I want other people to know about the things that are important to me? Who are the people that are most important to me? What do I do with them? What are the things that I have to do (and things I need to have) if I am going to be happy?

<ul style="list-style-type: none"> • My Independence I do not like being told what to do. I will ask for help when I need it 	<p>New Things I Have Learned About Myself</p>
<ul style="list-style-type: none"> • Relationships- Family and friends (visits and hanging out) • Christmas/holidays with my family (family traditions) • Going to church • People being nice to each other, no negative talk 	
<ul style="list-style-type: none"> • Work - Abilities for 13 years (Holiday Inn, Florist, BK) • I don't like going to workshop when there is no work. I like working hard for a good paycheck • I want to teach/help others (e.g. troubled youths) 	
<ul style="list-style-type: none"> • Journal/poetry writing, reading, literacy class • Drawing - color pencils & markers, art class • Music - Rock, pop, classical, love songs, Reo Speedwagon, Madonna, Air Supply, Fleetwood Mac, Billy ray, Shania <ul style="list-style-type: none"> • "I just can't stop this feeling anymore" 	
<ul style="list-style-type: none"> • Food - pizza, chicken parm, sea scallops, fried shrimp, Italian, Chinese, Americana, Key City Diner • no lobster, no liver, no onions! • Enjoy cooking and baking with family 	
<ul style="list-style-type: none"> • Sports - WWF Wrestling, Bowling, Special Olympics 	
<ul style="list-style-type: none"> • Movies (scary & comedy), DVDs, TV • Dancing 	
<ul style="list-style-type: none"> • Vacations, the Jersey Shore, famous places 	
<ul style="list-style-type: none"> • Being on schedule, not being rushed 	
<ul style="list-style-type: none"> • Having a nice peaceful home, no uninvited guests 	
<ul style="list-style-type: none"> • Shop-, Walmart, flea markets, collect keychains 	

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">• People with a soft touch... don't boss me or tell me what to do. I will ask for help when I feel I need it. Don't correct me all the time.• Take care when discussion my health, weight, budget, shopping habits, etc.	New Things I Have Learned About Myself
<ul style="list-style-type: none">• I prefer not to go to bed early and I do not like to wake up early.	
<ul style="list-style-type: none">• Gentle	
<ul style="list-style-type: none">• Respectful of me and my privacy	
<ul style="list-style-type: none">• Trusting	
<ul style="list-style-type: none">• Sense of humor	
<ul style="list-style-type: none">•	
<ul style="list-style-type: none">•	
<ul style="list-style-type: none">•	

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"> I have lost many family members and friends, including my parents at an early age... so I am sensitive to death and illnesses of others.
<ul style="list-style-type: none"> Knock when you come to see me, call first
<ul style="list-style-type: none"> Hear me out... listen to me.
<ul style="list-style-type: none"> I need tactful supports around cleaning. I cannot see some things and cannot clean what I do not see.
<ul style="list-style-type: none">
<ul style="list-style-type: none">
<ul style="list-style-type: none">
<ul style="list-style-type: none">
<ul style="list-style-type: none">

New Things I Have Learned About Myself



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">• I have a thyroid condition and I need help taking Synthroid for this.	New Things I Have Learned About Myself
<ul style="list-style-type: none">• I also have a skin condition and I need help applying powder to help with this. I can put on my face cream myself.	
<ul style="list-style-type: none">• Do not rush me or put too much pressure on me.	
<ul style="list-style-type: none">• I am legally blind and need help with eyedrops for this. I do not see well at all in the dark.	
<ul style="list-style-type: none">• I tend to be fearless about many things. This is an important and special quality. If you think I am taking too big a risk, let me know in a respectful way and I will consider your opinion.	
<ul style="list-style-type: none">• My apartment complex only has gas stoves and I am fearful of them.	
<ul style="list-style-type: none">• I don't have good knees.	
<ul style="list-style-type: none">•	

My Own Plan

Things to Figure Out

What are the things that I am still trying to “figure out?” What are the things about me, my condition, or the supports that I get that I don’t understand or where I need more information? What are the things that are getting in my way?

<ul style="list-style-type: none">• Gas stoves??? Afraid of getting burned. Is there assistive technology available?	New Things I Have Learned About Myself
<ul style="list-style-type: none">• How does my vision impact dreams?	
<ul style="list-style-type: none">• Will I get all the support that I need in supportive housing.	
<ul style="list-style-type: none">• Need to have safety bars in my bathroom	
<ul style="list-style-type: none">• I need to decide whether to get an apartment in Southgate or go a bit farther away in P’Burg. Others want me to stay. If I do stay for now, I would want to think about moving next year.	
<ul style="list-style-type: none">• How can I be a lay minister, counselor to troubled youth, teacher of small children, or something that comes close to these types of jobs.	
<ul style="list-style-type: none">•	
<ul style="list-style-type: none">•	

How Do I Communicate

What is happening	What I do	What I think it means	What others should do
I go into the restroom for a long time.	I run water... get space and talk out my anger and frustration or hurt... process disappointments	I am expressing my feelings, making a plan to deal with issues. This works for me.	Give me the space I need if possible – draw me out slowly if necessary and make me feel safe to talk a bit about what is on my mind
I am asked to share or express my feelings	I clear my throat (2 short coughs), and pause, then I give an answer that I am comfortable offering... there may be more to it, but that is all I am ready to share... especially if it is an uncomfortable topic/issue.	I am non-confrontational... a peacemaker. I need to feel that I have made everything alright, so everyone feels ok about it. I may choose to go with things that make others feel better over the facts.	Others may choose to call me on this. I am bright and articulate. We can work it out if we are all respectful and sensitive to my feelings.
	Unusually silent/withdrawn	I am upset about something	Give me some space and I will come to you to talk later

The Nightmare

- | | |
|--|--|
| • Being disconnected from those I love | • Gas stoves |
| • Not being able to reach staff when I need them | • Others fear my fearlessness |
| • My knees going bad | • A one-way relationship with my staff |



My Own Plan

What is Happening in Your 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 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"> • 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"> • Working and making money. 	<ul style="list-style-type: none"> • Not having contracts at Abilities, not working in a teaching or counseling role.
	<ul style="list-style-type: none"> • Having staff available when I need them... good communication 	<ul style="list-style-type: none"> • Staff and family bugging me about health and/or finances • Not being able to call from the community or not getting an answer right away.
	<ul style="list-style-type: none"> • I want to join gym 	<ul style="list-style-type: none"> • Need better support from staff, too much pressure to lose weight
	<ul style="list-style-type: none"> • Living alone in an apartment 	<ul style="list-style-type: none"> • I often become frustrated with my roommate.
	<ul style="list-style-type: none"> • Gentle encouragement 	<ul style="list-style-type: none"> • Understand that I may choose to ignore your advice no matter how reasonable you think it is.
	<ul style="list-style-type: none"> • Taking more control of my life and having more freedom to do what I want and how I want. 	<ul style="list-style-type: none"> • Being far away from friends, family and supports
	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> •
	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> •
	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> •

My Own Plan

What is Happening in _____'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 - their perspective	
	What works, makes sense, the upside	What doesn't work, doesn't make sense, the downside
<ul style="list-style-type: none"> • Where I live • What I do during the day • Who I spend time with • The services that I receive to help you stay healthy/safe • Issues with medication - how it works, side effects • What I do for fun • Other parts of my life 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Not having contracts at Abilities and more importantly, not having a competitive job that is closer to what she wants to be doing.
	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Not following diet or getting needed exercise
	<ul style="list-style-type: none"> • Kelly continuing to grow and learn and follow her dreams 	<ul style="list-style-type: none"> • We think Kelly may not fully weigh risks in her decisions or move at too quick a pace.
	<ul style="list-style-type: none"> • Kelly living on her own. 	<ul style="list-style-type: none"> • We worry about her moving too far away from staff this first year. Can she stay close for a year and then move farther way?
	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> •
	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> •
	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> •
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My Own Plan

To Do List, Goals, Action Planning

What can I 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: To enhance my opportunities to learn and express myself through art.

Discussion/Justification I thrive on learning new things and I am proud of all that I can do. I am also an intensely creative person. Therefore, my happiness is closely linked to having opportunities to learn and express myself creatively.

What needs to be done	How often	How long?	Who is responsible?	By when?
Continue with Art classes			Kelly/Katie	
Continue with Literacy/Writing classes			Kelly/Katie	
Explore other college courses, get course guide			Kelly/Jesse	

Review of Desired Outcome:

Date: Comments:

Comment [Hint1]: To add a new Action Plan page here, put your cursor just to the right of this hint, then click Insert, Break, Next Page, type "acti", and press Enter.

My Own Plan

To Do List, Goals, Action Planning

What can I 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: To live alone in a nice peaceful apartment.

Discussion/Justification I am very sensitive to stress and I have had difficult housemate situations for a long time.

What needs to be done	How often	How long?	Who is responsible?	By when?
Obtain temporary state housing subsidy			Katie/Dara	Done
Pursue/apply for permanent federal Section 8			Katie	On-going
Locate an affordable one-bedroom apartment			Katie	
Find a non-gas stove with AT for visually impaired			Katie/Dara	
Buy blue furniture with \$3K start-up funding			Katie/staff	

Review of Desired Outcome:

Date: Comments:

My Own Plan

To Do List, Goals, Action Planning

What can I 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:

To have the support I need when I need it.

Discussion/Justification

I need paid staff and family to support me with some financial and medical responsibilities and decisions, and for transportation to educational and recreational activities. I am also very concerned about communication and being able to reach people when I need them and in an emergency.

What needs to be done	How often	How long?	Who is responsible?	By when?
Hire support staffing		? hours per/wk	Katie/Dara	2/15/6
Obtain a calling card.			Katie	
Explore feasibility and affordability of a cell phone			Aunt Terry	

Review of Desired Outcome:

Date:

Comments:

My Own Plan

To Do List, Goals, Action Planning

What can I 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:

To find work in a helping profession where I can make a contribution by helping teach and/or support younger kids.

Discussion/Justification

I am defined by my dream of help others. I think about doing this by teaching little kids, counseling troubled youth, or realizing my call to lay ministry in my faith.

What needs to be done	How often	How long?	Who is responsible?	By when?
Need to meet again to work on this outcome specifically and explore my options for finding support for employment and seeking opportunities myself. Also volunteer options may be considered.	Once	3 hours	Katie/Kelly/ & Aunt Terry	4/1/6

Review of Desired Outcome:

Date:

Comments: