



## Flo's Profile & Plan



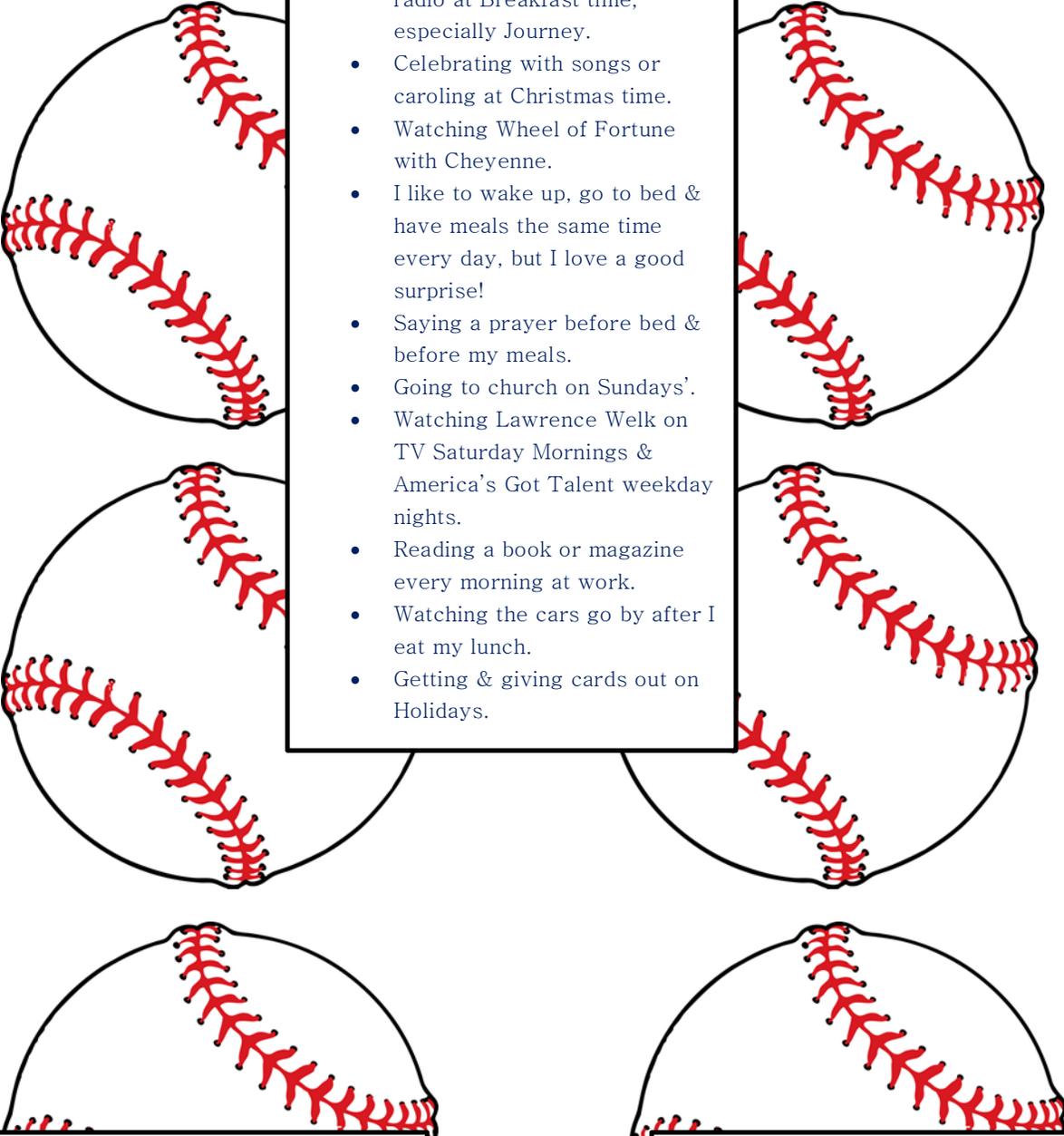
### What Is Important To Flo:

- Spending time & talking on the phone with Rikki (brother) & Ruby (sister).
- Hanging out with Cheyenne.
- My wheelchair is kept comfortable.
- Dressing well & feeling good about my appearance gives me a good self-esteem.
- Getting out of the house to enjoy LOTS of activities!
- Watching sports, especially my favorite teams the Twins & Vikings!
- I enjoy playing with balloons, having stuffed animals around & soft/warm blankets when relaxing.
- Going to church regularly and praying before bed and meals.
- I love listening & singing to music!
- It's important to me that I have choices & that people listen to me.
- I am VERY social and want the opportunity to meet new people.
- Working on arts & crafts.
- Remembering my mom & keeping her memory alive.



### What Is Important For Flo:

- Having thicket in my liquids for drinking.
- Making sure my medications are monitored and managed well.
- A healthy diet.
- Keeping my wheelchair in working order & comfortable.
- It's important for me to be dressed well so my self-esteem doesn't suffer.
- It's important that I get out in the community & enjoy a variety of activities & that those places are accessible to me.
- It's important for me to be social & get out into the community to meet new people.
- It's important for my religious practices to be respected & accommodated.
- It's important for me to have choices, be respected & feel my voice is being heard.
- It's important for me to have people who will help me find ways to remember my mom & her memory.



### Flo's Routines:

- Singing along to songs on the radio at Breakfast time, especially Journey.
- Celebrating with songs or caroling at Christmas time.
- Watching Wheel of Fortune with Cheyenne.
- I like to wake up, go to bed & have meals the same time every day, but I love a good surprise!
- Saying a prayer before bed & before my meals.
- Going to church on Sundays'.
- Watching Lawrence Welk on TV Saturday Mornings & America's Got Talent weekday nights.
- Reading a book or magazine every morning at work.
- Watching the cars go by after I eat my lunch.
- Getting & giving cards out on Holidays.

### Characteristics of People I Like:

- People who are positive & cheery!
- People who have a sense of humor & can joke with me.
- People who spend time with me & enjoy the same things I do.
- People who are kind, caring & thoughtful.
- Sometimes I prefer being around women compared to men.

### Characteristics of People I Don't Like:

- People who are too loud.
- People who are bossy & domineering.
- People who don't listen or give me time to speak.
- People who don't give me choices.
- People who are impatient.



## Plan of Action

1. The team's first goal will be to help facilitate transportation & staff so that Flo can start attending church as much as he wants. Jesse from [provider agency] has agreed to organize staff so that Flo can attend church along with get breakfast on Sunday mornings. This goal will be started no later than August, 2016.
2. The team's second goal is to help Flo get out into the community and enjoy more activities and meet new people. Lucy from [provider agency] will help facilitate this on Monday's as [provider agency] is getting a new accessible van and now Flo can go out on their Monday outings. Jesse from [provider agency] will also help with this goal as she stated staff to client ratios will be dropping starting the week of 7/18/16 and now staff will have more time to devote to activities in the community. Jesse also agreed to setup a time for Flo to be able to visit the "Fancy Farm" so that Flo can see the animals. This goal will start no later than August 1<sup>st</sup>, 2016.
3. The team's third goal is to help Flo maintain and gain new relationships. Flo thought it would be a great idea to start a lunch or supper club! Lucy will help towards this goal by either facilitating lunch days out with a friend as well as help Flo make invitations for her supper club. Lena will also help by helping Flo make invites as well as help Flo schedule a date/time that he could invite friends over for supper. Invites for the first supper/lunch club should go out by the end of August, 2016.
4. The team's fourth goal is to help Flo in the remembrance of her mom. Rikki and Ruby would like to be with Flo when she does this and have talked about creating an album or picture collage with Flo. The family plans to start this sometime in the fall of 2016.
5. The team's fifth goal is to either help find Flo a pet she can have at the house or help her be able to have more contact with animals. Jesse has

agreed to look into the provider agency pet policy as well as get in touch with the neighbors and her co-workers who all have dogs that enjoy being around Flo and the other housemates. This goal will be started in the Fall of 2016.

6. The team's sixth goal is to schedule a PT evaluation for Flo as she expressed that she would like to walk again! Jesse has agreed to contact nursing who will put in a referral for an evaluation after speaking with Rikki. An exact date of completion on this goal will not be set as we are unsure of when a physical therapist will be able to evaluate Flo, however a referral should be made as soon as possible.

# My Relationship Map

