

Sparticus Pumpernickle



Person's Description

Sparticus's Description

Date of the 1st description

Dates the description was changed **4/1/2016**

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

To have a connection with supporters of my choice, work towards a career in photography and move in with a roommate I connect with in the Apple Valley/Rosemount area.

Who helped me with this description? (Who gave me information?)

*Insert
Picture
Here*

*Insert
Picture
Here*

*Insert
Picture
Here*

Tim
Pumpnickle
Father
(31 years)

Deb
Pumpnickle
Mother
(31 years)

Cassie
Case Manager
(2 years)

Person's Description

Who do I still need to talk to?

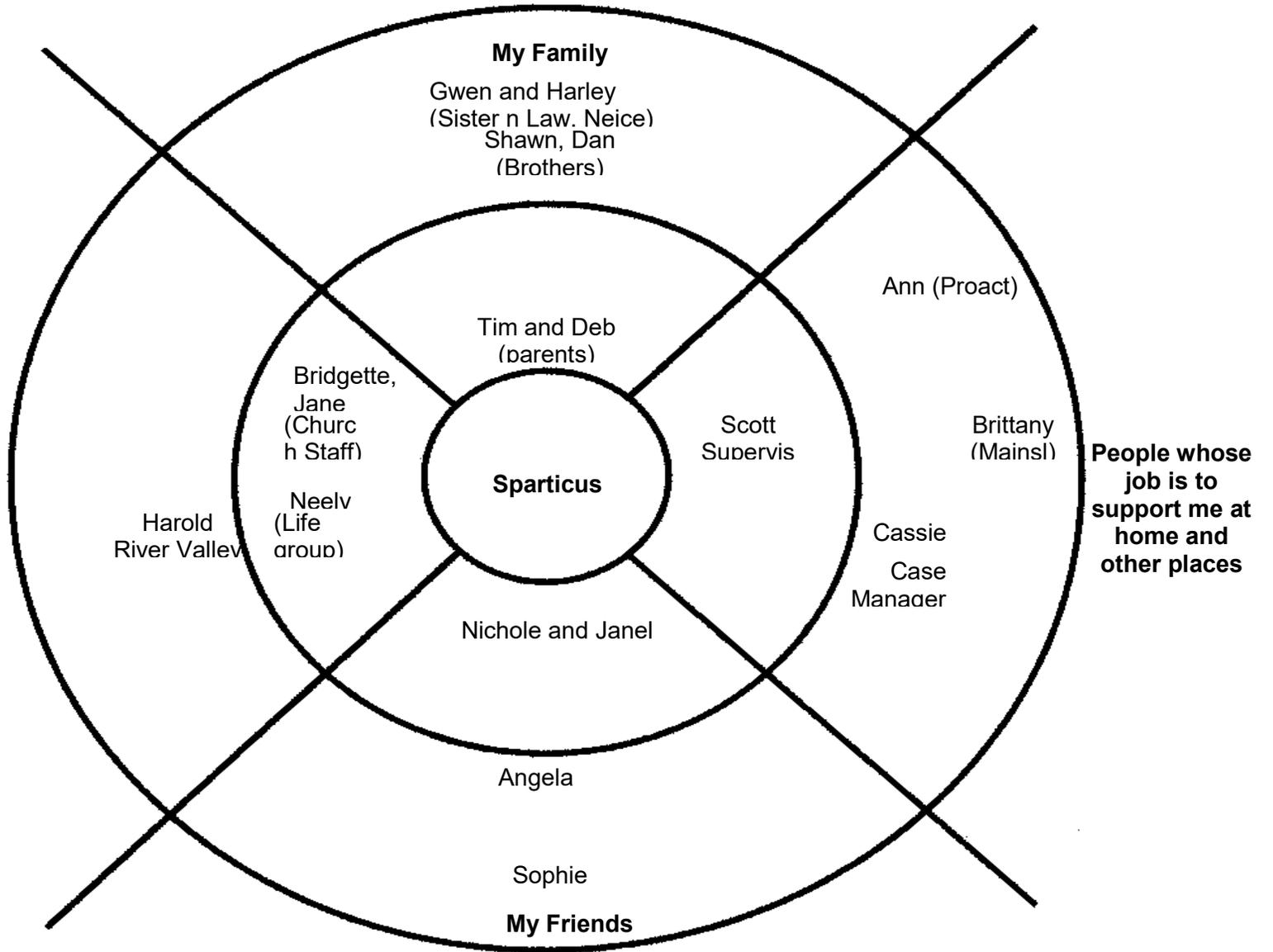
(Are there others who can help me get more information?)

• Nicole (friend)	•	•
• Janelle (friend)	•	•
• Scott (St Joe's Work Supervisor)	•	•
•	•	•

Person's Description

People Map for Sparticus

People who support me at work, school, training



People whose job is to support me at home and other places

Person's Description

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">• Sociable and Friendly	New Things I Have Learned About Myself
<ul style="list-style-type: none">• Outgoing	
<ul style="list-style-type: none">• Always has a Smiley Face	
<ul style="list-style-type: none">• Truly care for others	
<ul style="list-style-type: none">• Great Photographer	
<ul style="list-style-type: none">• Great videographer	
<ul style="list-style-type: none">• Smart	
<ul style="list-style-type: none">• Honest	
<ul style="list-style-type: none">• Resourceful	
<ul style="list-style-type: none">•	

Person's Description

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?

<p><u>Family and Friends</u></p> <ul style="list-style-type: none"> • Seeing my parents often (usually at least once daily) • Chat and hang out with friends • One on one relationship, being able to connect and share positive time together. • Sharing stories about the places I've been and events I've been to 	<p><u>New Things I Have Learned About Myself</u></p>
<p><u>Social Life</u></p> <ul style="list-style-type: none"> • Likes to watch and attend Wrestling matches • Likes meeting famous people • Having the time to participate in activities and events • Meeting people and becoming friends at local wrestling events. Personal Connections! 	
<p><u>Things I am passionate about</u></p> <ul style="list-style-type: none"> • Photography • Videography • Attending classes or events relating to photography and latest photography equipment 	
<p><u>Work</u></p> <ul style="list-style-type: none"> • Being able to complete all tasks correctly (and confidently) during my work shift. • Knowledge of how to complete work tasks and told in a constructive and polite way. • Doing well at work- making myself and others proud. • Being on time to work. • Work towards a career relating to using my skills in photography! 	

Person's Description

Time

- Having down time (time to myself or no obligations)
- Time to relax after work
- Having the time to participate in activities and events
- Getting my chores and errands done.

Home

- Feel safe at home
- Live close to family and work
- Positive relationship with roommate
- Able to have a roommate I can connect with (shared values, personality characteristics, preference and possible interests)

Person's Description

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?

<p>Works best:</p>	
<ul style="list-style-type: none"> • Motivator: encourage me to do the things I need to do 	
<ul style="list-style-type: none"> • Laid Back, but can provide some structure (plan is identified before or during supports) 	<p>New Things I Have Learned About Myself</p> <ul style="list-style-type: none"> • I don't like when someone (like a supervisor) tells me I do something wrong in a non-constructive way. If I do something wrong, tell me how to do it correctly in a polite way. I want to do the task correctly.
<ul style="list-style-type: none"> • Friendly 	
<ul style="list-style-type: none"> • Outgoing 	
<ul style="list-style-type: none"> • Likes to have fun (talk, go to events, joke around, not too serious!) 	
<ul style="list-style-type: none"> • Dependable/reliable 	
<ul style="list-style-type: none"> • Consistent 	
<ul style="list-style-type: none"> • Connection: shared values, movies/music, professional wrestling, photography, animals. 	
<p>Doesn't Do Well With:</p>	
<ul style="list-style-type: none"> • Bossy or tells you what to do 	
<ul style="list-style-type: none"> • Makes fun of me (insults me) 	
<ul style="list-style-type: none"> • Sarcasm 	
<ul style="list-style-type: none"> • Smoker 	

Person's Description

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?

Motivation

- Encourage me to do the things I need to do by giving me reminders and discussing the benefits of getting it done (or incentives).
- Provide structure (plan is identified before or during supports) and encourage me to follow the plan/ get the things I need to get done. Discuss something fun to do or an incentive that may interest me for when I am done with what I wanted to accomplish. Let's get out of the house and do something that interests the both of us after words!
- Supporters should be consistent with meeting with me (sticking to the schedule and on time) and following through with the plan we agreed to.
- Contact me through text message or phone call if there is something you think I may be interested in (i.e. event, vocational opportunity), changes in schedule, or plan for the day. Email works too if you do not need a fast response.
- Text me when you are on your way to meet me

New Things I Have Learned About Myself

Person's Description

<p><u>Completing the things I needs to do</u></p> <ul style="list-style-type: none">• Assist me with creating a checklist of things I need to complete during the week• Ask me what assistance I may need and what tasks I plan to do by myself and when.• Follow through: Check in with me during support time to see if I accomplished my tasks• Provide reminders for routine activities like chores, laundry, hygiene, etc.• If I did something incorrectly, tell me politely how I did the task incorrectly. Show me how to do the tasks correctly (model), and give me assistance if I need it.• Give me breaks in between tasks that we are working on during support time.	
<p><u>At Work</u></p> <ul style="list-style-type: none">• Work and home: Only give me 2-3 tasks or directions at a time to complete (writing a list out, helps me)• Don't tell me a bunch of other tasks to complete when I am trying to complete other assigned tasks• If I did something incorrectly, tell me politely how I did the task incorrectly. Show me how to do the tasks correctly (model), and give me assistance if I need it.	
<p><u>Future Employment</u></p> <ul style="list-style-type: none">• Assist me with researching internships/volunteer opportunities relating to photography and videography• Assist me with communicating with potential internship/volunteer/job staff by providing verbal prompts or role-playing prior to meeting with them.• Assist me with creating a resume and possibly a cover letter• Check in with me weekly to see how I am doing, how the internship is going (work tasks, relationships,etc).	

Person's Description

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 depression and sometimes have a hard time managing problems that may arise or relationships in my life. 	<p>New Things I Have Learned About Myself</p>
<ul style="list-style-type: none"> I have a tendency to let things I am upset about, “bottle up” and may not talk about what’s bothering me. During each support session, check in with me: ask about work, my parents, friends, what I’ve been up to (natural conversation, not interview). Calmly ask if I would like to talk about it (issues, worries). “Reframe with me”. Help me problem solve with the issue or situation I have (provide suggestions). Ask what support I may need. I can “Blow up” when it becomes to be too much (cuss or yell). (see communication chart below), Calmly redirect me to a different conversation or activity. Once I have calmed down ask how I am doing and if I would like to talk about what is bothering me. Help me problem solve with the issue or situation (provide suggestions). Ask what support I may need. 	
<ul style="list-style-type: none"> I currently do not take medication, and do not like taking medication. 	
<ul style="list-style-type: none"> I need time to process information or talk through things. Wait for me to respond before talking or asking me another question. Listen to my needs and wants. If possible, validate my concerns. 	
<ul style="list-style-type: none"> Check in with me and ask me how work is going, personal life, relationships, home life, etc. 	

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| <ul style="list-style-type: none">• Let me vent about things that are upsetting me in my life, by actively listening to me, asking me questions (if need clarification) and be patient for my responses.• Talk about the issues with me (verbal processing and reframing) and provide advice.• Help me problem solve: discuss multiple different solutions; help me find a solution I may want to try. Ask what support I may need. |
| <ul style="list-style-type: none">• Friends can persuade me to drive them around, pay for their things (like food), sign up for things or paying for donations I may not have the money for.• Have discussions with me (including scenarios or role-playing) of when and how to have conversations with people who are trying to have me buy things, drive them, etc.• Encourage me to say no, or stand up for myself. |

Person's Description

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">• What skills do I have to offer in photography related jobs• What experience do I have that may benefit a business or organization• What skills do I need to improve or gain for my dream career• What specific career or organization would work best for me• Will I like the internship I get accepted to	New Things I Have Learned About Myself
<ul style="list-style-type: none">• Where will I live come August 2016 (lease ends)• Who will I live with (have roommate matching profile)	
<ul style="list-style-type: none">•	

Person's Description

How Do I Communicate

What is happening	What I do	What I think it means	What others should do
Life is going well, no drama, days running smoothly.	I am Bubbly, smiley, outgoing, and sociable.	I am happy and life is going well!	Talk about how my life is going and validate the good things going on in my life.
I have an event that day or in the future I am planning to attend.	I am Bubbly, smiley, outgoing, and sociable	I am happy and looking forward to attending that activity or event!	Ask me about what I am up to or doing, ask about details of the events/activities I am attending.
Anytime	I have a frown on my face, I am quiet, and talk quietly.	I am depressed, upset by a previous conversation or an issue that I am dealing with.	Calmly ask how I am doing, ask if I would like to talk about it. "Reframe with me". Help me problem solve with the issue or situation.
I have Multiple factors (work issues, roommate issues, friend issues) building up that make me angry and or upset. Too much to handle.	I am "Blowing up", I am yelling and cussing (not at a particular person, just expressing my frustration).	I am Angry	Calmly redirect me to a different conversation or activity. Once I have calmed down ask how I am doing and if I would like to talk about what is bothering me.
Anytime	I say "Awesome"	I am excited, happy about the idea or the things to come.	Follow through with what was discussed, if not able to, give me a reason.