

OT 443

CLIENT OCCUPATIONAL PERFORMANCE PROFILE AND ANALYSIS (10 pt.)

Student: **LAURA SCHEMBER**

OCCUPATIONAL PROFILE

Name: Todd Date: 3-29-2012

Age: 25

Diagnosis (DSM-IV): (1 pt.)

Axis 1: 296.45 Bipolar I Disorder, Most Recent Episode Manic, In Partial Remission; Without Full Interepisode Recovery

Axis II: V71.09 No Diagnosis on Axis II

Axis III: None

Axis IV: Problems related to the social environment (Difficulty with acculturation-dismisses social norms and avoids social interaction); Occupational problems (Unemployed); Housing problems (Homeless), Economic problems (Poverty), Problems related to interaction with the legal/criminal system (Multiple Arrests); Other (Discourse with Nonfamily caregivers – physicians and therapists)

Axis V: GAF: 61

Performance in Areas of Occupation: (1 pt.)

• **ADL:**

- Todd appears functionally capable of performing ADLs independently, as he his appearance in some environments is clean and presentable (bathing/showering and personal hygiene and grooming), he wears clothes (dressing), has clean unbroken glasses (personal device care), appears of healthy weight (eating), and ambulates and climbs rocks without assistance (functional mobility); however, further research is needed. While in jail, he appears clean but it is likely the authority figures are establishing structure and routine for him, while enforcing hygiene upkeep. Todd's disregard for hygiene and his filthy appearance while caring for his self on the streets, accompanied with his undisturbed attitude toward either condition, establishes concern regarding his true ability to establish his own structure, routine, and hygiene upkeep. Consideration should be taken in regard to the lack of appropriate tools necessary to maintain hygiene while being homeless; however, access to such tools are not completely inaccessible as Todd makes them to be. Todd marks his territory with feces, an unsanitary living condition that poses the threat for potential illness, but he performs such acts willing. Again, this act establishes concern regarding Todd's ability to successfully care for his ADLs independently. Further assessment is necessary in each of the following areas: (bowel/bladder management, feeding, sexual activity, and toilet hygiene).

- IADL:
 - Being housed in jail does not give Todd independent control over his living conditions, life management, or routine, which creates complication in determining his ability to independently perform IADLs. Although Todd voices that he vastly desires independence and sole control over his life, he does not take action to follow through with either desire when presented with the opportunity to do so; therefore, Todd's success in performing IADLs independently cannot be established at present. For example, when not housed in jail, Todd chose to live in unsanitary conditions and disregarded living in a homeless shelter for more than a couple of days. His proclaimed house was located behind a bus station, tucked in a small corner and sheltered by a half wall (home establishment and management). This living space of Todd's was neither safe nor clean, as it was open to the elements and was covered in his feces, which he spread on the walls to keep other people away (safety and emergency maintenance and health management & maintenance). As Todd does not (possibly cannot) establish clean and safe living conditions for himself when given the choice to, further assessment is required to determine his actual ability to independently complete IADLs.
 - Todd talks with his doctors and to interviewers but his stream of thought is not usually concise and is sometimes inappropriate. Such circumstances are consistent when he is both on and off his medication but more so when off of his medication. For instance, after one month of being in jail, Todd was asked how he was dealing with his current jail sentence. He responded with hysterical laughter regarding how much he enjoyed seeing a fight which resulted in a jail mate's ear being ripped off (communication management). Todd does not hold a job, especially while in jail. When given the chance to find employment (aka: not in jail), Todd chooses to donate plasma instead of finding a steady income (financial management). Further assessment is required regarding (care of others, care of pets, child rearing, meal prep/cleanup, religious observance, and shopping).
 - Rest and Sleep: Given Todd's current jail sentence, he is likely regulated on his medication and sleeping around 14 hours per day (sleeping). History of Todd's experience on medication yielded 14 hour per day sleep sessions, which Todd stated he does not appreciate (sleep participation). Todd stated he is addicted to highs and would rather live with the disease and do it himself rather than take his medication. When not on medication, he is restless and hyperactive. Todd's addiction to highs leaves little room for (resting). Further assessment is necessary regarding (sleep preparation).
 - Education: Todd's mother relayed that Todd did not adjust well to children in pre-school. She also stated he lived for sports up until his sophomore year of high school (Formal Education Participation). During this year, he was injured and quit participating in sports, which devastated Todd. Further assessment is required

regarding Todd's ability and desire to participate in the following areas: (Informal Personal Educational Needs/Interest Exploration, and Informal Personal Education Participation).

- Work: Todd did not present history of employment participation or future participation (Employment Interests and Pursuits) and (Employment Seeking and Acquisition). Even so, it would be difficult for Todd to keep a job given his frequent jail time and lack of stable living conditions. Todd stated he remedied his need for money by donating plasma. He also receives disability. Further assessment is necessary regarding (Job Performance, Retirement Prep/Adjustment, Volunteer Exploration, and Volunteer Participation).
- Play: N/A as Todd is 25 years old
- Leisure: Todd did not present specific leisure pursuits or participation. He did, however, state that he greatly desires freedom and being on his own. He finds the forest and animals like paradise, which makes him sing. He made a connection that he prefers to experience this connection with nature over taking his medication, which apparently cuts out the connection he feels without medication (Leisure Exploration & Leisure Participation).
- Social Participation: Todd is exposed to jail mates, but the extent of his interaction with them requires further assessment. During his stay in a mental hospital, Todd relayed that no one accepted him "in-here" or "out-there", which caused him to feel lost. Given this information, it is likely Todd does not interact readily with others at present. Further evidence of Todd's lack of current social interaction is apparent during his experience of living on the streets, where he actively repels others by spreading his feces on the wall of his on-the-street living space. According to Todd's mother, Todd has always had difficulty relating and adapting to classmates. This difficulty dates back to preschool. Additionally, Todd does not mention friends or family for which he keeps in contact with, and he moves state-to-state frequently without leaving a forwarding address (as he remains homeless), which creates difficulty in keeping in touch with any friends he may have.

Client Factors: (1 pt.)

- Values, Beliefs, and Spirituality:
 - Todd holds value for freedom, independence, control over his life, personal alone-time, happiness, open spaces, and nature. At present, while in jail and regulated on his medication, he values his medication.
 - Todd believes at present that he needs medication, despite his resentment of having to take them previously as they dampened the high that he claimed he is addicted to. He stated he is a different person without the medication and requires taking them in order to function productively. Previously, he believed the medication took away his freedom, happiness, independence, control, and his desired high.

- Todd mentioned he attends church; however, as often as he moves to new states it is apparent he is not an exclusive member to only one church. The depth of his spirituality requires further assessment.
- Body Functions:
 - Todd has history of struggles with higher level cognition, attention, thought, emotion, and experience of self and time regarding Specific Mental Functions. When released from jail and presented with the opportunity to live independent and to gain control over his life, which are aspects of his life that Todd desires, Todd's judgment appears compromised as he cycles through the following pattern: moves out of state to avoid required therapy, discontinues his medication, leaves the homeless shelter only to live on the street instead of establishing a stable home for his self, drives others away by spreading his feces on the wall near his living space on the street, fails to obtain a job or a stable income, becomes aggressive which causes him to destruct others private property, and in turn is arrested again and sent back to jail. When in jail and regulated on medication, though, as he is at present, his logic appears concise and structured as he describes/admits his need for medication for regulation and stability. He actively verbalizes he does not know where he belongs and requires assistance.
 - Todd does well with memory, perception, and mental functions of sequencing complex movement. He is able to recall an instance in the jail where a fight occurred and expressed his experience of it (although his happy emotional response appeared inappropriate given someone's ear was ripped off). He also relays that living in jail is a better alternative to living in Lindnemen (mental hospital) because there is more time available to be sent to court in order to be released on his own, there are no roaches, the food is just as decent, and there is more room to walk around.
 - Regarding global mental functions, Todd experiences struggles in temperament and personality in terms of his emotional stability, consciousness, orientation, energy and drive, and sleep when not regulated on medication. He experiences highs, which cause him to destruct property, to become aggressive, and to carry through with inappropriate decisions (as described above). While regulated on medication, though, he is better able to express his emotion, especially his dismay regarding the dampening of his high while taking medication. At present, as he is housed in jail for at least the third time, he admits he requires the medication in order to remain a stable person. It is unknown if he now desires the medication, though. I do suspect he may wish to escape jail again and may be embellishing this fact in order to expedite his release.

- Since Todd wears glasses, his visual acuity is likely compromised without the assistive device. With glasses, he is able to process environments and navigate new communities as he moves from state-to-state searching out new corners of streets to occupy/live in (visual and vestibular and proprioceptive). His sensory function related to hearing appears normal; as he is able to live on the street out of the way of immediate harm (finding trouble is not considered here). He expresses similarities in the taste of food between two separate institutions, indicating his (taste) function is intact. He appears to not mind his stench of not bathing or the feces spread on the wall near his living space while living on the streets; however, it is unclear at present if he experiences dysfunction with olfactory capabilities. Further assessment is required regarding Pain and Temperature/Pressure. Although Todd appears to experience no dysfunction regarding Neuromusculoskeletal/Movement-Related Functions, Cardiovascular/etc, Voice/Speech Function, Digestive/etc, Genitourinary/Reproductive Function, or Skin/Related-Structure Functions, further assessment may be required.

- Body Structures: Aside from the fact that Todd experiences poor vision (corrected with assistive device) he experiences no body structure dysfunction. He is able to perform physical components of living on the streets (finding items to enclose and protect his setting). He is also able to manipulate oral motor components for eating and speaking. Further assessment regarding additional specifics may be required.

Performance Skills: (1 pt.)

- Sensory Perceptual Skills: During a high, Todd was able to analyze how high he needed to step up in order to climb a rock. Additionally, he determined where to position his hands in order to stabilize his upper body and to pull up while simultaneously pushing off of the ground with his legs. Also, during interview sessions, Todd was able to make eye contact with the interviewer when asked questions. He then processed the question(s) asked of him and formulated a mostly accurate response.
- Motor and Praxis Skills: Regarding fine motor skills, Todd can utilize utensils to eat with and he is able to manipulate his glasses in order to place them on his face. He is also able to grasp a phone in order to interview through the glass at the jail. Regarding gross motor skills, Todd is successful in walking across small boulders toward a creek to observe the natural setting. He is also able to climb a large cliff rock with little trouble and no assistance. He is also able to stabilize his upper body while seated in a chair, such as when he is being interviewed at the jail. During his hospital stay, he was viewed transitioning independently from laying to sitting to standing.
- Emotional Regulation Skills: Todd's emotional regulation skills are challenged. This is seen as he inappropriately laughed and showed amusement when recalling a fight at the jail that ended with one opponent's ear being ripped off. Although Todd is aware and agrees toward the end of his interview that he requires medication to

remain functional and normalized, he disregards his medication when released from jail, allowing his self to be aggressive, homeless, and consistently taken back to jail. He expressed frustration over taking medication in the past, and fails to persist in taking them despite the negative effects not taking them presents. When his doctor at the mental hospital suggested medical management to control his bipolar symptoms, Todd lashed out verbally with feelings of animosity at the doctor's idea. He stated his dislike for the doctor's willingness to dampen his desired highs by use of medication.

- Cognitive Skills: Todd does not appear to plan out his life in the short term or the long term. He fails to prioritize taking his medication, which if regulated long-term could potentially allow for him to enjoy the independent, self-controlled life he desires. If his cognitive skills were fully engaged, he would likely be able to realize the benefits of taking his medication, especially in obtaining his stated goals. Instead, he dismisses his medication, evades seeing a therapist subsequent to being released from jail, and winds up back in jail, taking another step back. While regulated on medication, Todd is able to rationalize his need for medication, as he stated without them he is a different person. In time, it is possible he may come to realize the reality of said benefits regarding continued medication use.
- Communication and Social Skills: At current, Todd is able to answer interview questions appropriately, as he is regulated on medication for at least 1 month while back in jail. He stated he is lost and is unsure where he belongs, and also that he needs medication to avoid being the different person that he becomes when not medicated. When unregulated, Todd does not interact with many individuals. Often times, this occurs when he is living on the streets. He is seen only speaking with the interviewers. In fact, he purposely repels other people by spreading feces on the wall near his on-the-streets home.

Performance Patterns: (1 pt.)

- Habits: Todd has a habit of discontinuing his medication and disregarding the guidance of his physicians and therapist when released from jail. He also has a habit of skipping mandated therapy upon his release from jail by moving to a new state. Todd has a habit of causing destruction to other's personal property.
- Routines: Todd routinely lives homeless after being released from jail. After some time on his own, he causes trouble within the community he is currently living, which leads to his re-arrest. He cycles through his jail time awaiting his court date to be granted release, while becoming regulated on his medication. Once granted release from jail, Todd skips state, finds another street to live on, and cycles through this process again.
- Roles: Todd is a son, a cellmate, a jail mate, and a patient.

- Rituals: Todd spends much of his time on the street purposely repelling the company of other people (hence the spreading of feces on the wall of his living corner), as he continually feels misunderstood by most of society.

Context and Environment: (1 pt.)

- Cultural: Todd is a part of the American and Caucasian culture. He also belongs to the “street” culture (homeless, lack of hygiene, and lack of commitment) and often the culture of the legal system (forced routine, limited control, strict rules, violence).
- Personal: Todd is a 25 year old male who avoids commitment, necessary medication usage, and being responsible about his actions. He lives homeless, even though he has a living mother, which contributes to his lack of hygiene and upkeep.
- Physical: Todd lives on the streets mostly, but at times in homeless shelters. Todd is regularly arrested and taken to jail, where he can spend months incarcerated. Also, Todd is often found within a mental hospital, as well as a therapist’s office.
- Social: Todd interacts in these contexts with his fellow jail mates and likely has a cellmate. He is in the company of the jail keepers, as well as the warden at times. He is likely seen by his therapist(s) and/or physician(s), and is visited by interviewers. When living on the streets, he likely encounters other individuals living homeless, as well as individuals navigating the streets to reach a destination of interest, although he works to avoid direct interaction with them.
- Temporal: Todd is a young adult who lives homeless on the streets. He spends his efforts looking for food, donating plasma for money, and protecting his living corner from others with his feces. Todd has an open schedule, meaning he lacks commitment. At times, he gets into trouble which causes his time to be spent in jail.
- Virtual: Given Todd’s homelessness and lack of job, he likely does not use many forms of technology. He could potentially use a pay phone, given his ability to utilize the communication phone within the jail, but lack of money and lack of desire to keep in touch with others likely override any sort of yearning to do so. Further assessment is needed regarding Todd’s knowledge and success at using such items.

Activity Demands: (1 pt.)

Goal: To assist Todd in making a productive and permanent transition from jail into the community, in which he is living in a clean, stable, and life-enhancing institution (whether it be an apartment, a home, or a community living facility), where he is able to be held accountable to remaining regulated on his medication while achieving independence and control over his life. Todd desires freedom, independence, and control but routinely lands in jail where each of these desires is taken away. This should be permanently altered, so Todd may become a functioning and contributing member of

society. Todd will require a part time job in order to maintain a living space of his own, if disability income is insufficient in covering living costs.

- Objects Used and Their Properties: Income-based apartment; An aide/life coach who is able to visit Todd on a daily basis to ensure proper administration of medication and assist with any ADLs and IADLs Todd requires (and for which is compensated under disability, is a volunteer, or is affordable for Todd); Affordable but functional furniture to dress the apartment; Affordable but appropriate clothing and items for hygiene upkeep; A bridge-card for groceries; A part-time job where Todd is capable of earning income without having to interact a great deal with society and for which is sensitive to the needs of individuals with disabilities
- Space Demands: A small, one bedroom, income-based apartment in the heart of town where public transportation is easily accessible to reach employment; Ideally, an open courtyard at the apartment complex donned with natural elements such as trees, a stream, rocks, and wildlife for which Todd values and would enjoy; Also, in the best interest of Todd, a recreation room with varying activities that hold interest for Todd and that would also occupy his down time, such as sports as he was deeply involved in them during school.
- Social Demands: Todd values freedom, open spaces, and independence, so space for him to be alone is important. The apartment complex and potential recreation room, accompanied with his potential employment, give Todd access to interaction with other individuals if he chooses to pursue it.
- Sequencing and Timing: Todd should be interviewed in jail by an aide/life coach who is willing to closely assist in Todd's transition out of jail. Todd's values, beliefs, preferences, and goals should be noted and together Todd and the aide/life coach should outline a detailed plan to achieve noted goals, pending Todd follows through with medication management. Once regulated on his medication and granted release from jail, the aide should work with Todd to locate an apartment of most interest to Todd. By establishing a reward system, where Todd is granted growing independence and control over his life in turn for continued medication administration would likely be beneficial in Todd's long-term maintenance within the community and out of jail. Capitalizing on Todd's desires and values may motivate him to comply with his medication regime. The aide/life coach should also assist Todd in seeking employment where sensitivity is paid to individuals with disabilities and a workable schedule can be established; approximately 3 days per week for 5-6 hours per shift. Todd will need to take public transportation to and from work. The aide/life coach should assist Todd with establishing a routine and balance between work, home management and maintenance, and leisure. Together, with his own space, making his own decisions, contributing in a working environment, keeping busy in a desired routine, and ultimately achieving his most desired goals in life, Todd will hopefully be motivated to continue taking his medication while enjoying desired freedom, independence, and control outside of jail.

- Required Actions: Todd requires the ability to climb stairs and/or operate an elevator, should his apartment be above the first floor. Todd also requires organization skills and management skills (especially time management) in order to establish and maintain a routine, in which he is especially accountable and timely to his job and consistently taking his medication, while keeping track of his apartment keys for safety within his home. Todd needs to know the process of using public transportation in order to travel from place to place, especially to work. Todd requires a willingness to work closely, positively, and productively with at least his aide/life coach in order to effectively remain outside of jail and as a productive member of society, no matter the amount of interaction he has with others. He also needs to work productively with his boss in order to maintain his job. Further assessment is required to determine Todd's ability to follow through with these actions.
- Required Body Functions: To climb stairs, Todd requires core strength to stabilize his body and to maintain balance in initiation and follow through of taking steps up or down. Specifically, he needs joint mobility and ROM in his knees and hips in order to flex both joints simultaneously in the leg stepping up, accompanied with the ability to engage pressure via his leg muscles, while also extending both joints simultaneously in the lower leg that is used to push off of the lower step. In order to utilize the elevator, Todd requires the ability to lift at least one arm, while stabilizing his wrist, and pressing the button(s) with at least one extended finger. ROM is necessary in the wrist, elbow, and shoulder of that arm. He may be able to press the button with a knuckle or an elbow if necessary, as compensations can be made should he require them. Todd needs to have prehension ability of at least his index finger to his thumb on one hand in order to grasp the key to his apartment, to insert the key, and to stabilize his wrist while turning the key to unlock or to lock the door handle. He also needs to be able to walk to the public transportation sight. Todd functions well in all of these body function requirements.
- Required Body Structures: Todd requires at least one hand, with maximum functional ability in that hand's digit I and II, with wrist stability and ROM in the wrist, elbow, and shoulder. Core strength is required to perform stair climbing. Strength and coordination of leg and arm muscles is useful, and in most cases necessary. Compensations can be made should the need arise; however, at present Todd has full function in these required body structures.

ANALYSIS OF OCCUPATIONAL PERFORMANCE

Facilitators and Barriers to Performance: (1 pt.)

Facilitators: Todd vastly desires freedom, independence, control over his life, and making decisions on his own behalf, which should prove to be motivating for him in following through with medication management. Medication management in turn should allow for a normalized life where Todd functions productively and independently (with the exception of routine interaction with his aide/life coach) within the community and remains out of jail. He will likely always require routine maintenance visits by his aide/life coach to remain on track, given his history of relapse in neglecting medication use when he is left completely on his own to manage life. His attempts have routinely resulted in his being sent back to jail, which repeats the negative cycle of loss of freedom, loss of independence, loss of control over his life, and loss of self-decision making. If the connection between medication management and fulfillment of such desires and goals is made for Todd, and if he is able to fully see the correlation of the loss of such desires with jail time, his willingness to comply with the process for goal achievement, outlined above, should be enhanced. Additionally, Todd has finally admitted that he needs to take medication in order to avoid being the person he is when he is not on medication.

Barriers: Todd has history of neglecting his medication eliciting relapse, which results in destructive behaviors and jail time. He also has history of disagreeing with his physicians and therapists, which causes noncompliance, resulting in dangerous living conditions and ultimately jail time. This history of repeat jail time is actually repeat setbacks for Todd. Knowing this, it is entirely possible that Todd may disagree with his aide/life coach and decide he knows best for himself, which may lead to further neglect of medication management, avoidance of work, loss of his apartment, and repeat jail time. The cycle may prove hard to break.

Performance Strengths and Weaknesses: (1 pt.)

Strengths: Todd is able to make a home for himself on the street, despite the unsanitary and unsafe conditions living on the street presents. Since he is able to live on the street, he should be able to live comfortably within his apartment. Todd prefers to be alone, and wants independence and freedom. These characteristics will serve him well as he lives on his own, and will hopefully serve as a desire to continue with medicinal management. Repeat jail time has led Todd to the realization, and subsequently a verbal confession, that he requires medication. Hopefully, each prior jail time consequence, resultant of his failed attempts at managing life alone, entices him to work productively with his aide/life coach in managing his medication and ultimately his life.

Weaknesses: Todd dislikes the sedentary effect of medication on his behavior and lifestyle. Specifically, he does not enjoy sleeping 14 hours per day or the jittery affect that causes him to be unable to sit for even a few minutes. He disagrees often with the opinion of others as he appears to feel strongly that no one understands him. These

dislikes, feelings of being misunderstood, and Todd's proclaimed addiction to the highs associated with bi-polar disease, will challenge Todd's ability to follow through with medication management and the proposed productive change in lifestyle.

Targeted Outcomes: (1 pt.)

- Regulate Todd's medication by establishing a routine time for taking it daily and utilizing the accountability of an aide/life coach who establishes a reward system consisting of granted and increasing opportunities for independence and freedom.
- Establish a good, honest, positive, and most of all trusting working relationship between Todd and his aide/life coach to enhance and maintain positive changes and fulfillment of goals and desires for Todd.
- Promote Todd's release from jail on a long-term basis, by ingraining the correlation of fulfilling desires and goals with opportunities ONLY outside of jail and by continuing his medication regime.
- Establish a living space within a sanitary apartment complex for which Todd can independently select and manage as he chooses, with the assistance of an aide/life coach in needed areas of ADLs and IADLs.
- Establish routine and maintenance of a life routine with aide/life coach assistance.
- Utilize the natural setting within the courtyard of the apartment complex for Todd to enjoy as it causes pleasure and happiness for him.
- Utilize the recreation center to potentially get Todd re-involved with sports activities in order to occupy his down time, since this was once a passion for him.
- Find employment for Todd for which he enjoys, feels accomplishment, and is able to earn income to add to his disability income.
- Ensure Todd is able to successfully and safely use public transportation, especially to be present at work.