

# Dungarvin

2014 ANCOR Direct Support Professional of the Year Nomination



**Dianne Shorts – Dungarvin Colorado**

*nomination submitted by Claire Novak, Program Director*

After being hospitalized for several months for psychiatric reasons, K.S was placed to live with Host Home Provider Dianne. She has changed K.S.' path for the better. Dianne assists K.S. to maintain a relationship with his mother. She also supports K.S. by scheduling and taking him to a specific meeting locale once a month and remains during the visit, per K.S. and his mother's supervision level needs. Dianne also supports two other individuals in services, and recently took them on a vacation out of state. For the first time, K.S. was able to travel and experience an enjoyable road trip to Texas. This road trip was the realization of one of the goals as stated in K.S.' Service Plan.

Dianne relates well to K.S. and effectively communicates with him. She has been a wonderful role model for K.S. as she treats him and the other individuals with respect and maintains clear boundaries. Dianne listens to K.S.' needs and wants and works with him to reach his goals. One of K.S.' goals was to have a television in his room. With this incentive, K.S. was able to manage his behaviors and reach this goal. K.S. has stated that he feels good when he returns from day program and feels calmer at home. Dianne recognizes that K.S. enjoys being active and encourages him to explore different activities that may spark his interest. K.S. has found joy and relief in music therapy. Dianne includes K.S. in many community outings he enjoys such as movies, swimming and church.

Dianne is an advocate for K.S., as she ensures he receives proper and appropriate medical attention and other services. After K.S.' psychiatric hospitalization it has been especially important that Dianne pay special attention to the medications he is prescribed and advocate for him if there are any adverse side effects. Dianne works closely with K.S.' therapists and day program staff so that he has a strong support system and often times helps to educate other staff on effective ways to assist K.S.

Dianne sacrifices much of her personal time to provide K.S. a better life. When K.S. first came to Dianne's home, he slept two or three hours at a stretch and was up most of the night. Dianne has

worked with K.S. to develop and maintain healthy sleep patterns. K.S. now sleeps through the night and is rarely disruptive if he does wake up. Dianne serves two other individuals in the home and still wakes up very early in the morning to assist K.S. with his needs.

Dianne has been creative in offering support to K.S. Dianne has developed a routine for him that alleviates his daily anxiety. With the help of Dianne, K.S. has found a new coping skill that he utilizes several times a day. K.S. has developed a practice of walking around in the backyard every morning and anytime during the day he starts to feel anxious. Dianne has also made adaptations to her home (wood floors) for the other individual in the home to support his specific needs.

Dianne is often times a mentor to other DSPs within the organization and shares her ideas and experience during trainings. Dianne works closely with K.S.' day program staff to help educate them on his specific triggers and effective coping skills. Dianne made a great impression during a recent national quality assurance survey and her hard work and efforts were noted.