



# PWS Training for Professional Providers

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*Life in the Residence*



## Talking Points

Managing the physical  
environment

Creating routine /  
structure

Nutrition / weight  
management

Motivation

Communication

Becoming a member  
of their community

Sexuality

Individual challenges  
and growth



## Managing the Physical Environment Locks and Alarms

Locked food sources does not mean no contact with food or routine kitchen activities

Utilizing locks, or closed doors to maintain food security is essential to wellbeing

Consider alarms on windows and doors



## Managing the Physical Environment Meal Preparation

Utilize awake overnight staff to prep meals for the following day

Allows the day / evening staff to be focused on interacting with individuals rather than being behind closed doors in the kitchen

**\*Caution\***  
Avoid prepping foods that will leave a strong odor wafting throughout the home potentially waking individuals





## Managing the Physical Environment Bedrooms



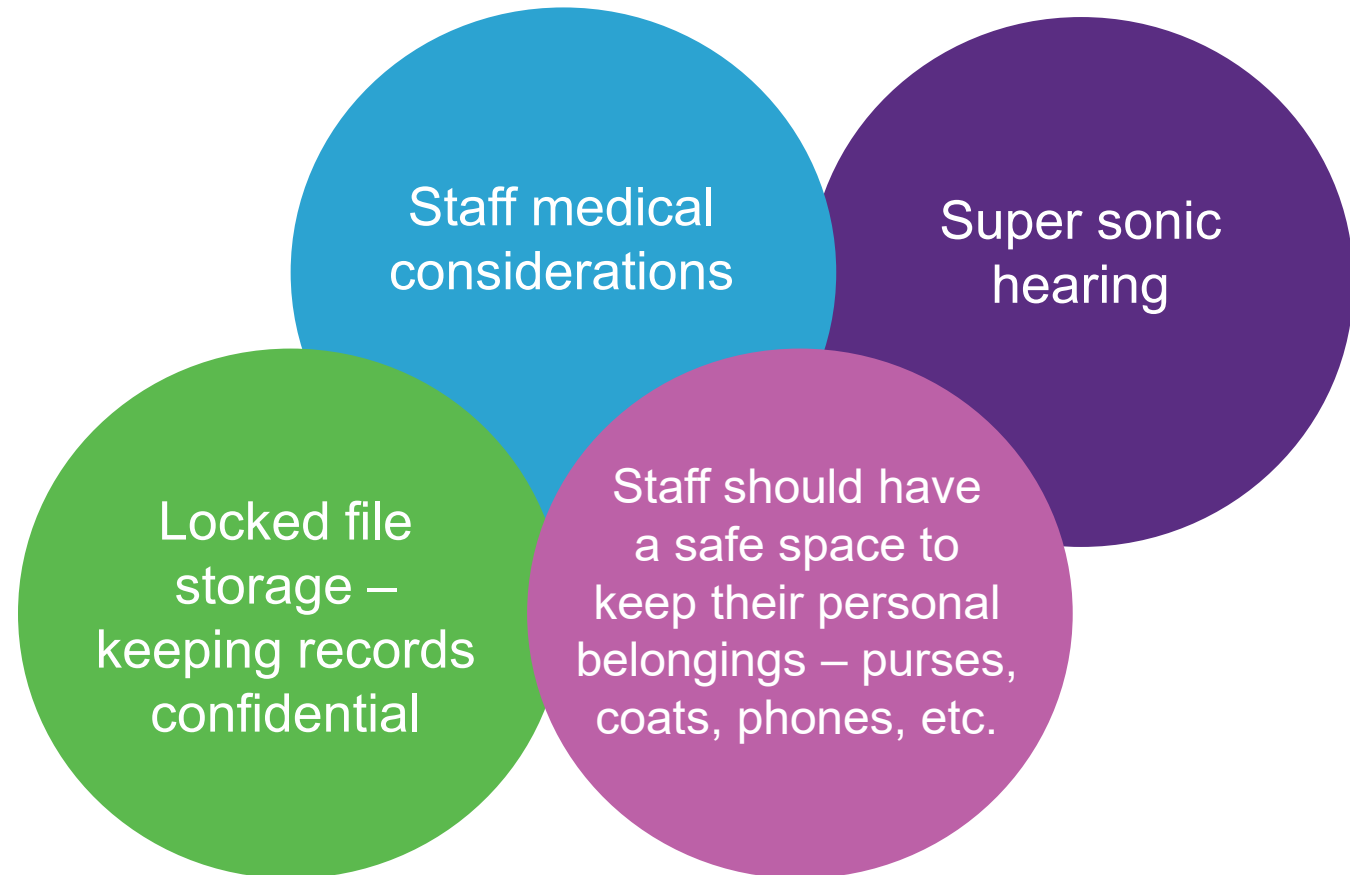
Ideally everyone  
has their own  
bedroom with a  
single function lock

If bedrooms are  
shared explore  
locking closet  
doors

Hoarding can be an  
issue – do not allow  
this to become a  
power struggle



## Managing the Physical Environment Office / Staff Space





## Managing the Physical Environment Money



Money should  
always be locked  
up – money = food

Assessments  
should be  
conducted to  
determine  
someone's money  
management  
skills

Encourage  
individuals to lock  
their wallets in their  
bedrooms





## Managing the Physical Environment Exercise

The ideal home  
has space for  
exercise –  
treadmill,  
stationary bike

Equip the yard with  
things that encourage  
exercise and activity –  
basketball hoop,  
volleyball net,  
trampoline, swing  
set, flower beds





## Managing the Physical Environment Privacy



Create a space in the home for private conversations with individuals besides a bedroom

Staff are able to have private conversations in the kitchen – not appropriate for individuals

A place where guests can visit with their loved one



## Managing the Physical Environment Outside Trash Areas

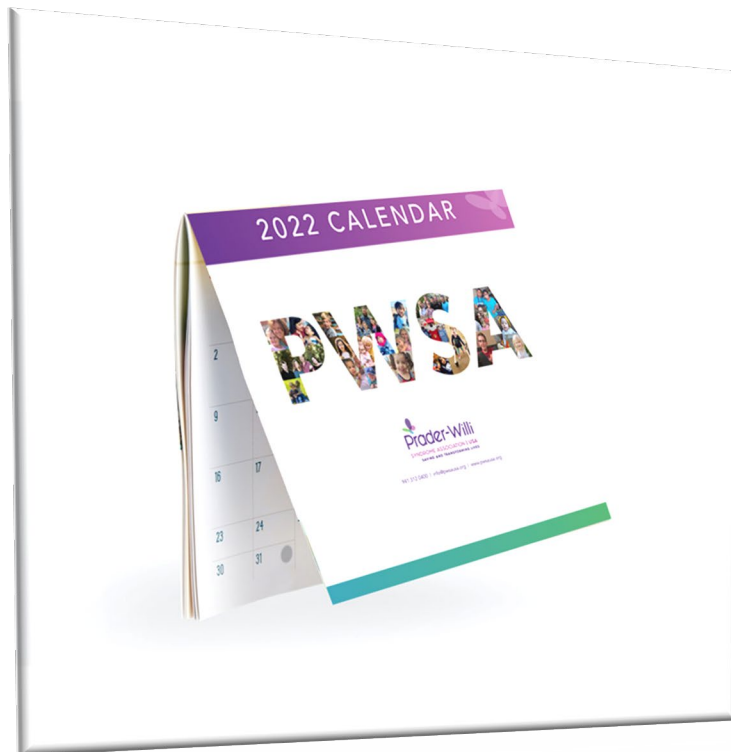
Use trash  
bins that  
have lids

Consider  
enclosing outside  
bins in a lockable  
structure

# LIFE IN THE RESIDENCE



## Routine / Structure



Transitions can  
be difficult

Visual schedules /  
picture schedules

House calendar

Recreation  
calendar

Chore charts

Individual  
appointment  
calendars

Schedule least  
preferred before  
most preferred  
activities



## Nutrition / Weight Management



Caloric / Macro intake should be calculated by a Registered Dietitian in conjunction with a physician

Menus should be created by the RD with input from the individuals

Weigh and measure everything

Daily/weekly weigh ins

Weigh before and after home visits / camp

All substitutions and reductions should be approved by the RD

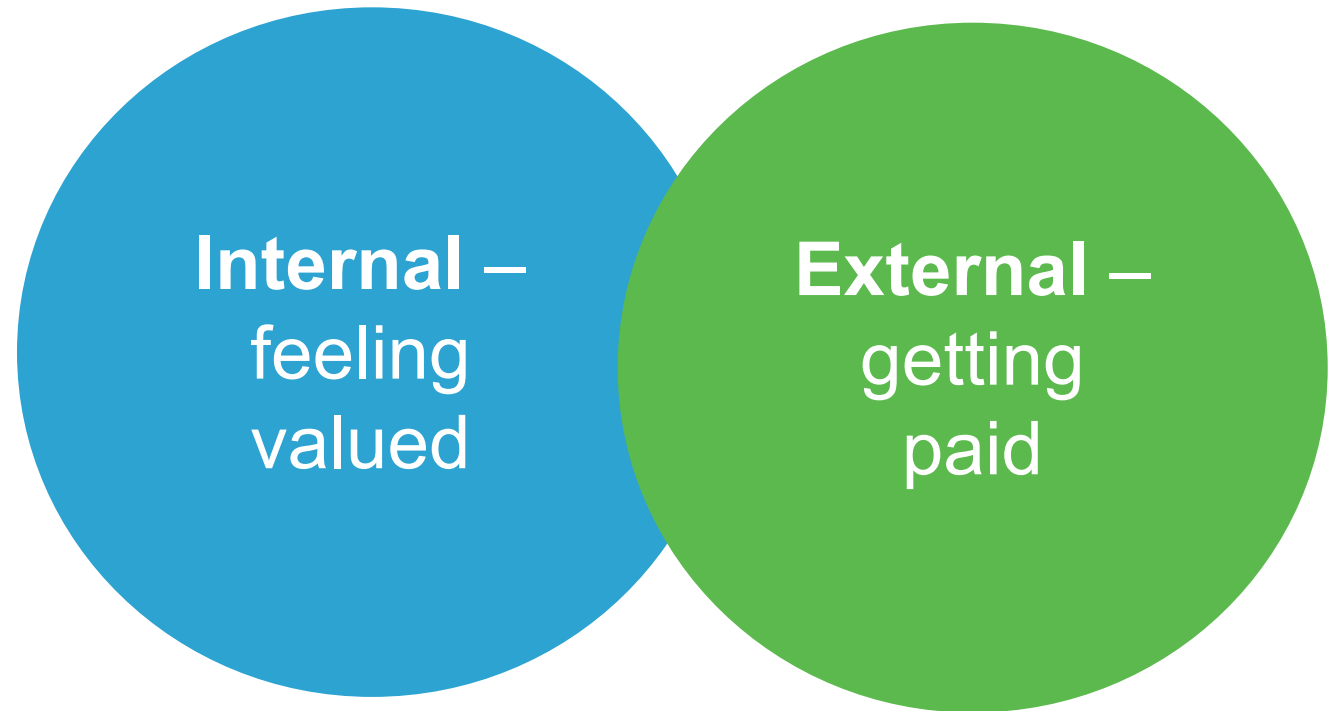


# LIFE IN THE RESIDENCE



## Motivation

Internal vs External Motivation

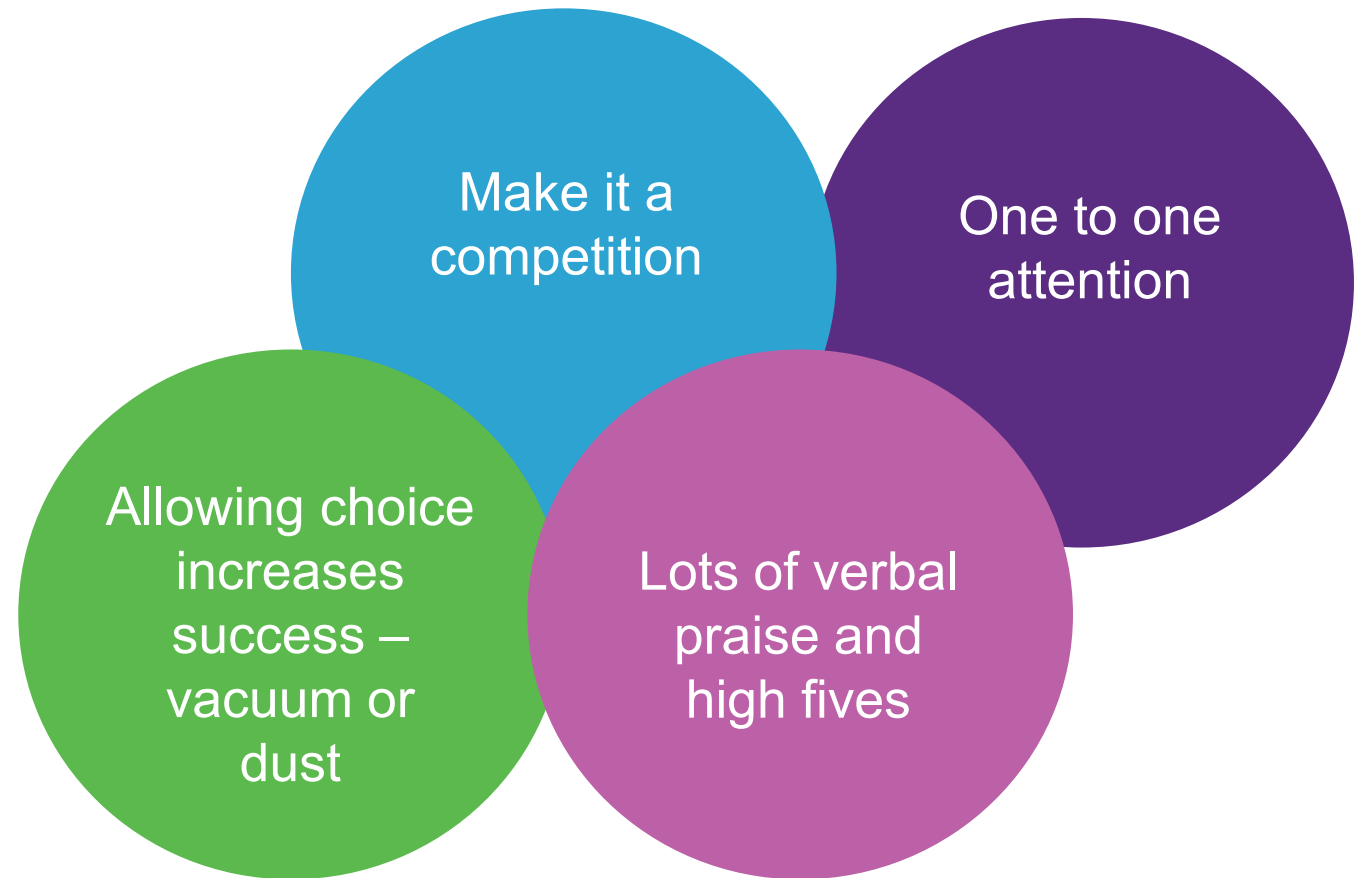


# LIFE IN THE RESIDENCE



## Motivation

People with PWS often lack internal motivation



# LIFE IN THE RESIDENCE



## Communication

### Staff to Staff



Informal communication is essential to smooth operations

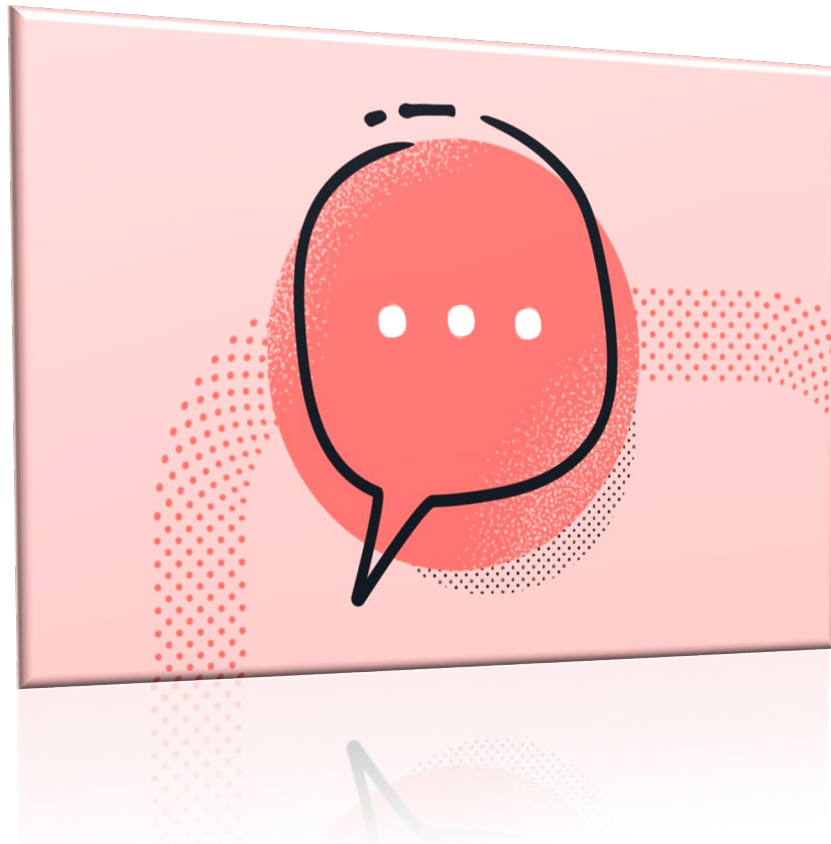
Formal communication log is essential for maintaining effective communication across all shifts

Over communicating is better than under communicating



## Communication

Work or Vocational Setting



A single point  
of contact can  
be helpful

Always  
communicate  
changes in  
routine, behavior  
or food





## Communication

### Individuals



Avoid sarcasm

Consider  
house meetings  
facilitated by  
behaviorist / social  
worker

Maintain  
professional  
boundaries



## Becoming a Member of their Community



Meet your  
neighbors

Participate in  
activities at  
the library

Use local stores,  
post offices,  
banks, church

Being an active  
community  
member is not the  
same as living in a  
house within a  
community

# LIFE IN THE RESIDENCE



## Sexuality



Ongoing relationship, social and sexual education should occur

There is a range of interest, drive and capacity to engage in sexual behavior

Individuals with PWS are not asexual – they have the same dreams and aspirations as their peers; to be romantic, get married and have children

# LIFE IN THE RESIDENCE



## Individual Challenges and Growth



Weight loss is the easy part in a controlled environment

Maximizing skills and minimizing maladaptive behaviors is the challenge

Person Centered Planning is not just a buzz word

Dignity of risk

DSP's have the privilege of helping people achieve their dreams – it's an honor you shouldn't take lightly





## Open Discussion

### Q & A



# RESOURCES



[www.pwsausa.org](http://www.pwsausa.org)



[Info@pwsausa.org](mailto:Info@pwsausa.org)



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