

## I Want To Be Good!

I really want to be a good kid and behave well. I hate it when people are sad or mad—especially because of me!

**If I am having a bad day, please don't take it personally—I'm not trying to make you mad! I don't like my bad days either!**



I work hard at school and at home to learn to cope with my autism and I take medication to help stabilize my mood, but everyday life is still a struggle most of the time.

*Autism Spectrum Disorder (ASD) is a neurological disorder that effects the way the brain interprets and communicates information—autistic people struggle with processing sights, sounds and touch, and their ability to communicate with others is severely impaired. There is no cure.*

*Bipolar Disorder (Manic Depression) effects the brain's ability to regulate mood. Moods swing widely between hyper high and severely low. Swings can occur rapidly (daily or even hourly) or over longer periods of time. While there is no cure, medications can help dramatically.*

*Generalized Anxiety Disorder (GAD) is a chronic disorder characterized by long-lasting anxiety experienced as non-specific persistent fear and worry often manifested physically as headaches, stomach aches and behaviorally as irritability and violence to self or others. Medication and therapy are highly effective.*

## My Current Daily Meds:

I can not take pills. I will only take medication if it is crushed, dissolved in water, mixed with chocolate syrup and folded into a cup of non-dairy chocolate pudding. Therefore I can not be given time released or particularly bitter meds.

### A.M.

200 mgs Lamotrigine (Lamictal)  
2.5 mgs Lorazepam (Ativan)  
150 mgs Lithium  
Vitamin D supplement

### 4 PM

2.5 mgs Lorazepam (Ativan)  
150 mgs Lithium

### Bedtime

200 mgs Lamotrigine (Lamictal)  
2.5 mgs Lorazepam (Ativan)  
300 mgs Lithium  
.4 mgs Clonidine  
Syeda (Yazmine), no placebos  
6 mgs Melatonin  
1 Probiotic Supplement

### 5tsp Liquid Children's Motrin (Berry)

Every 4-6 hours PRN for pain

No Tylenol (Acetaminophen)



### MY MEDICAL TEAM

Ped: Dr Amy Carruthers (440) 808-9228  
Neuro: Dr. Max Wiznitzer (Kathy Maxwell, Nurse  
Prac. Prime contact) (216) 844-3691  
OBGYN Dr. Susan Lasch (216) 844-1000  
Dentist Dr. Gerry Ferretti (216)844-3080

### WHO TO CALL IN CASE OF EMERGENCY

My Mom (Pam Homsher) is my legal guardian and I live with her and my Step-Dad (Bob Homsher).



Home (440)333-8998  
Pam (Mom) cell (440) 773-5910  
Bob (440) 829-6450



## Morgan Klima's Information for Hospitalization

August, 2015



## I'm One Of A Kind!



Halloween and my birthday are my 2 of my favorite celebrations!



My hearing is hyper-sensitive, so I wear headphones to **block out noise**. **You don't have to talk loud for me to hear** when I have them on—I still hear everything!

I get confused if too many people talk to me all at **once, especially if I am upset already**. It's human nature for all the people around me to want to help calm me, but everyone surging towards me and telling me to calm down at the same time just makes it worse!

I can usually understand Mom, and she understands me **as well as anyone can**. **I'll stay calmer and more compliant** if you make your requests through Mom and keep your distance. Think of Mom as my interpreter.

**I have a lot of sensory problems**. Sometimes I'm oversensitive and overreact to noises and lights. Sometimes I under-react, especially to temperatures or pain. For instance, the quick prick of a needle, or the feeling of tape or a bandaid on my skin may make me violent. But the sprained wrist or the concussion I give myself banging my chest or head with my fists to distract myself from the bandaid **won't bother me at all**.



## Some things you should know about me...



- I need supervision all the time
- Mom will stay with me 24/7. Please make requests through Mom and let Mom be the one to talk to me and touch me—I will be much more compliant
- I have an aversion to wheeled beds and bad memories of hospital visits past, I will not willingly enter **the hospital or get into a "wheelie bed."** **A big honkin' dose of Ativan is our best friend**
- Sometimes I just have to bounce or jump or rock or make weird noises. It is just how I roll
- **Sometimes when I'm really happy or excited, I** screech and tap my hands on my chest or face
- I bite my fingernails or fingers, cry and hit my chin and chest with my fists when I am upset
- If you decide you need to hold me down for some **reason, be prepared and be committed to it!** I'm 220+ lbs. of pure strength and conviction when it comes to fighting you off. I have no compunction about hurting you, or hurting myself in the process of getting away from you
- I will cooperate for weighing, measuring for height, taking temperature, exam with a stethoscope, reflex **testing, and will open my mouth and say "ahh."** I will not undress or allow a blood pressure cuff, a finger clip pulse monitor, blood-work or x-rays
- I will immediately rip off Band-aids, surgical tape and/or an IV, no matter how well taped down, unless I am sedated (and even then I will try!)



I am really funny and lovable—just not **when I'm scared and at the hospital!**



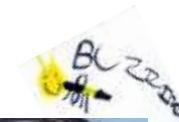
## I'm Not Trying

### To Be Bad!

If I am uncooperative and make things more difficult than they need to be, **please don't take it personally—I'm not trying to make you mad!** I am just really, really frightened. Nothing can entirely convince me that **I won't get blood drawn** or be sneak-attack anesthetized when doctors are near.



This is me the day after a hospitalization—split lip and black eye from hitting myself, 6 less teeth, dry socket, and serious pain!



## Things Learned Through Experience About Me And Dental Surgery:

- NO NOVICAINE or other numbing agent—numb is BAD—way worse than pain.
- NO TYLENOL — Motrin only
- **You'll have to sneak up on me from behind with a mask**. **I won't drink anything or allow you to get anywhere near me with a needle**
- I come out from under really, really fast!
- I will be nauseous and agitated when I come to. I have a majorly sensitive gag reflex, and the irritation from intubation and the med-nausea will keep me puking for a few hours after surgery
- I do best if Mom is there when I wake to keep me calm. Please get me Mom ASAP and I will be much more compliant with keeping in my IV
- I really need to be in the isolation room when I wake, with the lights dim and as few noises (e.g. beeping monitors) as possible. Being able to close the door and dim the lights makes a huge difference to my ability to recover.

