

Name of disabled person: Leonard Clinton Williams III

SSN: 409-43-4844

Phone: 980-613-2196, it is my number

Where do I live: an apartment

With whom do live: by myself

How does my illness affect my ability to work:

I have a profound inability to concentrate and my brain is broken. I get hostile with others from the slightest provocation. Any small sign that someone is treating me like I am less important than them will trigger hostility, and I have irritable angry outbursts. There are times when I am able to suppress acting out of my hostility, but for the most part the hostility is out of my control.

I seem to have irritable angry outbursts in a way that is completely involuntary, although they are always (to the best that I can remember) triggered by some provocation. Again, it takes only a slight provocation.

My ability to concentrate varies, but is extremely impaired. I would say that the typical time I am able to concentrate may be for 5 to 10 minutes at a time. Sometimes it is less than that. On my best days it can get up to 25 minutes, and that is the extreme end. It goes lower than 5 minutes quite frequently as well.

It also depends on the nature of the activity. I can concentrate much longer when I am typing word documents than I can when I am filling out paperwork. I find filling out paperwork to be something close to impossible most of the time. It seems to me that typing word documents doesn't take nearly as much concentration.

After I concentrate for a block of 5 to 10 minutes, I will have to get up and pace the floor for a period of time, or sometimes I will pace the floor a few minutes and then lay on my bed and watch YouTube videos. The pacing, etc., is so that my mind can recover. I will pace for periods ranging from 3 minutes to 30 minutes, following a period of doing something.

The way I experience my impairment is in terms of "willpower." The more willpower something takes, the less I am able to do it. I feel like my brain is broken severely, and everything I do is taxing on my mind.

I find it taxing to walk out of my apartment and check the mail. I check my mail much less frequently than I used to.

I find it extremely taxing to drive up the road 2 or 3 miles and get breakfast at IHOP. The ride there is very taxing, and then the process of eating, having to ask for my bill, having to sign my bill or present it to someone at the register, all of this is extremely taxing and I feel depleted after doing it.

When I eat breakfast in the morning at some restaurant, I dread the experience. I still do it, because I am hungry and need solid food (for most of my meals after breakfast, I drink Soylent shakes). I am always glad when I am back home and it's over.

I find it taxing to take a shower. I shower far less than I used to. I have gone from an average of 1 to 2 per day to about 1 every 5 to 7 days.

I cannot clean my apartment. Cleaning was always something that I didn't like, when I was well. I think it is because of this that cleaning my apartment takes more willpower than I am able to muster. There are scarce exceptions to this. In the past 2 years, I have cleaned my apartment about 4 times. This is usually for a brief period of time. I never get it anywhere near completely clean. I hire paid cleaners. They have not been here in a long time. Everyday I look at the trash all over the floor, and I feel a strong desire to tidy up, but somehow, I cannot do it. I do not have the willpower to reach down and start picking stuff up. I have a strong inhibition that I cannot overcome. It is very hard to describe.

I have an extreme overreaction to stress. The slightest stress will send me reeling and cause me terrible pain. I may have to pace for an hour or more. The sensitivity to stress and the inability to concentrate are what I think creates this feeling of psychological paralysis that I constantly have. I am a tormented and tortured person for much of the time because of this psychological paralysis.

The main way that I judge my condition is by how many "usable hours" I have during the day. By usable hours, I mean hours where I can get anything done, at all. This includes things like work tasks (my primary tasks that I call "work" have been applying for Medicaid or other benefits, paying bills, signing contracts for rentals or other things, or other misc. trivial daily tasks that do not fall into the category of recreation), but also includes things like reading or playing games on my computer.

For the past 12 months, by usable hours have typically been from 1 to 5 hours. 1 to 2 has by far the most typical. More than that can be hard to come by. There are days that I have more than 5 hours, but these are very rare. In recent months, I have had much less usable hours, on average, however.

My usable hours do not happen in large blocks of time, as one might imagine, but will come in increments of 5, 10, 15, 20, or 25 minutes. I will do some tasks for such periods of time, and then I will have to get up and pace or do something to recover for a block of time. Pacing is the primary way that I recover from the taxing experiences where I must concentrate or focus.

During my usable hours I am able to do the following activities:

1. Type word documents
2. make videos with my adobe software (this involves recording a computer screen or recording myself with a webcam)
3. Make audios with my adobe software (I simply speak into a microphone)
4. Write website code (this involves writing programming scripts on text files. It also involves modifying prebuilt html files that I buy for cheap online. I for a brief time had software that would automate my OS. I could write scripts for it too)
5. Read
6. Play video games on my computer

Doing any of these is contingent on me not having any outside stress. The slightest stress will impair my ability to function, if I am having usable hours.

The things that I am most able to do are to write word documents and write website code. I can type long word documents when I have usable hours.

By my recollection, almost every single time that I have gotten a high amount of usable hours out of the day, I have been writing website code. I believe that this is because that writing website code can sometimes be therapeutic for me. I think that writing website code takes far less willpower than other activities. I am able to do it longer, when I have usable hours.

It is also important to note that I have often taken extras of my Adderall to help with my impairment. Adderall helps me concentrate and gives me willpower. When I had to fill out my bankruptcy paperwork, I would sometimes take 2x to 3x of my prescribed dose. Taking more than allotted would leave me to suffer for several days of having no medication. I had no choice, as I had deadlines or I would lose everything I own (one creditor was after my assets, and had started a process whereby everything that I own would be sold in a Sheriff's auction).

I have asked for an increase of my Adderall for over 2 years, and it will not be given. The reason my doctors give is that this could cause a manic episode and also make my PTSD worse.

I have experimented with this, and what I have found is that Adderall is a double-edged sword. It helps with my concentration a lot, but also worsens my hyperarousal. The hyperarousal symptoms I experience are horrific and terribly painful. Intrusive memories are much more frequent during these periods. I have intense emotional pain as well. I have tried many different medication regimens, and I am unable to work no matter what I try.

My sleep is also very irregular, due to varying degrees of hyperarousal. I sometimes get up at midnight, sometimes at 3am, then 9am, essentially any time of the day. If I am unable to sleep it will throw my schedule off. I also have days where I feel very weak and cannot stay up but 5 or 6 hours. This will shift my sleep schedule and the time that I get up.

I have mostly described things in my personal life to communicate my impairment. This is because this is my primary reference, as I have not been able to work for a very long time.

I am impaired in working by this because I cannot interact with people. My hostility and irritable angry outbursts are unbecoming and people will not tolerate them. I cannot read dense technical documents like the ones I used to work with, at least not at a productive rate as would be expected at a job, and not on a routine basis. The slightest stress will derail me from what I am doing. I will have to get up and pace for 30 minutes to 1 hour. Employers and clients will not tolerate this. Many days I cannot get anything productive done no matter what.

If I were to work, it would have to be under the following conditions:

1. I make my own schedule. This includes some weeks where I may only be able to get 1 to 2 hours of anything done for the whole week.
2. I further would not only make my own schedule, but do it on the fly, based on what I am able to do at a given time. I can never have a fixed schedule. There is no predictability about how much work I can get done in any day or week.

3. I would have to be able to work at varying times on the days I do work, as opposed to having a schedule. I may work starting at midnight one day, then another day I might start at 2 pm.
4. I would have to work remotely from my apartment. I find it extremely taxing to drive long distances, and I find environments other than my apartment to be very uncomfortable. I am particularly perturbed by settings where there are a lot of people.
5. I do not have to interact with people at unpredictable times. I must control if and when I interact with clients, superiors, work peers, etc. I may be in emotional pain or hostile. These people would further have to tolerate my very unbecoming and unpredictable behavior.
6. No demands could be made of me. The stress of having demands and deadlines would derail me.

If I were to be given these conditions, I could work from 1 to maybe 10 hours per week, using my usable hours. The number of hours I could put in would vary and be unpredictable. These figures also assume that I use 100% of my usable hours to work, never reading or playing games, or doing anything else that might qualify for recreation. My impairment prevents me from doing any kind of work, despite the fact that my bones and muscles work kind of normal (although I am physically weak a lot).

Describe what you do from the time you wake up until going to bed:

I get up and the first thing on my mind is breakfast. I find it extremely taxing to drive and get breakfast, but do it anyways. When I get back, I am not able to do much of anything and will lay on my bed and listen to YouTube videos on my iPad, or I will surf the web on my phone. I will quite often read a little bit. I go from one activity to the next, usually for 5 to 10 minutes at a time. I pace the floors a lot, especially when I am having symptoms. While I am pacing, I often listen to music.

During each day, there will be tasks on my mind that I have to do. The tasks accumulate. It may be addressing some letter I got in the mail or on an online portal about my applications. It may be setting a doctor's appointment. I have a personal website project that I am working on. I am addressing a massive victimization that I have suffered, and I need to communicate with the DOJ and other authorities, this involves making audios to send to them, and I also make them videos. On some days I am able to make progress on my tasks. Some days I am not able to. It is kind of a torturing experience. I want to do things so badly, but I cannot.

I fight with myself, and try to get things done throughout the day, and I will repeat the pattern of just occupying myself.,

I have severe symptoms many days, and these are totally disabling and hellish. My severe symptoms of intrusive memories, horrible emotional pain, etc. have been lessened greatly in frequency by all of the treatments I have done. The thing that remains at all times is this inability to concentrate, this feeling of having a broken brain, and this psychological paralysis.

I often get very distressed near bedtime. My bedtime will vary, and I take my olanzapine at night to help put me to sleep. I also take NyQuil most nights, in extremely small doses.

Do I care for anyone else? No.

If YES... NA.

Do I care for animals, pets, etc.? No

If YES... NA

Does anyone help me care for people or animals? No

If YES.. NA

What were you able to do before your illnesses, injuries, or conditions that you can't do now:

1. Cook
2. Clean on a regular basis (I can almost never clean)
3. Read for hours at a time
4. Do intense study. By intense study I mean reading while having a notebook beside me and making detailed notes about what I read. I used to do this very often and I would learn very fast.
5. Drive without being depleted (I currently avoid driving all that I can. I walk to a nearby gas station to get snacks quite often. I also walk to the restaurants that are up the road, to save driving to some other restaurant. Driving is extremely taxing).
6. Talk to people like a normal person (I am unbecoming and I also often feel worthless or humiliated)
7. Shave on a regular basis (I find it extremely taxing to shave. For the past two years, I have tended to let my face grow out to the point that it gets uncomfortable. Eventually the discomfort will motivate me to shave)
8. Organize my bookshelves
9. Read technical documents routinely (in the past few months, I signed an apartment lease without reading it. The stress of reading the fine print was more than I could take. Luckily, the rent I signed for matched the estimate I was given)
10. Fill out paperwork
11. Shop for groceries on a regular basis, at brick-and-mortar stores (I find it extremely taxing to shop at Walmart or the grocery store. It is both the drive there and the experience of shopping that are hard)
12. Do any activity that requires sustained focus

Do your illnesses affect your sleep? Yes

If YES how: my sleeping schedule is all over the place and very inconsistent

Personal Care

Explain how your conditions affect your ability to:

- Dress – I find getting dressed to be very taxing. I wear windbreaker pants most of the time. Recently I have started wearing a pair of jeans. I lost weight and my windbreaker wants to fall off. I wear the simplest clothes that I can.

- Bathe – I find it taxing and hard to bathe. I do this much less frequently. It takes a lot of willpower.
- Care for hair – I get my head shaved. I have done this much less frequently, due to the drive to the barber shop being taxing. I never comb my hair or do anything with it. This is very taxing. I have a disheveled appearance.
- Shave – I find shaving very taxing. Used to shave almost every day. Now shave once every 1.5 to 3 weeks.
- Feed self. I find it very taxing to drive to restaurants. I find it distressing to be around a lot of people at a restaurant. I find the process of getting a bill and then paying to be taxing. I cannot cook. It is far too taxing. I drink soylent shakes for most of my meals and this is not taxing.
- Use the toilet- no impairment here
- Other – I cannot manage my life

Do I need special reminders: no, other than when I start to smell myself or when my facial or other hair gets uncomfortable, this is often what motivates me to clean up.

If YES... NA

Do you need reminders to take medicine: No

If YES, what.... NA

Do you prepare your own meals: At times

If Yes...NA

How often prepare food: 1x to 4x every week

How long does it take: 3 minutes

Any changes in cooking habits: I used to make my own food on a fairly regular basis. I would occasionally cook (maybe 1 to 2x per month) and I would often make sandwiches. I would frequently heat up soups or spaghetti in a can.

As of now, the only meal preparation I do is heating up Chef Boyardee or Ramen Noodles in the microwave. I do not cook because my mind is so impaired that I worry that I would burn down the house. It is also very taxing to cook.

If No, explain why- NA

List household chores that you are able to do:

None. I have not washed clothes in so long I cannot remember (most likely for 2 years), I can't iron, mow, none of it. I am severely impaired in all of this. It is extremely taxing and takes too much willpower. I do have a goal of one day being able to do laundry. As of now, I just wear the same windbreaker or pair of pants and one of a few different dirty shirts that I wear. My clothes do not get excessively dirty because I do not do anything. I just sit and suffer in my apartment.

How much time does it take: NA

Do you need help or encouragement: I am not sure if help or encouragement would help. Just maybe I can muster the willpower to do laundry if I somehow get better and more organized. I am totally impaired in doing all of this

If YES: NA

How often do you go outside: Once or twice a day, on average

When you go out, how do you travel: Walk, Drive a car, Ride in a car

When going out, can you go out alone: Some of the time.

If No, explain: It is a 10 mile drive to get my meds at the pharmacy. This is very taxing, and sometimes I have to pay my neighbor to drive me, instead of me driving.

Do you drive: Yes

If no, explain: NA

Where do you shop: In stores, by computer

What do you shop for: cupcakes, donuts, canned spaghetti (occasionally), little Debbie cakes, bottled water, ramen noodles (occasionally), other snack cakes. Soylent shakes. I also buy a book once in a great while. I also buy goody's powders.

How often and how long does it take: Groceries are once a week to once every 3 weeks. I far prefer to do it online. Online it takes maybe 10 minutes. I am pretty fast on a computer. I cannot tell you how long it takes in a store. It has been a long time since I shopped for groceries in a store. This is a very taxing experience. I would say it may take me 30 minutes. I typically buy a handful of items.

In many weeks, I buy Soylent shakes multiple times a week. This is my main meal, and sometimes it is hard to have money to order all I need at once. I use amazon. My payment and other info are preloaded and it takes less than 90 seconds to add a box of shakes to my cart and pay.

Are you able to:

- Pay bills: yes, but it's hard. Everything I do is taxing. I do it online and it can be murder if there is a multiple step process.
- Count change: yes, this is taxing but I have always been good at math
- Handle a savings account: I don't have an active one, but I could manage one. The acts involved in managing one would be extremely taxing, but I am good at math
- Use a checkbook, money orders: I find these both extremely taxing. Filling out a check is similar to doing paperwork, but since there are so few lines, I can do this if necessary. Money orders are taxing because of the process of driving to the store, ordering one, paying, etc. In all of these money questions, math is not an impediment. I can do math in my head.

Has your ability to handle money changed: Yes

If yes..: It has gotten harder. All of the tasks involved in managing my life have gotten harder. It takes willpower to do all of it. What it feels like is that there is a tremendous amount of willpower

involved in every single thing that you do in any day. It feels like I never noticed this before, because my brain was not broken.

What are your hobbies and interests:

Reading, playing pool, writing websites, making educational materials.

How often do you do these things: I read a little every week. Not sure how many pages. It isn't too much. I never play pool. I work on my personal web projects a little every 1 to 2 weeks. I do not make educational materials, but have always wanted to (although years ago I did write a book that I never published). My "dream" since I have been disabled is to make a website where I can make educational videos and sell them. I think that eventually I could make a small amount of money, and that would help me. I have been working on the website since November 2020, and I have no ETA for when it will be done. I have not had many usable hours in the past several months. My average has gone down. I also think of making a youtube channel and posting my stuff for free (then getting ad revenue).

Has there been a change: Yes, I probably will never be able to play pool again. Before I was disabled, I would read at least one book every week. It would often be more. My record was 3 books in one day. In the past 27 months, I have read less than 6 or 7 books. Reading was always my favorite hobby. I used to read for an hour or multiple hours straight, and would do so every day. Now, I am lucky if I can concentrate for 10 minutes to read in a given day, and the upper extreme on my best times is 25 minutes. There have been about 6 times that I can recall where I was able to read for 25 minutes straight. I try so hard to get better, and one of my dreams is to get my ability to intensely study back, at least some of the time. I also dream of being able to read more.

Before I was disabled, I would write websites for up to 15 to 18 hours a day. It was trying to get my business going. Now, it is rare to get any more than 2 or 4 hours a week, and even that seems hard lately. There are occasional times when I get very focused and will write websites for 2, 3, or even more hours in one day. I will write code for 20 or 25 minutes, get up maybe 2 to 5 minutes, then get back on it. I have done this a lot while taking extra Adderall (my provider builds in 6 extra pills per month. This is in lieu of upping my dose, as I have repeatedly asked). When I say write websites, I am speaking of my personal projects.

How often do you spend time with others:

- In person: essentially never. I talk to my neighbor for 5 or 10 minutes here and there, or I talk to him while he's driving me to the pharmacy
- On the phone: not much at all. I wish I had more people to talk to. I talk to my mother more than anyone. It might be 2 or 3 minutes at a time, 1 to 3 days a week. I hang up on her all the time because we talk about money and it stresses me extremely
- Email- I have one friend that I email once every 2 or 3 weeks, at most
- Texting – I have a few friends that I send text messages to. It is not that frequent
- Mail: Never
- Video Chat: I have had two video chats in the past 2 years.
- Other – I have no "other" spending time.



Describe the things you do with others: Nothing. I talk to my mother on the phone about how destroyed my life is. I talk to her about money. I text a few friends on Facebook Messenger and talk about how destroyed my life is.

List the places you go on a regular basis: none

Do I need to be reminded: NA

How often do you go: NA

Does someone need to accompany you: NA

Do you have problems getting along with Family, friends, etc:

Yes, all of my "friends" in charlotte have been pulled into Wells Fargo's scam and have abandoned me. I get extremely angry with my mother. She has destroyed my life. I have no significant relationships anymore, other than my mother. I am not able to maintain a social life at all. It makes me very sad.

Describe any changes in social activities: In my former life, I have on and off been a loner, then a social "butterfly" to an extent. I used to go to the pool hall and go to bars on the weekends at times. I would do things with others. Now, I do not do anything at all with others, except things that are transactional (pay you to take me to this place, lend/borrow money, etc.)

Check any of the following items that your injuries, condition, etc., affect:

Lifting, walking, stair climbing, understanding, squatting, sitting, following instructions, bending, kneeling, memory, using hands, standing, talking, completing tasks, getting along with others, reaching, concentration.

Please explain how your condition affects:

It takes willpower to do all of the above and my brain is injured and broken. I am hostile and have outbursts. I cannot do anything as I used to be able to.

Are you right handed or left handed: right handed.

How far can you walk before needing to stop and rest: At least 30 minutes. I occasionally take 30-minute walks at my complex. I never have to stop and rest. I never walk for a greater duration.

If you have to rest, how long before resume: I have no idea. If I were to guess, I'd say 5 or 10 minutes. Maybe less.

For how long can you pay attention: varies, 5 to 10 minutes is typical. May go up to 25 minutes. I find everything taxing.

Do you finish what you start: I have finished 5 or 6 books in the past 2 years. I often finish conversations (my conversations are always very brief). I never finish chores and have trouble starting them. With not very many exceptions, I have not watched an entire movie or documentary in one sitting in over 2 years. The exception is when I am trying to go to sleep. I will have my ipad on my bed playing a documentary. If I am not able to fall asleep, I will listen to the whole thing. There are also times when I watch part of a documentary, pause it, and watch the rest of it. It may take several iterations of pausing and starting, as I get up and move etc.

How well do you follow written instructions: I do this well. I have had written instructions for how to apply to programs and things like this. The events involved can be very taxing, but I can follow the process, understand what is required, do things in the right order, etc.

How well do you follow spoken instructions: I honestly cannot say. I have not had to do this in so long.

How well do you get along with authority figures: I cannot get along with any of them on an ongoing basis, without accommodations. They have to make exceptions for my hostility, irritability, and yelling. In the past few weeks, I have sent audios to the united states dept of justice screaming and cursing at them. I get along with my rental office very well, but this is because I pay my rent on time and they are kind, and they make accommodations. I have had to walk out of the rental office because I got hostile. I have had to do so twice that I can recall. I am not able to control my hostility and irritability, but one option I do have is to just leave the venue I am at.

Have you ever been fired or laid off because of problems getting along with other people: no.

If YES... NA

How well do you handle stress: It totally murders me. The least little bit destroys me. I cannot tolerate it at all.

How well do you handle changes in routine: My routine, now, is to get up and suffer and make it through the day. My life consists mostly of suffering. Anything unexpected that comes up is usually very distressing.

Have you noticed any unusual behaviors or fears: Yes

If YES.... I am terrified of psychiatric hospitals because I have been mercilessly abused by people abusing the mental health system. I also worry about them because I suffer extremely and need to be in my apartment. I worry that I will get sent to one and never be let go home. I am terrified of losing my apartment.

Do you use any of the following (question 21): I don't use any of those things.

Which were prescribed by a doctor: NA

When was it prescribed: NA

When do you need to use these: NA

Do you take any medicines for your conditions: yes

Do they cause side effects: yes

Medicine	Side Effect
Olanzapine	somnolence, drowsiness, restlessness
Adderall XR	Increased anxiety, hyperarousal symptoms
Benadryl	None that I notice
Goody's	Have had internal bleeding a few times

Any job that I get would have to meet the criteria for my numbered list from the first pages of this document, and even those that do will not give me a minimum income. I am severely disabled and suffer terribly.

Name of person completing this form	Date
Leonard Clinton Williams III	07/12/2021

Address	Email
13009 Yorkridge dr, apt 214	brokerc3@gmail.com

Page 11