

Marshall County Group Homes, Inc.

SERVICE PLAN REVIEW MEETING AND ATTENDANCE NOTES

Name: *Sandra Oas*

Service plan review meeting date: *3/18/24*

Time: *12:30p*

Type of service plan review meeting (i.e. annual): *Annual Meeting*

Location of meeting: *Cedar North*

The purpose of this meeting is to provide an opportunity for support team or expanded support team members to participate in the ongoing review and development of the service plan and the methods used to support the person and accomplish outcomes. This meeting is also intended to determine whether changes are needed to the service plan based on the assessment information, the license holder's evaluation of progress towards accomplishing outcomes, or other information provided by the team.

A Review of Technology needs for the individual served:

Sandra has a CPAP machine she uses nightly. She has a cleaning schedule to follow that includes when parts need to be replaced. Replacement parts are ordered through Sanford Health Equip in Grand Forks, ND.

A review of the person's service and support outcomes occurred and the following determinations regarding those outcomes were made:

- 1. Sandra will learn to prepare meals of her choice two times/week, with verbal prompting and standby assistance from staff, completing 75% of all charted trials for 6 months.*
- 2. New outcome: Sandra will choose a minimum of two community outings/month that she would like to participate in (such as visiting her daughter and/or son, going to the LISTEN Center dances, going to the Godel Library, going out to eat), staff to assist in facilitating the outings.*

Changes needed to the Support Plan Addendum, Intensive Self-Management Assessment, or other document in the service plan, include, if any: *The following updates were made to Sandra's SP Addendum, SMA and IAPP: A new outcome was chosen by Sandra, to participate in community outings of her choice; Sandra is keeping a food diary, with assistance from staff in spelling, as needed. She has stated she does not like counting carbs as it is too difficult for her. She is now receiving Social Security Income. Her rep payee is Lisa Sillanpaa, MCSS. Sandra is working with Vocational Rehabilitation Services and is employed by Argyle Builders Supply in Argyle 2 days/week. She opened a checking account with a debit card at United Valley Bank in Argyle. Sandra has shown improvement in respecting others personal space. The date of her annual meeting and the list of attendees was updated.*

Discussion regarding person-centered program planning:

What are the opportunities to develop and maintain essential and life-enriching skills, abilities, strengths, interests, and preferences?

While living at Cedar North, staff will encourage Sandra's independence by including her in tasks to complete at the home such as her laundry, cooking and keeping her area tidy. Sandra will have the opportunity to attend church on Sundays as is her preference. Staff will work with Sandra on her money skills as she goes on outings. Staff will provide opportunities for Sandra to read to herself and to her housemates.

What are the opportunities for community access, participation, and inclusion in preferred community activities?

MCGH invites Sandra to all activities facilitated by MCGH. Sandra has the option to attend the ones she is interested in. Sandra will regularly go to the library with staff assistance. Sandra will regularly attend church with staff assistance. She is able to access the community by herself for up to 4 hours, per her IAPP.

What are the opportunities to develop and strengthen personal relationships with other persons of the person's choice in the community?

It is important to maintain and build on the relationships with her children. Staff will assist in planning (as Sandra

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requests) and transporting for time spent with her children. There is a plan in place for Sandra to spend time with her son the first Tuesday of every month.

What are the opportunities to seek **competitive employment** and work at competitively paying jobs in the community? Sandra is currently employed by Argyle Builders Supply in Argyle, MN 2 days/week. She was able to obtain this employment through Voc Rehab Services.

The person currently receives services in (check as applicable):

- Residential services in a community setting controlled by a provider
- Day services
- Neither

Provide a **summary of the discussion of options for transitioning the person out of a community setting controlled by a provider** and into a setting not controlled by a provider (residential services). Include a **statement about any decision made regarding transitioning out of a provider-controlled setting:**

Sandra had previously stated that she would like to live in her own apartment but has since changed her mind and wants to stay at Cedar North. Sandra's case worker assisted her in getting social security. Sandra also has a lot of medical appointments to manage and be transported to.

Provide a **summary of the discussion of options for transitioning from day services to an employment service.**

Include a **statement about any decision made regarding transitioning to an employment service:**

Sandra has obtained employment at Argyle Builders Supply, through the assistance of Voc Rehab. A Voc Rehab Job Coach assisted her during her initial employment but has since decreased her visits as Sandra is doing very well on the job independently.

Describe any further research or education that must be completed before a decision regarding this transition can be made: Sandra has stated she would like to work more days at her current job. This has been discussed as a possibility of working at the Stephen Builders Supply in Stephen, MN (located 8 miles north of Argyle).

Other meeting discussion notes:

Health: See attached summary of Sandra's medical appointments (December - March) and upcoming appointments.

Sandra has seen Dr. Westman, Gynecologist at Riverview Clinic in Crookston. Cindy will contact her PCP to see if there is a reason for having a gynecologist or can the pap smear be done by her PCP. Sandra received custom fit orthotics on 5/23/23 due to having cavovarus deformity of foot and bilateral foot pain. Cindy will contact Wyatt Halvorson CF-O in Altru Prosthetics to ask when the orthotics should be replaced. She has been exercising daily and working on being mindful of portion control/choices at mealtime and snacks and tracking her intake in a food diary. She has been walking outdoors more since the weather has been mild.

Financial: Sandra has opened a checking account (debit card included) at United Valley Bank in Argyle. Her monthly personal needs money is \$125 will be directly deposited into that account. Carol Urbaniak, DCC will reconcile Sandra's checking account monthly as Sandra does not understand the value of money or able to complete additions/subtractions to her account. Sandra deposits her paycheck into her checking account and a copy of the paycheck stub is scanned to Lisa Sillanpaa, MCSS to be reported to Social Security. When Sandra deposits her check she withdraws \$40 to have for spending money. Carol, DCC keep the money in a safe location until Sandra needs to money for an outing. Sandra stated she is saving her change to buy a Dallas Cowboys jacket from Scheels – she said this with a big smile.

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Family: *There is a plan in place for Sandra to visit with her son the first Tuesday of every month at the Crookston McDonalds. Sandra is talking to family members every evening on the phone also. Sandra's daughter has stated that she will assist Sandra in getting a divorce from her husband, Ron but nothing has been done as of yet.*

Vocational: *Sandra began working with Voc Rehab Services in December, 2023. She applied at Argyle Builders Supply and is currently working there 2 days/week (W, F) 10a-12:30p. She is doing very well and is proud of her work. She has not needed a job coach after learning the job. The owners of Argyle Builders Supply have expressed that they could Sandra to do janitorial work at their Stephen site too. Cindy will contact Voc Rehab to schedule a tour of the Stephen site; discuss transportation. Jill Schulz cell phone # is: 218-521-8957; Rachel Loraas cell phone # is: 612-358-6569*

Other: *Ron Oas, Sandra's spouse has contacted the VA Services in Fargo and asked them to contact Sandra. A social worker from the VA has left messages at MCGH office; Cindy Gratzek returned the call and left a voicemail informing them that Sandra does not want any contact with Ron and asked them to please not contact MCGH again. Sandra has stated that she does not want anything to do with her husband. She talked about wanting her personal belongings but Ron has not made an effort to come to Cedar North at the agreed upon time to bring Sandra some of her belongings from his house. Sandra stated she would like to change her last name to her maiden name. Cindy and Katie will look into this and what paperwork will need to be done.*

Wants/Needs/Dream: *Katie asked Sandra what her dreams are and Sandra replied, "My family" – she wants to see them. She stated her brother Pete that lives in Texas is coming to get her and take her to Texas for a vacation. Her other dream is to live in her own apartment, but not now, in the future.*

Semi-Annual Meeting: *Date to be determined in September 2024.*

