

Marshall County Group Homes, Inc.

SERVICE PLAN REVIEW MEETING AND ATTENDANCE NOTES

Name: **Melissa Hamrick**

Service plan review meeting date: **June 12, 2024**

Time: **10:00a**

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

Location of meeting: **ODC**

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:

Melissa has a medication machine, CPAP machine, bilateral hearing aids, Dexcom 7 for blood sugar monitoring, and a cell phone she is able to use independently.

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

Melissa has not been consistent in using or cleaning her CPAP. She states she has the correct nose piece now so she would like to get back to taking care of the. Her weekly cleaning will take place on a consistent day of the week when staff is there.

Melissa will continue to work on the daily cleaning on her own.

Melissa has been setting up her medication caddy with verbal prompts and would like to continue to work on this.

Changes needed to the *Support Plan Addendum, Intensive Self-Management Assessment*, or other document in the service plan, include, if any:

Discussion regarding person-centered program planning:

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

Services that Melissa has through MCGH work with her to build the skills she needs to continue to live independently.

Melissa has stated she would like to work on learning to fill her medication machine and continue to learn how to manage her CPAP. Melissa states she realizes how important these are for her health. Melissa has stated she would like to seek employment and mentioned she would like to be able to work at the daycare in town.

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

Melissa has supports in place, both formal and informal that assist in participating in activities that she enjoys. Melissa is involved in the community and aware of events coming up she would be interested in participating in. MCGH will assist her in coordinating transportation to the event as needed.

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

Melissa lives independently in her community with a roommate. Melissa has a strong connection with many members of her family. Melissa is able to spend time with whoever she pleases due to her independence.

What are the opportunities to seek **competitive employment** and work at competitively paying jobs in the community?

Melissa has stated she would like to find a job that she would be able to work at part time. She mentioned at her meeting

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that she would like to apply at the daycare in town.

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**:

N/A Melissa lives independently with periodic services to help her maintain her independent living.

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**:

In the past, Melissa has tried some of the community jobs being completed by attendees at the ODC. She was not physically able to complete the ones that they continue to do all year round. Melissa did enjoy and did well at the golf course job in previous summers, but that is not a job the ODC kept. Melissa is interested in finding a job in the community with a job coach. Melissa stated she was interested in a job at the daycare center in town as an aide.

Describe any further research or education that must be completed before a decision regarding this transition can be made:

Will discuss potential for this with ODC personnel. An ODC representative was not at the meeting today to discuss this.

Other meeting discussion notes:

Medical: Melissa's recent appointments were reviewed. Melissa's urology status remains the same with potential for a permanent catheter set at some point in the future should Melissa want to go that route. Melissa restarted using her CPAP in Jan but has had trouble finding a nose/mouth piece that works for her. She recently got the corrected nose piece and is trying to get back in the habit of using her CPAP regularly. Melissa continues to see Dr. Holm, internal medicine. At her last appointment, Her A1C was still higher than he would like it to be. He did increase her insulin. He is concerned regarding her insulin resistance. He is monitoring her CKD. Her GFR is staying around 30. He would like her to focus on staying hydrated. He has recommended drinking more water and avoiding caffeinated drinks.

Melissa was in the ER on 3-5-24 (admitted to hospital), 3-12-24, and 4-29-24. The first two visits were related to abdominal discomfort and constipation. Melissa has had trouble regulating her bowel movements. She has either been too loose or constipated. The most recent ER visit was during to dehydration that resulted in chest pain. She was treated with fluids and instructed to increase her water intake.

Melissa has continued her regular appointments with her therapist, Keegan Krantz, the footcare clinic, and getting her depo shot.

In Home: Melissa has continued doing a great job keep her areas tidy at their apartment. She likes to work on cooking health and new recipes with staff. As she has not been consistent using her CPAP, she would like some staff assistance with the cleaning to get back in the swing of things. They will choose one day to consistently take care of CPAP duties when staff is meeting with her. IHS staff, Janelle, has been working with Melissa more in the last few months as Liz is looking at cutting back hours in the next 6 months. IHS staff will continue transporting Melissa to her medical appointments. Melissa may use a volunteer driver for some of her therapy appointments. It was discussed that IHS will

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bring Melissa to Grand Forks for some house needs shopping twice a month but would coordinate one of the those trips with a medical appointment. Melissa will have 12 hours a month for when her and her roommate go to an appointment or shopping together out of town.

Misc: Melissa often has her Mama's meals piling up at home in her freezer. She would like to cut down to only 14 a month so that she still has some to use for lunches at the ODC.

ODC: No report from ODC at this meeting.

Action Items:

- **Nick to add 1:2 service line to SA**
- **Nick to reduce Mama's meals to 14/month**

Melissa's Annual meeting scheduled for Dec 16 at 1p at the ODC.