

Marshall County Group Homes, Inc.

SSERVICE PLAN REVIEW MEETING AND ATTENDANCE NOTES

Name: *Diane Stromgren*

Service plan review meeting date: *1/15/25*

Time: *10:00am*

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

Location of meeting: *East Grand Forks DAC*

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: *Diane is to have a chair alarm on her dining room chair and lift chair; she is to have a bed alarm on also; she is to have a gait belt on at all times for ambulating and for assistance when going from a sitting to a standing position or standing to a sitting position. Diane has an electric hospital bed that she purchased. She is to have a pillow between her knees when sitting in her recliner to maintain proper body alignment and a Velcro wedge between her legs at night. Her wheelchair has a cushioned seat with a pummel between her knees to aide in keeping her hips aligned due to hip replacement. Diane is repositioned at 11p and 3a nightly.*

A review of the person's service and support outcomes occurred and the following determinations regarding those outcomes were made: *No changes were made to Diane's MCGH outcomes. She is to have a community outing x1/month in which staff are to schedule a date and time for the outing each month. See attached Programmatic Report. A new goal for the DAC was discussed and it was decided Diane will choose to do an activity when given a choice of two different activities. Her outing outcome will be revised to 1x/month. Diane enjoys music and it was suggested she attend musicals at the local high schools and the Grand Forks Firehall Theater.*

Changes needed to the Support Plan Addendum, Self-Management Assessment, or other document in the service plan, include, if any: *Diane has been attending the East Grand Forks DAC M, W, Thurs since June 17, 2024. Diane had a Swallow Study conducted by Diane Woolsey, SLP on 11/8/24. Her diet was changed to pureed with nectar-thick liquids.*

Discussion regarding person-centered program planning:

What are the opportunities to develop and maintain **essential and life-enriching skills, abilities, strengths, interests, and preferences?** *Diane attends the Developmental Achievement Center (DAC) in East Grand Forks, MN. She started attending the DAC on June 17th and attends every M, W, Th. She engages in community outings, planned activities. Diane is encouraged to complete tasks on her own, as able, to maintain her abilities/skills. She is offered various activities such as going to visit Cedar North Residents, going out to eat, going for drives and attending community events.*

What are the opportunities **for community access, participation, and inclusion** in preferred community activities? *Diane participates in Bible Study 2x/month September-May at Our Saviors Lutheran Church and/or at her residential home. She has an outcome to participate in community outings x1/month. Diane participates in planned MCGH, Inc. events such as the Christmas Party and the Annual Picnic. Her home plans outings in the community such as van rides, short shopping trips, etc. She is also involved in community activities through the East Grand Forks DAC.*

What are the opportunities to **develop and strengthen personal relationships** with other persons of the person's choice in the community? *Diane is encouraged to participate in outings that promote socialization such as MCGH planned events, community activities such as the Argyle Meet Your Neighbor Day Parade or attending Bible Study and planned*

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DAC outings.

What are the opportunities to seek **competitive employment** and work at competitively paying jobs in the community?
Diane has no interest in competitive employment.

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**: *Diane currently resides in the least restrictive environment that is appropriate for her.*

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**:
Describe any further research or education that must be completed before a decision regarding this transition can be made: *Diane attends the day program at the EGF DAC 3 days/week. She would be unable to participate in employment services due to her level of functioning physically and mentally.*

Other meeting discussion notes:

Health: *Diane's appointments were reviewed by Cindy Gratzek, PS - see attached. Diane is no longer using the Tabletop Restorator so this has been deleted from her daily Case Notes. The DAC staff are documenting how much Diane eats and drinks in the communication book so MCGH staff are to check the book so they know what her intake has been. She has been gaining weight and is now over 120lbs, which is the recommended weight for her.*

Outcomes: *See attached report*

DAC: *Vivian McKewan, Program Coordinator reviewed Diane's IPP, SMA and SP Addendum during the meeting. Vivian reported that Diane is doing well at the DAC. She also reported that Diane gave a recital on the keyboard at the DAC and appeared to enjoy the attention very much. The DAC staff will be walking Diane to the bathroom and have her sit in an armed chair. Her wheelchair is only to be used as a mode of transportation for Diane.*

Next Meeting: *Annual Meeting is scheduled for 7/16/25 at 10a at the EGF DAC*

DIANE STROMGREN SEMI-ANNUAL MEETING 1/15/2025

Diane's annual meeting was held on 7/17/2024. Since then Diane has remained fairly well. Her appetite is good and once her meal is set up she will feed herself. There have been occasions when she refuses to use eating utensils and will use her hands/fingers to eat with staff attempting to redirect her. Her weight a year ago on 7/11/24 was 117lbs, on 1/6/25 it was 125.6lbs which is above her ideal weight range of 110 to 120lbs. Diane had a swallow eval by a speech therapist on 11/8/24 due to pocketing of food and coughing during meals. It was determined she needs to be on a pureed diet with nectar thickened liquids with soups needing to be at a nectar consistency as well. Speech saw her 1 x weekly to continue to address concerns and decrease cough and aspiration risks. Her eating and swallowing improved with a significant decrease in coughing at meals. Due to being on a pureed diet all her medications are now in a crushable form or capsules that may be opened and administered in pudding. On 12/14/24 she did have an emesis after breakfast with no ill effects noted.

On 8/8/24 a large bruise was noted on her left knee after ODC (source unknown). She showed no sign of pain to the area. On 8/11/24 Diane refused to ambulate, and it was difficult for her to stand. She was taken to NVHC ER. An xray was done of her right hip with evaluation with CT scan recommended. The CT scan was negative for a fracture. An x-ray of her right knee was done with no effusion, fracture or dislocation noted. She was diagnosed with inflammation of right hip and sent home on Tylenol 1000mg TID x 7 days and to remain home from DAC for the rest of the week 8/12 to 8/16/24. If not bearing weight on legs to use a w/c. To F/U with PCP if symptoms persist or worsen. Diane was taken back to NVHC ER on 8/13/24 as there appeared to be no sign of relief. X-rays were done of right ankle with no fracture noted. It showed stable post-surgical changes involving medial malleolus and mild asymmetric lateral periarticular soft tissue swelling. Diagnosed with inflammation and to continue with the ordered Tylenol and to add Ibuprofen 600mg TID with meals. She was to F/U with her PCP on 8/26/24. By 8/15/24 Diane was walking well without favoring her right leg. On 8/26/24 she had a F/U with her PCP with instructions to keep her legs elevated when up with legs to be dependent (down) no more than 30 minutes at a time. Also to walk her with walker and get her moving every 30 minutes to decrease hip pain and stiffness. Diane had lab work done on 7/16/24 as follows: CBC all WNL and HGB was 12.7gms (11.5-15.5); CMP all WNL with exception of slightly low Creatinine at 0.6 (0.7-1.5) and Chloride slightly high at 109 (98-107); HgbA1c was WNL at 5.2 (4-5.6) and Valproic Acid low at 37.4 (50-150). On 9/27/24 a bruise was noted on both upper thighs and 2 bruises on her chin (source unknown). On 10/4/24 Diane received her annual flu vaccine and a Covid-19

(Pfizer) vaccine. On 10/7/24 thru 10/9/24 she had cough, rhinitis (runny nose) and appeared sluggish. She was treated with Tylenol and Robitussin PRN with symptoms resolved. On 11/1/24 a dime size bruise was noted on her left wrist (source unknown). On 11/3/24 she was awakened during the night by behaviors being exhibited by a housemate. She eventually fell back to sleep. On 11/29/24 thru 12/1/24 Diane had a cough with rhinitis but remained afebrile and treated with Robitussin PRN. On 12/7/24 she was hit on the right side of her face by a housemate with cheek and ear becoming red. When staff attempted to examine her face she pulled away as if in fear. Diane had a short nosebleed on 12/21/24. On 1/4/25 she had an incident when staff attempted to get her up to walk, she leaned herself way back in the chair and slid to the floor and began giggling. Two staff did assist her back up. On 1/7/24 she was noted to have slight swelling to lower left leg and foot. Diane's blood pressures have remained stable with systolic ranging 112 to 127 and diastolic ranging 59 to 78. Diane continues to receive a body massage 2 x monthly which she seems to enjoy – she fell asleep during one session. Diane is repositioned 2 x per night and changed if needed. At this time her skin appears to be intact with no report of rash, redness or open areas. She is toileted every 2 hours during day hours and mostly remains dry with occasional incontinence.

Diane has her dental work done at Fergus Falls Dental Clinic with her last appointment being on 1/9/25 with exam and cleaning. No cavities have been reported the past 6 months. When going to the appointment on 8/27/24 the dental exam was not done stating that Diane needed to be pre-medicated with an antibiotic.

On 12/24/24 Diane had a tele-med visit with her psychiatrist with no changes made but placed an order for lab work to be completed in the spring of 2025. Diane does at times when staff is ambulating her, stop and refuse to walk any further, wanting to go down and sit on floor. She is at these times eased to the floor and when she is ready to get up 2 staff will assist her to a standing position.

Diane had an annual eye exam at Warren Eye Center on 8/20/24. The optometrist had a difficult time getting drops into her eyes for dilation of the pupils as Diane tends to hold her eyes shut tight. The optometrist stated staff is to continue to administer the daily eye drops at HS as able. She did state that the cataract in her right eye has progressed but did not feel it would be wise to do surgery. There are many times when staff is walking Diane toward the table or her recliner etc that Diane will let go of the walker and reach out for the target when she still has a distance to get there. It makes me think it may have something to do with her eyesight and not a behavior as staff seems to believe. This may be a discussion to be had with her guardian.

Report by H Linder RN