

Marshall County Group Homes, Inc.

SERVICE PLAN REVIEW MEETING AND ATTENDANCE NOTES

Name: **Melissa Hamrick**

Service plan review meeting date: **December 16th, 2024**

Time: **2:00 P.M.**

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

Location of meeting: **at Melissa's home**

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, 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 discontinued the use of her CPAP stating she does not like to use it as it bothers her.

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

Melissa sets up her PM medications with staff observance while staff set up AM medications as Melissa feels that it is to be overwhelming for her to do both at this time.

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

Support plan addendum: updated current outcomes and updated team contact information for the ODC, removed pulmonologist as she no longer uses.

All plans updated for current dates and team members

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. 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. Melissa also stated interest in North Star Manner where she used to be employed prior to COVID. Job coach Mary Beth will check into this. Melissa would like to either volunteer or become a staff member. Sabrina mentioned the idea of volunteering or working at the after-school program at the school in Warren with children and Mary Beth will check into this.

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

Melissa has support 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 people 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?

Marshall County Group Homes, Inc.

Melissa has stated she would like to find a job where she would be able to work part time. She mentioned at her meeting that she would like to apply at the daycare in town and other options were mentioned such as North Star Monor assisted Living where she worked prior to COVID and the children's after school program at the Elementary School in Warren.

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. Melissa also discussed the possibility of going back to work for North Star Assisted Living where she was employed prior to COVID. Staff mentioned the Children's after school program of volunteering or working there and Melissa was interested in this as well. ODC Job Coach will check into this.

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

Other meeting discussion notes:

Medical: Melissa's recent appointments were reviewed. Melissa's urology status remains the same, however Melissa is scheduled for January 13th, 2025 to have a surgical procedure of placing a super pubic catheter as this should help in decreasing UTI's and other problems that have occurred. Melissa stated she had stopped using the CPAP machine as it was too much for her and did not like it. 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 as well as added Ozempic for kidneys and weight and at the latest appointment he added Jardiance which is also a medication to help with diabetes and kidneys. 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 will see DR. Hold again on December 10th, 2024, for a follow-up and preop exam for surgery.

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. September 24th, 2024, Melissa was seen at Sanford Equip to be fitted for new shoes and orthotic inserts. Melissa had her annual physical on September 30th, 2024, with primary care doctor Jill Smith. Melissa seen Dr. Jeremy Houser on 10/8/24 with body aches and fugue as well as headaches to which recommendations were to push fluids and rest with Advil/Tylenol for pain. Melissa was seen by urologist Agetha Ottem on 10/11/24 with a follow up to which super pubic catheter was discussed again now that Melissa had lost weight, and a referral was sent to Doctor

Marshall County Group Homes, Inc.

Nicholson for surgery for super pubic catheter. On October 31, 2024, Melissa was seen by the diabetic dietician Lynn Holum at Altru to which a discussion of healthier eating habits for blood sugars was talked about, to follow a meal plan, portion sizes and limit candy consumption with drinking more water. On the same day Melissa also seen the diabetes educator the same day to which monitoring blood sugars was discussed and insulin regimen was changed. November 3rd, 2024, Melissa was in the ER with lower abdominal pain, catheter was changed and urine specimen taken. On 11/11/24 Melissa was seen at NVHC for ear pain with Jill Smith, an ear infection was detected, and she was placed on antibiotics and ear drops. On November 12th, 2024, Melissa had her mammogram completed and results came back negative for any abnormalities. On 11/25/24 Melissa seen Nicole Stien at NVHC with sinus issues, headache and chills, Melissa was put on an antibiotic to treat sinusitis and to take Tylenol or Motrin as needed for headaches.

Melissa has continued her regular appointments with her therapist, Keegan Krantz, the footcare clinic, and getting her depo shot. Melissa has discontinued use of her CPAP machine.

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 consistently using her CPAP, she would like some staff assistance with the cleaning to get back in the swing of things. 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 bring Melissa to Grand Forks for some house needs shopping twice a month but would coordinate one of those trips with a medical appointment. Melissa will have 12 hours a month for when she 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 it down to only 14 a month so that she still has some to use for lunches at the ODC. All annual consents signed for MCGH

ODC: Mary Beth states Melissa is doing very well at the ODC, Melissa would like help in finding a job or volunteer opportunity within the community.

Action Items:

- **Nick reaching out to an employee of North Star manor about job/volunteer opportunity**
- **MaryBeth reaching out to the school for after school program for job/volunteer opportunity and assisting in seeking employment and/or volunteer opportunities.**

Melissa's Semi -Annual meeting scheduled for May 21st at 10:00 A.M. at the ODC.