

Marshall County Group Homes, Inc.

SERVICE PLAN REVIEW MEETING AND ATTENDANCE NOTES

Name: *Sandra Arias*

Service plan review meeting date: *3/20/2025*

Time: *10:30a*

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

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. Outcome achieved. To be discontinued.*
 - 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. Outcome achieved. To be discontinued.*
- A new outcome focusing on community involvement to be implemented on 4/1/25.*

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

SPAddendum: Services and Supports – Sandra's current outcomes were discontinued. A new outcome to be implemented - Sandra will be involved within her community of Argyle, MN by joining activities/events of her choosing. General Supports: Sandra no longer keeps a food diary; Staff will assist Sandra in making healthy food choices and record her intake on a monthly calendar, to assist in maintaining her health. List of attendees was updated. ISMA: Health & Medical Needs – Sandra no longer keeps a food diary. Staff are tracking her food and portions on a monthly calendar. IAPP: No changes were made.

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 assist Sandra in increasing her involvement in the community of Argyle.

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 during the week and on Sundays. She participates in several outings every month with her home staff. 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 and other family members. There is a plan in place for Sandra to spend time with her son the first Tuesday of every month. And now staff will assist Sandra in scheduling a time to visit with her daughter and grandchildren monthly too.

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/Stephen, MN 2 days/week. She was able to obtain this employment through Voc Rehab Services. Voc Rehab Services have since been closed as Sandra is able to work independently. She also cleans at the Argyle Enterprise Building and MCGH office 1 day/week.

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 has recently stated that she would like to live in her own apartment in East Grand Forks but has since changed her mind and wants to stay at Cedar North. 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 and Stephen Builders Supply. Sandra also cleans 1x/week at the Argyle Enterprise Building and MCGH office.

Describe any further research or education that must be completed before a decision regarding this transition can be made: Sandra has stated she is happy with the work that she currently has.

Other meeting discussion notes:

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

Henrietta reviewed Sandra's health summary and noted that Sandra has a diagnosis of hyperlipidemia with no medication ordered for that. Will need to contact Dr. Rose Brandt, PCP to ask for a lipid panel to check this. Sandra will also need an order to Altru Orthotics to get new inserts for her shoes. During the meeting Katie Benson asked if Sandra had seen a chiropractor in the past six months. Staff stated she has not and then Sandra asked to see the chiropractor stating she did have some pain in her back. Overall, Sandra is in good general health and her scheduled doctor visits have decreased to only once or twice/year now. She does continue to see Dr. Brenda King, Psychologist on a regular basis.

Financial: Cindy will continue to send a copy of Sandra's paycheck from Northern Roots for the Argyle Enterprise/MCGH office job and from Argyle Builders Supply to MCSS to report her wages to social security.

Family: Sandra continues to visit with her son the first Tuesday of every month at the Crookston McDonalds. Sandra is talking to family members often on the phone. She has established a relationship with her step-dad, Boots, that lives in Grafton, ND and will visit him occasionally. Sandra would like to schedule a monthly visit with her daughter in Grand Forks.

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Vocational: Sandra currently works at Argyle Builders Supply 2 days/week (W, F) 10a-12:30p. She is doing very well and is proud of her work. Sandra is also cleaning at the Argyle Enterprise Building/MCGH office x1/week.

Other: Sandra's name change and divorce are final. She has a new ID card and her bank account has been changed to Sandra Arias. All of her medical providers will need to be notified of the change. The Marshall County Sheriff gave Ron a letter listing the items Sandra wants from his home (her personal items that are still there). He will have 30 days to pack the items and bring them to the sheriff's office. Amber Ott, Alluma assisted Sandra with completing the paperwork necessary for Sandra's name change and divorce. Katie asked Sandra if she wanted to continue seeing Amber and Sandra stated "yes" but had told Carol, DCC that she did not want to see her anymore. Sandra is to decide this at the next zoom meeting with Amber Ott on 4/1/25.

Wants/Needs/Dream: Katie, Case Manager asked Sandra what her goal for the future is, where does she want to live and what does she wish to do with her life? Sandra stated she wants to live at Cedar North and not move to an apartment in East Grand Forks. She also wants to continue spending time with her children and grandchildren. She very proudly showed her team members pictures of her newborn grandson.

Concern: There have been a couple of incidents that the group home receives multiple calls from Jonathon's (Sandra son) cell phone and when staff answer the phone there is no response on the other end. Katie had talked to Jonathon's case worker and home staff previously and said she will look into this matter again.

Action Items: Notify health care providers of Sandra's name change to Arias – Carol and Cindy
Email Amber Ott, Alluma for a zoom invite for Sandra's appt on Tuesday, 4/1/25 – Cindy
Lipid Panel order obtained from Dr. Brandt – Cindy
Order from Dr. Brandt for Sandra to see Altru Orthotics for new shoe inserts - Carol
Schedule appt for Chiropractor at Sanford in TRF – Carol
Write and implement new outcome for Sandra, focusing on community involvement – Cindy
Schedule monthly visit with daughter Sierra – Carol
Obtain required documents for Sandra to be able to join St. Rose of Lima Catholic Church – Cindy
Contact Jonathon's (Sandra son) case manager/home staff to ask about phone calls being made to Cedar North, from Jonathon's phone, and nobody answers when staff answer the phone.

Semi-Annual Meeting: Tuesday, 9/23/25, 9:30a at Cedar North