

SELF-MANAGEMENT ASSESSMENT

Name: Blair Mercer

Date of *Self-Management Assessment* development: August 11, 2020

For the annual period from: August 2020 to August 2021

Name and title of person completing the review: Cortney Kelly, DC

Within the scope of services to this person, the license holder must assess, at a minimum, the areas included on this document. Additional information on self-management may be included per request of the person served and/or legal representative and case manager. The *Self-Management Assessment* will be completed by the company's designated staff person and will be done in consultation with the person and members of the support team.

The license holder will complete this assessment before the 45-day planning meeting and review it at the meeting. Within 20 working days of the 45-day meeting, dated signatures will be obtained from the person and/or legal representative and case manager to document the completion and approval of the *Self-Management Assessment*. At a minimum of annually, or within 30 days of a written request from the person and/or legal representative or case manager. This *Self-Management Assessment* will be reviewed by the support team or expanded support team as part of a service plan review and dated signatures obtained.

Assessments must be based on the person's status within the last 12 months at the time of service initiation. Assessments based on older information must be documented and justified.

The **general and health-specific supports and outcomes necessary or desired to support the person** based upon this assessment and the requirements of person centered planning and service delivery will be documented in the *CSSP Addendum*.

Health and medical needs to maintain or improve physical, mental, and emotional well-being

Assessment area	Is the person able to self-manage in this area?	Assessment - include information about the person that is descriptive of their overall strengths, functional skills and abilities, and behaviors or symptoms
Allergies (state specific allergies): N/A	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA - there are no allergies	<ul style="list-style-type: none"> N/A
Seizures (state specific seizure types): Seizure disorder	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA - no seizures	<ul style="list-style-type: none"> Strengths, Skills, & Abilities: Blair knows she has had seizures in the past and willing takes her daily seizure medication. Behaviors or Symptoms: Blair would need emergency medical support from others in the event of a seizure. Staff supports are required in this area according to the <i>CSSP Addendum</i>.

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Choking	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: Blair can chew and swallow most foods thoroughly. Blair can identify the need to cut up food and can ask for help when she needs it. • Behaviors or Symptoms: Some foods are difficult for Blair to cut up independently including meat and pizza crust. • Staff supports are required in this area according to the CSSP Addendum.
Special dietary needs (state specific need): N/A	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA – there are no special dietary needs	<ul style="list-style-type: none"> • N/A
Chronic medical conditions (state condition): N/A	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA – there are no chronic medical conditions	<ul style="list-style-type: none"> • N/A
Self-administration of medication or treatment orders	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: Blair can take medication that is handed to her. Blair understands the importance of medication to stay healthy. • Behaviors or Symptoms: Blair does not have the time or self-management skills to take medication independently consistently and correctly. • Staff supports are required in this area according to the CSSP Addendum.
Preventative screening	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: Blair willing attends appointments and understands they're important to staying healthy. Blair can answer simple health questions. • Behaviors or Symptoms: Blair does not have the skills to schedule and attend appointments alone. Blair cannot answer complex health questions or recall her health history. • Staff supports are required in this area according to the CSSP Addendum.
Medical and dental appointments	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: Blair willing attends appointments and understands they're important to staying healthy. Blair can answer simple health questions. • Behaviors or Symptoms: Blair does not have the skills to schedule and attend appointments alone. Blair cannot answer complex health questions or recall her health history. • Staff supports are required in this area according to the CSSP Addendum.
Other health and medical needs (state specific need):	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA	<ul style="list-style-type: none"> • N/A

PAI

Personal safety to avoid injury or accident in the service setting		
Assessment area	Is the person able to self-manage in this area?	Assessment – include information about the person that is descriptive of their overall strengths, functional skills and abilities, and behaviors or symptoms
Risk of falling (include the specific risk): N/A	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA – not at risk for falling	<ul style="list-style-type: none"> N/A
Mobility issues (include the specific issue): N/A	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA – there are no mobility issues	<ul style="list-style-type: none"> N/A
Regulating water temperature	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Strengths, Skills, & Abilities: Blair can identify a safe water temperature and can operate the faucet independently. No staff supports are required in this area.
Community survival skills	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> Strengths, Skills, & Abilities: Blair understands street safety rules and can follow them when she’s focused. Blair can ambulate independently and likes going out into the community. Blair can answer simple questions. Behaviors or Symptoms: Blair can become distracted and may not take proper caution around streets and cars. Blair may not be able to identify if a stranger is safe or not. Blair would not know her way around or how to get back home alone. Blair would not be able to give a detailed account or what happened or know who to ask for help from in the event of an emergency. Staff supports are required in this area according to the CSSP Addendum.
Water safety skills	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> Strengths, Skills, & Abilities: Blair knows to and can take extra caution around water when focused. Behaviors or Symptoms: Blair can become distracted and not take proper caution. Blair would not remember to wear a life jacket. Staff supports are required in this area according to the CSSP Addendum.
Sensory disabilities	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA	<ul style="list-style-type: none"> Strengths, Skills, & Abilities: Blair knows she needs glasses and can put them on herself. Behaviors or Symptoms: Blair may not always wash her glasses or be able to identify when her prescription needs to be updated. Staff supports are required in this area according to the CSSP Addendum.

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Other personal safety needs (state specific need): N/A	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA	• N/A
Symptoms or behavior that may otherwise result in an incident as defined in section 245D.02, subd. 11 clauses (4) to (7) or suspension or termination of services by the license holder, or other symptoms or behaviors that may jeopardize the health and safety of the person or others.		
Assessment area	Is the person able to self-manage in this area?	Assessment - include information about the person that is descriptive of their overall strengths, functional skills and abilities, and behaviors or symptoms
Self-injurious behaviors (state behavior): picking at skin and lips	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: Blair knows that she picks at her lips and skin and understands it can cause injury. Blair can stop if she distracts herself with something else. • Behaviors or Symptoms: Blair needs something else to occupy her hands to stop from picking and cannot independently identify this. • Staff supports are required in this area according to the CSSP Addendum.
Physical aggression/conduct (state behavior): wrist grabbing, kicking, pushing, & chasing	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: Blair knows that hurting others is inappropriate and can usually apologize after the fact. Blair can de-escalate with the necessary support. • Behaviors or Symptoms: Blair needs time and space to de-escalate. Blair needs 1:1 support from a trusted staff to process her feelings. • Staff supports are required in this area according to the CSSP Addendum.
Verbal/emotional aggression (state behavior): raising voice, yelling, crying	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: Blair knows proper etiquette and usually is polite with others and can express her concerns in an appropriate manner. • Behaviors or Symptoms: When Blair gets upset, Blair cannot appropriately communicate with others. Blair needs time and space to de-escalate. Blair needs 1:1 support from a trusted staff to process her feelings. • Staff supports are required in this area according to the CSSP Addendum.
Property destruction (state behavior): N/A	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA	• N/A
Suicidal ideations, thoughts, or attempts	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA	• N/A
Criminal or unlawful behavior	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA	• N/A
Mental or emotional health symptoms and crises (state	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA	• N/A

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diagnosis): N/A		
Unauthorized or unexplained absence from a program	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA	• N/A
An act or situation involving a person that requires the program to call 911, law enforcement or fire department	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA	• N/A
Other symptom or behavior (be specific): N/A	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA	• N/A