

**ABOUT ME****NATASHA POHL****Assessment Date:** 10/09/2020**Plan Dates:** 12/01/2020 to 11/30/2021**Developed by:** Emily Mwalye (651) 266-3758**Address:** 1999 Edgemont Street

Little Canada, MN 55117

**County:** Ramsey**Home:** (651) 776-1241**Work:** (651) 363-7815**Other:** (612) 676-3625**General Plan Notes:**

Joanna Karas/Case Manager: 651-728-2563

**Strengths and Talents:** Natasha is easy going, happy, and social. She has a good sense of humor and loves jokes and laughing

**Interests:** Natasha likes listening to music, watching movies, playing Trouble (board games with poppers), sleeping in on the weekends, supervising when staff are cooking/baking, hot tubbing, and camping

**Preferences:** Natasha prefers to go on outings with her parents every Saturday. Natasha prefers to "supervise" meal prep and housework

**Ambitions and Hopes:** To continue to be happy, healthy, and participate in activities that she enjoys

**What is important to Natasha:** Natasha's family is very important to her

**What is important for Natasha:** Continuing to have outings with her family is very important for Natasha's mental health and to prevent any behaviors

**What people like and admire about Natasha:** She is loving, has a good sense of humor, and is social

**Any pertinent social history:** Natasha lives in SLS home supported by New Directions and attends PAL day program

**What Natasha wants others to know about how to best work with her:** Natasha likes to have her hair brushed to calm down. Natasha's parents pick her up every Saturday for outings and that is very important to her

**PERSON INFORMATION**

Document ID: 746540

Print Date: 12/21/2020

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Date of Birth: 10/20/1979 Age: 41 yrs

**Emergency Contacts**

Name	Relationship	Phone
Dale Pohl	Guardian/Legal Representative	(651) 334-3952
Cindy Pohl	Guardian/Legal Representative	(612) 581-5625

**Notes/Comments**

**Decision Making Representatives**

Name	Type of Authority	Address	Phone
Dale and Cindy Pohl	Private Guardian	7089 Aberdeen Curve, Woodbury MN 55125	(651) 774-4703

**Notes/Comments**

**Health Insurance & Payers**

Is the person certified disabled by Social Security or through the State Medical Review Team (SMRT) process?  Yes  No

Medical Assistance	Type	Describe	Policy Number	Effective Date
		MA/DX		

**Notes/Comments**

**Providers**

Health Care Providers	Phone	Comments
Primary Physician	(651) 241-9700	Dr. Laura Gusa
Specialty Clinic	(651) 221-9051	Dr. Nadeem Iqbal/Neurologist
Specialty Clinic	(651) 636-9443	Dr. Lee Schuh/Physical Medicine
Specialty Clinic	(651) 254-7870	Dr. Sheridan/Endocrinologist

**Notes/Comments**

**WHAT'S IMPORTANT TO THE INDIVIDUAL**

**Goals related to how you want to live your life:**

**Quality of Life:** Mom/Guardian wants Natasha to be able to make decisions that are important to her, to be happy and to be herself.

**Activities of Daily Living:** It is important to Natasha to be as independent as she is able with her daily living tasks

**Short and Long-Term Goals**

Goal Statement	Target Date	Provider & NPI (if applicable)	Frequency of Reporting
Mom/Guardian wants Natasha to be able to make decisions that are important to her, to be happy and to be herself.	11/30/2020		Annual
Natasha will maintain her health and have her health needs met.	11/30/2020		Annual
Natasha will continue to have opportunities to travel with family and community outings.	11/30/2020		Annual
Natasha will maintain her housing.	11/30/2020		Annual
Natasha will continue to attend her day program.	11/30/2020		Annual
Natasha will be healthy and happy	11/30/2021		
Natasha will keep her daily routine as normal as possible	11/30/2021		

**Action Steps for Goals:**

### **What will the person do?**

Natasha will continue to work, cooperate, and participate in community and in-home supports to build and maintain all skills necessary to achieve her goals as recommended by her team and/or health care providers. Natasha will work with her family/provider(s) to achieve her global goals/dreams including being happy and healthy and she will maintain her daily routine to be as normal as possible.

### **What will the case manager do?**

Current case manager/supervisor will continue to coordinate supports with Natasha and ensure all her health and safety needs are met. Case Manager/Supervisor will contact the provider(s) on a regular basis to review progress towards goals/dreams and assist with any needed referrals and advocate on Natasha's behalf. Case Manager/Supervisor will follow up to see if Natasha is/has been working to achieve her global goals/dreams of being happy and healthy and she will maintain her daily routine to be as normal as possible

Case manager will complete annual reviews of service plans, assist Natasha in identifying potential providers, assist in accessing services, coordinate services, develop service plans, evaluate and monitor services that are in the service plan, and will provide options, resources, answer questions, authorize services, and discuss the service plan with Natasha and her team at least annually. The Case Manager will meet with Natasha at minimum every six months to discuss services, will coordinate with Natasha's team members, and communicate as needed throughout the service year.

### **What will others do?**

FAMILY: Family will provide informal supports/encouragement to assure Natasha's health and safety needs are met, as well as help her build and maintain all skills to meet her goals. They will work with the case manager/supervisor and the provider(s) to ensure they are working with Natasha on her global goals/dreams. Family will work with Natasha to encourage her to participate in activities that she enjoys in her home and in the community.

GUARDIAN(S): Guardian(s) will continue to exercise their powers and responsibilities, unless stated differently in the guardianship order of: establishing place of abode (residential); care, comfort and maintenance needs; personal property; medical care; contracts; exercise supervisory authority; and assure eligibility for government benefits. They will compete their annual filing responsibilities as mandated by the court. They will work with Natasha to build and maintain all skills to meet her goals and ensure all her health and safety needs are met. They will continue to provide ongoing encouragement and support to Natasha on working to achieve her global goals/dreams. They will work with the Case Manager/Supervisor and the provider(s) to ensure they are working with Natasha on her global goals/dreams.

REPRESENTATIVE PAYEE: Representative Payee will continue to assist with money management; assist with completion of all documents to maintain eligibility for state and federal benefit programs. They will work with Natasha with ongoing support/encouragement, the guardians, Case Manager/Supervisor and the provider(s) to ensure they are working with Natasha on her global goals/dreams.

### **What will the provider do?**

RESIDENTIAL PROVIDER: Residential Provider, New Directions, will continue to work with Natasha to build and maintain all skills to meet her goals and to ensure all her health and safety needs are met. Provider will work with Natasha to encourage/support on her global goals/dreams and be in regular contacts with the guardians and Case Manager/Supervisor on the progress of her goals/dreams. Staff will work with Natasha to help her work on her daily living tasks to ensure she is as independent as possible.

VOCATIONAL PROVIDER (DAY TRAINING AND HABILITATION/SUPPORTED EMPLOYMENT SERVICES): Vocational Provider, PAI, will continue to work with Natasha to build and maintain employment and vocational skills to meet her goals, and to ensure her health and safety needs are met during their scheduled time. Provider will work with Natasha to encourage/support on her global goals/dreams and be in regular contacts with the guardians and Case Manager/Supervisor on the progress of her goals/dreams. Staff will work with Natasha to her to work on different activities for her to engage in that she enjoys.

## SUMMARY OF NEEDS

**Quality of Life:** A bad day for Natasha is when she is grumpy and pouting. A good day for Natasha is when she is socializing, joking with her housemates, and her day is filled with laughter. A good day for Natasha is when her pain is under control/managed. A good day for Natasha is when she feels her opinions are being respected. Natasha likes listening to music, watching movies, playing Trouble (board games with poppers), sleeping in on the weekends, supervising when staff are cooking/baking, hot tubbing, and camping. Natasha enjoys going on family gatherings, going out to eat, going out for walks, CLEAR bingo night (on hold with COVID), camping with her parents, and visiting Texas to see her favorite Uncle. Natasha goes on outings every Saturday with her parents which is something she really enjoys. Natasha likes spending time with her family, housemates, her favorite Uncle, friends at school/PAl Linden.

**Personal Assistance:** Eating: Natasha is on a regular diet and can feed herself some finger foods if they are long and thin. Staff put the food on the spork and if she is in the mood, she will put it in her mouth. She is working on using a spork with a large handle and can drink out of a straw if staff hold the cup and make sure straw is far enough in her mouth and held steady. Staff cut up her food and provide continuous reminders to chew completely and not laugh while she has food in her mouth due to the possibility of choking. Bathing: Staff bathe Natasha using a roll in shower chair and hand-held nozzle. Natasha enjoys holding the hand-held nozzle. It is important to keep her warm or her arms will get stiff. She loves taking a shower and having her hair shampooed. Natasha likes to shower right before bed. Dressing: Natasha likes to pick out what she is going to wear for the day and staff then dress her. Grooming/hygiene: Staff assist and/or complete all grooming tasks for Natasha. She has been helping to hold the flosser and is able to brush the right side of her mouth if the toothbrush is positioned properly and she wants to participate. Toileting: Natasha wears briefs 24 hours a day and is checked every few hours to see if there is a need to change her during the day or night. Natasha will sometimes let staff know if she needs to be changed. Chuck pads are used on the bed overnight. Mobility: Natasha has a manual wheelchair with a headrest, belts and a customized seat which extends as her legs do not bend. She has bi-lateral dislocated hips. Natasha cannot operate her wheelchair and is propelled by staff. Positioning: Natasha can get from one side to her back when being changed but otherwise relies on staff to re-position her. She will let staff know when she wants to be re-positioned and they also observe/ask her to see if there is a need to move her. Natasha likes to be facing the door when in bed, so she can see who is coming. She has rails on her bed, pillow between her legs and pillow behind her back to assist with positioning her on her side. Natasha doesn't like to have a pillow under head. Transfers: Natasha needs a two person or Hoyer lift for all transfers.

**Home Management:** Medication Management: All of Natasha's medications are managed and administered by staff. Natasha can take her medications with milk or in yogurt. Her medications need to be crushed if the pills are large. Meal preparation: Natasha depends on her staff to plan and prepare all meals. Natasha prefers to observe and "supervise" meal preparation. Transportation: Natasha depends on family, SLS, or DTH for all her transportation needs. Natasha uses a van with a ramp and tie

downs. Housework: Staff complete all housekeeping and laundry tasks. Natasha likes to "supervise" or drop things on the floor, so staff has to pick them up. Telephone use: Natasha relies on others to make and receive calls on her behalf. If staff call for her, she will talk with her parents and other family members on the phone. She will also talk to her parents when they call her. Shopping: Natasha likes going to malls and accompanies her mother or staff on shopping trips to people watch but isn't otherwise interested in shopping. She enjoys watching what is going on around her in stores/malls. Her parents usually purchase her clothing. Finances: Natasha does not have any money management skills and relies on others to make purchases on her behalf and oversee her finances. Natasha is vulnerable to financial exploitation. Her mother is her rep payee and assures paperwork is completed to maintain benefit eligibility. Staff manage her personal needs money.

**Health Related/Medical:** Natasha's mom and staff indicated that she is in excellent general health, her chronic conditions are stable. Her diagnoses include: Profound Intellectual Disabilities; Spastic Diplegic Cerebral Palsy; Absence Epileptic Syndrome; Scoliosis. She also has bilateral dislocated hips. Natasha is prescribed medications for spasticity, constipation, GERD, and seizures. Natasha has a bowel program if no BM in 24 hours. Staff do range of motion exercises with her daily to keep her flexible. Natasha has been seizure free due over the last year. Natasha doesn't wear shoes due to overlapping toes.

**Cognitive and Behavior Supports:** Natasha will engage in SIB (self-biting/self-hitting), spitting or lashing out at others if angry, bored, attention seeking or doesn't get her way. She needs to be asked what is upsetting her and does better if things are explained to her ahead of time. Having her hair brushed also calms her down. Natasha is susceptible to victimization due to her cognitive and physical disabilities. Based on the Rule 185 Eligibility Determination Document completed by the case manager on 7/26/18, Natasha is diagnosed with Profound Intellectual Disabilities, Spastic diplegic cerebral palsy, Absence Epileptic Syndrome and Scoliosis. Most recent testing was completed on 10/26/01 by Jon Seibold, Psychologist at Bridgeview School.

**Personal Security:** Natasha is unable to protect herself and is susceptible to victimization. She needs a 24-hour plan of care with awake overnight staffing to assure her health and safety needs are met.

**Communications:** Vision: Natasha is visually impaired with no vision in her right eye. She can only use her mid-line to left visual field and compensates well without any glasses. Hearing: No concerns Communication: Natasha has an Accent 1000 but refuses to use it, preferring to verbally answer using "yes" and "no". She can follow one step instructions. Natasha has a switch control but chooses not to use it.

**Employment/Training/Skill Building:** Natasha attends PAI Linden and participates in their leisure, recreation and socialization programs. She has no desire to work. Natasha enjoys going to music therapy and participating in pet therapy. Natasha was not going to her day program this winter due to COVID-19. She recently returned and goes for 3 hours in mornings.

**Supportive Services:** Natasha lives in a SLS owned and operated by New Directions. She has lived there for 10 years with three other women, as well as all female staff. Her guardians are pleased with the care she receives and are not seeking any changes.

**Self-Direction:** Natasha's parents, who are also her guardians, assess all services, assuring they meet her needs.

**Caregiver/Parent Support:** no informal caregivers

## RECOMMENDED REFERRALS

No Data Found

## INFORMAL CAREGIVERS

Name	Caregiver Relationship	Lives with Person <input type="checkbox"/>	Caregiver Role	Type of Care <input type="checkbox"/> ADLs <input type="checkbox"/> IADLs <input type="checkbox"/> Habilitation <input type="checkbox"/> Community Access <input type="checkbox"/> Supervision <input type="checkbox"/> Social Interaction <input type="checkbox"/> Health & Medical
Notes/Comments				

## RISKS

### How will Health and Safety Issues be Addressed?

Natasha needs a 24-hour plan of care. Her current supports and services provide this level of care. She needs a guardian, rep payee and staff to help ensure basic needs are met. Guardian and support services work together to ensure Natasha's basic needs are met. She has an Intellectual Developmental Disability Case Manager that works with the team to ensure service needs are being met by providers. Her team works together to protect Natasha as a vulnerable adult.

## NEXT STEPS:

- You will work with an assessor or case manager to develop a Coordinated Services and Supports Plan for the public program you have chosen.
- We are waiting for:
- For help locating services and supports options in this Community Support Plan, these are resources you can contact:
  - [www.Minnesotahelp.info](http://www.Minnesotahelp.info)

- Disability Linkage Line® (Hub) 866-333-2466
- Senior LinkAge Line® (SLL) 800-333-2433
- Veterans Linkage Line™ (VLL) 888-546-5838

**Comments:**

If Natasha/Guardian would like any updates to her CSP, they will need to contact their case manager with all the necessary updates/changes/revisions/corrections. If updates needed to be made to other documents, Natasha/Guardian will work with their case manager/supervisor.

Natasha/Guardian will work with their Case Manager to create her CSSP.

If Natasha/Guardian has any conflict(s) with her provider(s)/team(s), she will work with them to learn how to address the conflict(s) and/or who to report the conflict(s) to.

All alternative housing and employment options were discussed during the reassessment. At this time Natasha/Guardian are not interested in making changes. Assessor covered all assistive technology that may help Natasha to maintain or improve her independence when going through each of the MNChoices domains.

