

ABOUT ME

TISHA L ROGOWSKI

Preferred Name: Tisha

Assessment Date: 03/17/2021

Plan Dates: 05/01/2021 to 04/30/2022

Developed by: Patty Peterson (651) 430-4166

Address: 3100 Perrot Ave

Afton, MN 55001

County: Washington

Home: (651) 426-3742

Other: (651) 600-6461

Work:

General Plan Notes:

This MnCHOICES Reassessment was completed by phone due to the COVID-19 emergency.

CASE MANAGER NAME AND PHONE NUMBER: Stephanie Brown, SW (651-275-7285)

PROGRAM(S): Developmental Disabilities (DD) Waiver

DATE CSP MAILED: 3-25-2021

STRENGTHS, ROUTINES, & DREAMS: Tisha is a very social, polite woman who appears to love people by expressing this when asked what is important to her, my staff, my friends, and my family. Tisha loves to have fun and does a great job letting her supports know what is important to her and what she wants to do with her life. She recently just restarted attending the day program at Circle of Friends at Boutwell's Landing. She attends Mondays through Fridays. Tisha has many strengths including her ability to socialize with everyone, wanting to participate and have fun with others and just laugh, caring for other peers, and her staff and family. Staff reports one of Tisha's routines is to listen to music on her iPad. She also likes to watch Golden Girls and dancing. When asked what her hopes and dreams are she stated, I don't know. Charlotte, her mom, feels Tisha's hopes and dreams would be to enjoy eating and be around people she loves.

SUPPORTS DISCUSSED: Tisha is very happy and loves where she lives and where she spends her days. Tisha and her Mom felt that things are going well and had no requests for changes.

PERSON INFORMATION

Date of Birth: 05/23/1981 **Age:** 39 yrs

Emergency Contacts

Name	Relationship	Phone
Charlotte Rogowski	Parent	(651) 600-4072
Angela Rackstraw	Sibling	(651) 330-6461

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Notes/Comments**Decision Making Representatives**

Name	Type of Authority	Address	Phone
Angela Rackstraw (sister)	Private Guardian	3141 North View Abbey, Woodbury, MN 55125	(651) 330-6461
Charlotte Rogowski	Representative Payee	10834 Ashley Lane, Woodbury, MN 55129	(651) 600-4072
Charlotte Rogowski (mom)	Private Guardian	10834 Ashley Lane, Woodbury, MN 55129	(651) 600-4072

Notes/Comments**Health Insurance & Payers**

Is the person certified disabled by Social Security or through the State Medical Review Team (SMART) process? Yes

Is the person on medical assistance? Yes

Type	Describe	Policy Number	Effective Date
Medical Assistance	MA Dx Disabled/No Sub-Type	03910377	05/01/2015
Medicare - Part A	Medicare A & B	6AA1DX5YT33	12/01/2008
Managed Care	UCare	Integrated...	09/01/2019

Notes/Comments

Tisha's financial worker with Washington County is Tasha Abrahamson: 651-275-7249.

Providers

Health Care Providers	Phone	Comments
Dentist	(651) 925-8400	Community Dental - Maplewood

Health Care Providers	Phone	Comments
Primary Physician	(651) 342-1039	Kelsey McFarlane, PA/Bluestone Physicans - Stillwater

Notes/Comments

Kelsey comes to Tisha's home for medical appointments.

WHAT'S IMPORTANT TO THE INDIVIDUAL

Goals related to how you want to live your life:

Quality of Life: Tisha has said, "My staff, freinds, and family". It is also very important to her to socialize and eat per Charlotte (her Mom).

Activities of Daily Living: It is important to Tisha to feel secure when she's receiving support with transferring; feeling insecure makes her anxious and makes transfers more difficult. Tisha wants to continue to work on transferring, as well as trusting the people who are supporting her during transfers. She also wants to be more independent with personal cares and is working on this with the supports in her home. Tisha wants to work on walking again. It is important to her to be able to use her commode in the privacy of her bedroom.

Instrumental Activities of Daily Living: It is important to eat good food.

Health: To continue to able to transfer, and eat safely.

Psychosocial: To have needs met and to be respected.

Memory & Cognition: To have fun with friends and staff.

Safety & Self-Preservation: To be safe at all times and have others to have help with self-preservation.

Sensory & Communication: It is important to Tisha that people take time to understand what she is saying, help her with her visual and hearing needs.

Employment, Volunteering & Training: Socializing and being with her friends is one of the most important things to Tisha. Tisha wants to continue to be able to ride the bus, to her day program, by herself so staff do not need to drive her.

Housing & Environment: Tisha's home and her staff are very important to her, she has no desire to move.

Self-Direction: It is important to Tisha that people support her and listen to her preferences.
Caregiver: Not applicable.

Short and Long-Term Goals

Goal Statement	Target Date	Provider & NPI (if applicable)	Frequency of Reporting
Tisha wants to continue to transfer safely with assistance of 1. She will continue to keep her strength by working with staff to keep up her strength.			every 6 months

Action Steps for Goals:

What will the person do?

Tisha will continue to identify and advocate for her own preferences, desires, wishes, dreams, identified outcomes, and things she wants to do with her life. Tisha will continue to partner with available formal and informal supports to achieve her goals and to do things she would like to do in and out of her home.

Tisha will continue to engage as she is able in her therapies to improve her swallowing, transfers, and mobility.

What will the case manager do? Tisha's case manager will provide ongoing support, encouragement, advocacy, coordination of services, and access to additional supports and resources, as available and appropriate, to support her preferences, needs, desires, and identified outcomes. Her case manager will continue to look for transportation options in her area.

What will others do? Tisha's mom and sister will provide ongoing support, encouragement, advocacy, coordination of services, and access to additional supports and resources, as available and appropriate, to support her preferences, needs, desires, and identified outcomes.

What will the provider do?

Tisha's home and day program providers will provide ongoing support, encouragement, advocacy, coordination of services, and access to additional supports and resources, as available and appropriate, to support her preferences, needs, desires, and identified outcomes.

Tisha's hope will help her engage in needed therapies to improve swallow, transfers and mobility. Group home will set up OT and PT and look at equipment to assist her.

SUMMARY OF NEEDS

Quality of Life: Tisha is a 40 year old who lives at Phoenix House in Afton. She has just restarted attending a day program at Boutwells. A good day for Tisha is when she gets to see her friends and socialize. She has described a bad day as when she has "bad transfers." Tisha loves to socialize and make friends. She also likes going for walks and to listen to all kinds of music. Tisha loves food, sleeping, and she loves to sing. She enjoys "rocking out" on her karaoke machine. She has also started to enjoy art and music therapy at the house. Tisha enjoys going out to eat, enjoys going bowling, and loves going to dances. She also enjoys spending time with her family, supports at her home, and friends at her day program.

Personal Assistance: Tisha is working on being more independent with personal cares, but still needs support with the following cares: **EATING:** Tisha is able to feed herself. She needs someone with her at all times when in the event that she should choke. Difficulty with choking seems to occur mostly when consuming liquids, particularly when she laughs, etc. She can have little sips of soda now and loves it! For this reason, Thick-It is added to liquids. She also needs her foods chopped into very small pieces. Tisha may ask others to feed her and may need more assistance when out to eat. She needs assistance cutting and buttering her food. **BATHING:** Tisha helps with showering by holding the hand-held shower head while staff complete soaping and rinsing. She also needs equipment to maximize safety. Tisha needs support with transferring into her rolling commode and into the shower, and with washing, rinsing, and drying. She has a rolling commode, a roll-in shower, and a hand-held shower head. **DRESSING:** Tisha is able to take her clothes off and can sometimes help with putting her shirt on. She is working to be more independent with this and tries every morning and evening to take her shirt on or off. She needs help with dressing and wears AFOs. Tisha got new AFOs this past year that fit really well and don't leave marks. **TOILETING:** Tisha tells staff when she needs to use the restroom. Tisha had a suprapubic catheter placed because she had some challenges with not urinating for extended periods of time. She uses the commode for bowel movements, and needs support transferring on and off her commode and assistance with peri -care. It is important to Tisha to be able to use her commode in the privacy of her bedroom. She is on birth control and does not have a menstrual cycle. **MOBILITY:** Tisha is not able to walk due to cerebral palsy, but is able to get around

independently with her power wheelchair. She has a history of unsafely driving her power wheelchair and at times using it to run into others, though this has not been an issue at all since moving to her new house. Tisha does have a "back-up" manual wheelchair at her mom's house. She has a bar in her room to stand and strengthen her legs. **POSITIONING:** Tisha is able to sit up in bed on her own, can reposition in bed, and is able to reposition herself using the tilt feature on her power chair. Tisha needs assistance being positioned in her wheelchair, something she reports can take a few tries. If she is in her manual chair, she may need more assistance with repositioning. Tisha has a queen-sized bed that allows her to raise and lower her head and feet. **TRANSFERRING:** Tisha has been doing well with transfers after having PT in the last year. Historically, Tisha had gotten very nervous during transfers and would not do pivot transfers if she is uncomfortable with certain people helping her. Now, she does a great job letting people know if she's not comfortable. Tisha is able to pivot transfer with the help of one person and a gait belt. **Home Management:** Tisha likes to help out with what she can, though needs support and assistance with home management and daily living tasks. **MEDICATION MANAGEMENT:** Tisha is familiar with her medications and why she takes them. Medications need to be given in apple sauce, or something of the like, and with water. **MEAL PREPARATION:** Tisha will let her supports know what she wants to eat for a meal and has helped with baking, mixing, and cleaning up in the past. Tisha likes baking and helps cook dinner and side dishes. She needs help with planning for and cooking all meals. **TRANSPORTATION:** Tisha is able to talk with the people who are driving her. She needs an adapted vehicle with a lift, and her home has 2 of these vehicles. Currently, Tisha's home supports are driving her to and from her day program following issues with her transportation not being consistent. She wants very much to be able to ride the bus to and from her day program by herself. **HOUSEWORK:** Tisha sometimes helps with cleaning her room and assists with cleaning up after meals. She also sometimes tries to help staff with laundry in the laundry room by picking up clothing and putting it in the washer or dryer. Staff are showing Tisha how to use these. She needs assistance with cleaning and laundry. **TELEPHONE USE:** Tisha will call her mom and sister on the phone. She has said she is able to answer the phone and will ask for help if she wants to make a phone call. Tisha needs support with dialing and answering the phone. She needs the phone to be accessible to her to be able to answer it. Due to speech difficulties, Tisha has difficulty communicating on the phone. Her supports at home are working to try to help her with being able to FaceTime or video call her family and friends. **SHOPPING:** Tisha likes to shop and likes to pick out the foods she enjoys eating. She needs support getting to the store, navigating the store, planning and budgeting, and making purchases. She goes shopping once a week with staff by herself and said she likes to go shopping at Walmart. **FINANCES:** Tisha understands that money has value. She does not understand denominations, how to budget, or the cost of things. Tisha's mom is her rep payee. Her supports in her home assist with the management and tracking of Tisha's personal needs money, as well as with transactions when making purchases. **Health Related/Medical:** Tisha's diagnoses include Cerebral Palsy, Mild Intellectual Disability, Anxiety, Arthritis (ankles), Osteoporosis, Seizure Disorder, and Cervical Dystonia Spasticity (involuntary turns of the head). Tisha's records document a seizure disorder diagnosis, however, her mom stressed that Tisha has never had seizure activity. As an infant, Tisha was placed on seizure medication after incidents where her eyes rolled into the back of her head. Her mom said actual seizure activity hasn't been proven; they've been referred to as "absence seizures" (or petite mal). Tisha's caregiver's had found that she reacts this way due to something she does not like so they have attributed this to a behavior. This behavior has disappeared since the staff have

communicated that this behavior is not acceptable. She has a history of kidney stones. Tisha sustained a hairline fracture in her R ankle in 2017 after she ran into a wall with her new electric wheelchair. Areas on her right ankles, from AFO's, have healed after AFO were adjusted. In the fall of 2017, Tisha had surgery to extend both of her achilles tendons. During this time, a scan was completed that discovered the benign mass in her neck. She had surgery to remove the mass in January of 2018. This was a 9 hour surgery as the mass had grown into nerves and tendons in her neck and face. In 2019, Tisha had a procedure to place a suprapubic catheter. Her suprapubic catheter is replaced every three weeks by homecare nursing, but she continues to have frequent urinary tract infection (UTI). Tisha needs someone with her at all times whenever eating, especially when consuming liquids due to her risk for choking. She needs Thick-It added to her liquids and her foods must be chopped into very small pieces. Tisha's team shared there are no new health issues or concerns. She has had several ER visits this past year due to UTI. She has not had any falls. She needs assistance with the coordination of routine, preventative, and other health care needs.

Cognitive and Behavior Supports: Tisha is a very happy, social, and outing person. She is able to use words to communicate, but because of cerebral palsy, this can be very difficult for her and can take a lot of time and Mom reports she is able to get her message across well. When she is trying to say something but is having a hard time getting it out, this can be frustrating and anxiety-producing for her. There is a history of Tisha expressing herself in ways that were documented as "behaviors" when she may be trying to express frustration, discomfort, or something she does not like. For example, "refusing" to transfer without a Hoyer may be more related to fear of transferring without one. Prior to moving to her current home, staff in her previous home reported Tisha would purposely drive her wheelchair into people or things, reporting things that were untrue, purposely going to the bathroom in her pants, and resisting the support of staff with personal cares or transfers. Since moving, these things have not occurred. Tisha needs her team to support her in a respectful way, take time to ensure clear and understood communication, as well as provide her with opportunities to do things she enjoys and engage socially. She has been doing great and her team reports there are no concerns. Tisha experiences daily anxiety, she is anxious about transferring, anything upcoming (appointments, camp, new places), and anything unknown. She has started back at the Day Program 5 days a week and loves it.; Tisha struggles with cognitive concerns and requires 24 hour supervision. She was diagnosed with cerebral palsy and mild intellectual disability. In December of 2010, Tisha received a full scale IQ of 54 and receives Rule 185 Developmental Disabilities (DD) case management and the DD waiver through Washington County. She has an Intellectual and Developmental Disabilities (IDD) case manager, Stephanie Brown. Tisha requires daily assistance to stay safe, healthy, and happy. Charlotte (Mom) and staff report Tisha has no issues or concerns with memory.

Personal Security: Tisha feels safe in her home and in her community. Tisha feels comfortable with staff and is encouraged to express herself when she is frustrated. Tisha reports she would call 911 to get help during an emergency. Tisha receives 24 hour supervision, including awake overnight supervision, and staff will access necessary assistance in the event of an emergency. There are no reports or concerns of abuse, neglect, or exploitation. Tisha has said she would "tell the staff" if she was being mistreated. Tisha loves her staff. Tisha is not physically or cognitively able to respond appropriately in a potentially harmful situation. Tisha requires a 24 hour plan of care that includes awake overnight staffing. Tisha needs the assistance of another person to participate in leisure and recreation activities. Tisha is at risk of self-neglect and is a vulnerable adult.

Communications: VISION & HEARING: Tisha's home reported that she got glasses in January of 2020 and really likes them. She has historically been really frustrated by glasses because they would slide down her face. There are no issues or concerns with hearing. **COMMUNICATION:** Due to cerebral palsy, Tisha has difficulty with articulation and her speech may be difficult for others to understand. She has worked really hard this past year doing speech therapy's recommendations which has improved her ability to communicate. If Tisha is getting anxious or frustrated when trying to talk, she may have more difficulty getting her words out. Tisha is able to comprehend conversational speech. Time needs to be given to ensure people are understanding what Tisha is trying to communicate, but, more importantly, that Tisha is given the opportunity to say what she is thinking, feeling, or what she wants or needs. **SENSORY:** No sensory diagnoses.

Employment/Training/Skill Building: Tisha graduated from Amarillo High School in Texas in 2003. Tisha goes to Boutwell's Landing's Circle of Friends adult day program Mondays through Fridays. She loves it! She has many friends there and gets to socialize every day, which is her favorite thing to do. Tisha enjoys doing all the fun stuff they have to offer, including movies, games, spending time with the residents at the assisted living, and cooking. Because of unreliable transportation, Tisha's staff are driving her to and from Circle of Friends every day (Monday thru Friday). She really wants to be able to ride the bus by herself. Tisha has a history of working at various day training & habilitation (DT&H) programs. She attended Chisago Lakes Achievement Center (CLAC) when living in Taylors Falls. She did not do much work there, but helped in the thrift store with putting things away and helped make items to sell for the thrift store and birdseed store. Tisha earned a very small income there. She is not interested in working as she is in hanging out with people. She has attended a program near her previous home that she does not want to go to again (Rise, formerly ESR). The most important thing Tisha wants to do is socialize and be with her friends. Her mom and sister (co-guardians) are not supportive of Tisha working because earning a small amount of income greatly affects her benefits. Tisha's assessor and IDD case manager will continue to offer support related to employment.

Supportive Services: Tisha moved to Phoenix Residence on February 2019; she is now close to family who live in Woodbury. She has 3 roommates in a beautiful home in Afton, MN. She loves her house and staff. Tisha likes her own private room. Tisha or family has no plans to move her out of this current setting.

Self-Direction: Tisha needs support with the direction of her care and services. Her mother and her sister, are her guardians, and provide supportive decision-making. Tisha is able to express her preferences about her supports and what she wants to do in her life.

Caregiver/Parent Support: Tisha's mom/guardian, Charlotte Rogowski, and her sister/guardian, Angela Rackstraw, are very involved in Tisha's life and support planning. They are very supportive and support Tisha to do the things she wants to do with her life. The caregiver interview was not completed as Tisha's primary caregivers are staff.

RECOMMENDED REFERRALS

Sensory & Communication: Referrals Needed: Other - None needed

INFORMAL CAREGIVERS

Name	Caregiver Relationship	Lives with Person	Caregiver Role	Type of Care
Angie Rackstraw	Guardian/Legal Representative	<input type="checkbox"/>	Secondary Caregiver	<input checked="" type="checkbox"/> ADLs <input checked="" type="checkbox"/> IADLs <input checked="" type="checkbox"/> Habituation <input checked="" type="checkbox"/> Community Access <input checked="" type="checkbox"/> Supervision <input checked="" type="checkbox"/> Social Interaction <input checked="" type="checkbox"/> Health & Medical
Charlotte Rogowski	Guardian/Legal Representative	<input type="checkbox"/>	Secondary Caregiver	<input checked="" type="checkbox"/> ADLs <input checked="" type="checkbox"/> IADLs <input checked="" type="checkbox"/> Habituation <input checked="" type="checkbox"/> Community Access <input checked="" type="checkbox"/> Supervision <input checked="" type="checkbox"/> Social Interaction <input checked="" type="checkbox"/> Health & Medical

Notes/Comments

RISKS

How will Health and Safety Issues be Addressed?

Tisha will continue to receive 24 hour support and assistance both formally (home and day program) and naturally (mom, sister, family and friends). She will continue to use needed supplies and equipment to maximize safety and independence, including an electric wheelchair, rolling commode, lift van, ramps, etc. Tisha's formal and informal supports will partner with her to ensure Tisha is safe, healthy, and happy and doing the things she wants to do with her life. Tisha's mom and sister will continue to provide supportive decision-making as guardians and her mom will continue to manage her finances as her representative payee.

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:

MnCHOICES Support Plan for: TISHA L ROGOWSKI

PMI: 03910377

- 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:

3/25/2021

