



**DEPARTMENT OF  
HUMAN SERVICES**

# Coordinated Services and Supports Plan (CSSP)

## ABOUT ME

**TISHA L ROGOWSKI**

**Preferred Name:** Tisha

**Assessment Date:** 03/17/2021

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

**Developed by:** Stephanie Brown (651) 275-7285

**Address:** 3100 Perrot Ave

Afton , MN 55001

**County:** Washington

**Home:** (651) 426-3742

**Other:** (651) 600-6461

**General Plan Notes:**

MnCHOICES Support Plan for: TISHA L ROGOWSKI

PMI: 03910377

**\*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. 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.

**CASE MANAGER UPDATE:** Meeting took place via zoom on 3/29/2021 due to COVID-19 emergency protocol. Tisha reports she loves her new day program and is not interested in moving. She would like to get out more to eat and attend some concerts this summer. Tisha has had some issues with her cath that will be addressed and would like to become more comfortable with transfers at her day program.

Plan mailed to Charlotte on 3/30/2021 and emailed to PAJ and Phoenix Residence.

## **PERSON INFORMATION**

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

### **Emergency Contacts**

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

**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 (SMRT) 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**

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Health Care Providers	Phone	Comments
Dentist	(651) 925-8400	Apple Tree- Mounds View
Primary Physician	(651) 342-1039	Kelsey McFarlane, PA/Bluestone Physicans - Stillwater
Other		Urology- Lakeview or U of M - Dr. Henly
Psychologist		Alicia Newman- Alina.

**Notes/Comments**

Kelsey comes to Tisha's home for medical appointments.

**WHAT'S IMPORTANT TO THE INDIVIDUAL****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
Tisha would like to attend Camp Wobeck in Wisconsin.	04/30/2022		
Tisha would like to go the Chinese buffet at Mongolian Barbeque	04/30/2022		

**Short and Long-Term Goals**

Goal Statement	Target Date	Provider & NPI (if applicable)	Frequency of Reporting
Tisha would like to do more arm exercises as her hands are tight.	04/30/2022	AFTON HOUSE -- A881692300	
Tisha would like to attend some music concerts	04/30/2022	AFTON HOUSE -- A881692300	

**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.

Tisha's mom will look into and sign her up for camp this summer pending COVID restrictions.

**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 home will help her engage in needed therapies to improve swallow, transfers and mobility. Phoenix Afton will help Tisha find additional hand exercises to work on at home. Afton will help her find some concerts to attend this summer and assist her in getting to eat at the Mongolian BBQ.

**SUMMARY OF PROGRAMS AND SERVICES**

<b>Program Type</b>	<b>Start Date</b>	<b>End Date</b>	<b>Annual Amount</b>	<b>Total Plan Cost</b>	<b>Avg Monthly</b>
Developmental Disability Waiver	05/01/2021	04/30/2022	\$0.00	\$176,697.78	\$14,724.82
<b>Case Manager/Care Coordinator</b> Stephanie Brown	<b>Case Manager/Care Coordinator Provider ID</b> a991643200		<b>Responsible Party Name</b>		
<b>Program Notes</b> Tisha will access the Developmental Disability waiver for case management, para-professional case management, community residential services , day services and transportation.					

<b>Service</b> Case Management - 15 Minutes						
<b>Start Date</b>	<b>End Date</b>	<b>Procedure Code</b>	<b>Frequency</b>	<b>Units</b>	<b>Rate</b>	<b>Avg Monthly Service</b>
05/01/2021	04/30/2022	T1016 UC		120	\$23.19	\$2,782.80
<b>NPI/UMPI</b> 1700969334	<b>Status</b> Approved	<b>Provider Name</b> WASHINGTON COUNTY COMMUNITY SERVICE		<b>Funding Source</b> DD Waiver	<b>County of Service</b> Washington	
<b>Areas of Need</b> Supportive Services						
<b>Support Instructions</b> Case manager will provide service planning, coordination and monitoring of services. Case manager will meet with Tisha at a minimum of two times per year. Case manager will update Coordinated Services and Supports Plan as much as requested/needed or when changes occur. Changes can be made by calling Stephanie Brown at 651-275-7285. 2.5 hours per month.						
<b>Service Notes</b> Minimum of two visits per year.						

<b>Service</b>						
Case Management Aide (Paraprofessional) - 15 Minutes						
<b>Start Date</b> 05/01/2021	<b>End Date</b> 04/30/2022	<b>Procedure Code</b> T1016 TF UC	<b>Frequency</b>	<b>Units</b> 60	<b>Rate</b> \$9.39	<b>Avg Monthly</b> \$46.95
<b>NPI/UMPI</b> 1700969334	<b>Status</b> Approved	<b>Provider Name</b> WASHINGTON COUNTY COMMUNITY SERVICE		<b>Funding Source</b> DD Waiver	<b>County of Service</b> Washington	
<b>Areas of Need</b>						
Supportive Services						
<b>Support Instructions</b>						
Paraprofessional case management will be authorized to assist in service agreement entry and any rate changes that may arise in a service year. Paraprofessional can also include transportation related funds authorized to a card. 1.25 hours per month.						
<b>Service Notes</b>						

<b>Service</b>						
Community Residential Services - Adult						
<b>Start Date</b>	<b>End Date</b>	<b>Procedure Code</b>	<b>Frequency</b>	<b>Units</b>	<b>Rate</b>	<b>Total Service</b>
05/01/2021	04/30/2022	S5140 UC U9		365	\$380.46	\$138,867.90
<b>NPI/UMPI</b>	<b>Status</b>	<b>Provider Name</b>	<b>Funding Source</b>	<b>County of Service</b>		
A881692300	Approved	AFTON HOUSE	DD Waiver	Washington		
<b>Areas of Need</b>						
Home Management, Self-Direction, Health Related/Medical, Personal Assistance, Communications, Cognitive and Behavior Supports, Quality of Life						
<b>Support Instructions</b>						
Staff will provide verbal and physical assistance to Tisha in the areas of dressing, grooming, toileting, bathing, eating, positioning, transfers and mobility. Tisha requires staff assistance for all medical needs. Staff should set up, transport, attend and follow up with any medical recommendations. Staff will order and administer medications. Tisha is able to participate with staff in some home management skills but would require staff to complete these skills in full capacity. Tisha requires support to go shopping, complete light and heavy household chores, complete laundry, prep meals and assistance with money management. Her mother is her Representative Payee and staff will track her petty spending. Tisha uses support for dialing and answering the phone. Tisha does require staff to transport in the community. Tisha requires a home that is accessible and relies on others to participate in leisure and recreational activities. Tisha does have anxiety and requires the support of staff to make sure she is safe and to assist in working through the anxiety before it leads to attention seeking behaviors. Tisha requires staff 24/7 and would need support in an emergency to make sure she is safe. She does have daily support.						
<b>Service Notes</b>						

<b>Service</b>						
Day Support Services - 15 Minutes						
<b>Start Date</b>	<b>End Date</b>	<b>Procedure Code</b>	<b>Frequency</b>	<b>Units</b>	<b>Rate</b>	<b>Total Service</b>
05/01/2021	04/30/2022	T2021 UC		5544	\$3.42	\$1,580.04 \$18,960.48
<b>NPI/UMPI</b> M784481600	<b>Status</b> Approved	<b>Provider Name</b> PHOENIX ALTERNATIVES INC		<b>Funding Source</b> DD Waiver		<b>County of Service</b> Washington
<b>Areas of Need</b> Quality of Life						
<b>Support Instructions</b> Tisha will attend PAI during the day to engage in leisure, recreational and social activities during her day. M-F for 6 hours per day. Staff will assist Tisha with personal cares around eating, mobility, transfers and toileting during her day.						
<b>Service Notes</b>						

Service						
Transportation - Per One Way Trip						
Start Date	End Date	Procedure Code	Frequency	Units	Rate	Total Service
05/01/2021	04/30/2022	T2003 UC		504	\$30.80	\$15,523.20
NPI/UMPI	Status	Provider Name	Funding Source	County of Service		
M784481600	Approved	PHOENIX ALTERNATIVES INC	DD Waiver	Washington		
Areas of Need						
Supportive Services						
Support Instructions						
2 rides per day. COVID transportation rate 30.80. . Precovid rate is 21.25						
Service Notes						

**RISKS**  
**How will Health and Safety Issues be Addressed?**

Tisha will continue to receive 24 hour awake support and assistance both formally (home and day program) and naturally (mom, sister, family and friends). Tisha requires prompts and hand over hand assist for all personal cares and household tasks. Staff will assist with these areas as well as setting up and attending medical appointments and medication administration. Staff will assist Tisha in accessing the community and providing supervision. Staff will assist Tisha in making phone calls and using the phone to stay connected with others. 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 is vulnerable in the event of an emergency or to maltreatment and abuse. Staff will assist Tisha for safety and ensure she

is not being harmed.

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.

The following table documents and acknowledges any risks that exist based on identified remaining needs above.

Identified risk and choice regarding services	Negative outcome that may result	Alternative measure that may be implemented
No identified risk		

**Summary plan/agreement reached to address the identified risks:**

**Emergency & Back Up Plans**

**Plan for unforeseen events (e.g, weather, storms, power outages)**

Phoenix will provide a plan for unforeseen events. The home does have a generator so if power is lost they will not have to leave the residence. If the residence was inhabitable they would stay in a hotel.

Key Contact Name	Relationship	Phone Number
Carol Metzger	Program Manager	(651) 245-5386
Kaylee Larson	Asst. Program Director	(651) 263-9845

**Plan for emergency health events**

Tisha's guardians' will be responsible for medical decision's but give Phoenix permission to act in an emergency. She would

access Regions Hospital in the event of a medical emergency.

Key Contact Name	Relationship	Phone Number
Charlotte Rogowski	Guardian/Mother	(651) 600-4072
Angela Rackstraw	Guardian/Sister	(651) 330-6461

**Plan for unavailable staffing that puts the person at risk**

Phoenix will have a plan for if staff do not show for a shift and will not leave consumers unattended without staffing.

Key Contact Name	Relationship	Phone Number
Kaylee Larson	Program Manager	
Carol Metzger	Team Lead	(651) 245-5386