

SELF-MANAGEMENT ASSESSMENT

Name: Roland Missling

Date of *Self-Management Assessment* development: April 2, 2021

For the annual period from: February 2021 to February 2022

Name and title of person completing the review: Cortney Kelly, Program Supervisor/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): Penicillin & Sulfa	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA – there are no allergies	<ul style="list-style-type: none"> Strengths, Skills, & Abilities: Roland knows what he is allergic to. Roland knows the importance of wearing his medical ID bracelet and remembers to do so independently. Behaviors or Symptoms: Roland trusts his medication allergies are known and followed by doctors so he may not voice his allergies or know if he was prescribed something incorrect. Staff supports are required in this area according to the CSSP Addendum.

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<p>Seizures (state specific seizure types): Seizure disorder</p>	<p><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA – no seizures</p>	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: Roland knows and understand he has a seizure disorder, but hasn't had one in years. Roland takes medication daily. Roland knows the importance of wearing his medical ID bracelet and remembers to do so independently. • Behaviors or Symptoms: Roland needs help managing his medication. Roland does not have the skills to schedule medical appointments. • Staff supports are required in this area according to the CSSP Addendum.
<p>Choking</p>	<p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p>	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: Roland is able to chew thoroughly and swallow food independently. • No staff supports are required in this area.
<p>Special dietary needs (state specific need): Diabetes</p>	<p><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA – there are no special dietary needs</p>	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: Roland understand he has diabetes and has knowledge about the possible side effects of not following a healthy diet. Roland can pack his own food and carries money on him to make independent food purchases. • Behaviors or Symptoms: Roland does not have a strong impulse control when it comes to avoiding junk food. Roland chooses to eat whatever to wants, including high fat and high salt foods, even though it may impact his health negatively. • Staff supports are required in this area according to the CSSP Addendum.
<p>Chronic medical conditions (state condition): Prone to Blood Clots, Diabetes</p>	<p><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA – there are no chronic medical conditions</p>	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: Roland knows he has surgery, when a Vena Cava filter was implanted to control pulmonary embolism, which places him at risk of blood clots. Roland understand he has diabetes and has knowledge about the possible side effects of not following a healthy diet. Roland can pack his own food and carries money on him to make independent food purchases. • Behaviors or Symptoms: Roland does not have a strong impulse control when it comes to avoiding junk food. Roland chooses to eat whatever to wants, including high fat and high salt foods, even though it may impact his health negatively. • Staff supports are required in this area according to the CSSP Addendum.
<p>Self-administration of medication or treatment orders</p>	<p><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p>	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: Roland understands the importance of taking medication to stay healthy. Roland can take the correct medication and dose when handed to him. • Behaviors or Symptoms: Roland has taken medication in excess before (pain medications and insulin), understanding that it was more than prescribed but doing it anyway for a desired effect. • Staff supports are required in this area according to the CSSP Addendum.

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Preventative screening	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> Strengths, Skills, & Abilities: Roland understand the importance of attending medical appointments. Roland can answer questions about his health and express his concerns. Behaviors or Symptoms: Roland does not have the time or self-management skills to schedule and attend appointments independently. 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: Roland understand the importance of attending medical appointments. Roland can answer questions about his health and express his concerns. Behaviors or Symptoms: Roland does not have the time or self-management skills to schedule and attend appointments independently. Staff supports are required in this area according to the CSSP Addendum.
Other health and medical needs (state specific need): N/A	N/A	<ul style="list-style-type: none"> N/A
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): Swelling in lower extremities, knee pain, decreases balance	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA – not at risk for falling	<ul style="list-style-type: none"> Strengths, Skills, & Abilities: Roland knows he is at risk of falling and can use his walker independently to get around. Behaviors or Symptoms: Roland’s balance has decreased with time due to increased swelling in his lower extremities and increased knee pain. Roland may slip and fall and not be able to catch himself on slippery or uneven terrain. Staff supports are required in this area according to the CSSP Addendum.
Mobility issues (include the specific issue): Walker used	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA – there are no mobility issues	<ul style="list-style-type: none"> Strengths, Skills, & Abilities: Roland knows he is at risk of falling and can use his walker independently to get around. Behaviors or Symptoms: Roland’s balance has decreased with time due to increased swelling in his lower extremities and increased knee pain. Roland may slip and fall and not be able to catch himself on slippery or uneven terrain. Staff supports are required in this area according to the CSSP Addendum.
Regulating water temperature	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Strengths, Skills, & Abilities: Roland can detect a safe temperature of water to use and can adjust the temperature independently. No staff supports are required in this area.

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Community survival skills	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> Strengths, Skills, & Abilities: Roland knows and follows stranger safety rules and street safety. Roland can ambulate with his walker on even terrain. Roland can carry money on him and make purchases. Roland would likely know who to contact in an emergency and could dial a phone or verbally ask for help in person. Behaviors or Symptoms: Roland uses a walker and is at risk of falling on slippery or uneven terrain and not being able to get back up. Roland does not have good impulse control when it comes to junk food, and would likely not make good food choices on his own. Staff supports are required in this area according to the CSSP Addendum.
Water safety skills	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Strengths, Skills, & Abilities: Roland exercises proper caution around large bodies of water. No staff supports are required in this area.
Sensory disabilities	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> NA	<ul style="list-style-type: none"> Strengths, Skills, & Abilities: Roland wears glasses to correct his vision and can put them on and care for them himself. Roland can vocalize to staff when his vision is getting worse and he needs it checked. No staff supports are required in this area.
Other personal safety needs (state specific need): N/A	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA	<ul style="list-style-type: none"> 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): N/A	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA	<ul style="list-style-type: none"> N/A
Physical aggression/conduct (state behavior): Raising his voice, teasing and calling others names	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA	<ul style="list-style-type: none"> Strengths, Skills, & Abilities: Roland knows and uses social skills effectively in most situations. Roland knows appropriate language. Behaviors or Symptoms: When Roland is annoyed, Roland may raise his voice, call others names, and tease others. Staff supports are required in this area according to the CSSP Addendum.
Verbal/emotional aggression (state behavior): N/A	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA	<ul style="list-style-type: none"> N/A
Property destruction (state behavior): N/A	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA	<ul style="list-style-type: none"> N/A

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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 diagnosis): N/A	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA	• 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