

ABOUT ME

KATHRYN L SAUTER

Preferred Name: Katie

Assessment Date: 09/25/2020

Plan Dates: 11/01/2020 to 10/31/2021

Developed by: Mai Xiong (651) 430-6610

Address: 201 BOUTWELL PI

STILLWATER, MN 55082-4520

County: Washington

Home: (612) 567-1201

Work:

Other: (651) 454-7754

General Plan Notes:

CASE MANAGER NAME AND PHONE NUMBER: Paula Maxson (Thomas Allen Inc.) - 651-789 5177

PROGRAM(S): Developmental Disabilities (DD) Waiver

DATE THIS DOCUMENT WAS MAILED: September 30th 2020

STRENGTHS, ROUTINES, & DREAMS: Kathryn is a happy 35 year old who lives in ACR corporate foster home in Stillwater. Kathryn's strength is that she is happy and enjoys listening to music. Another strength is that she is non-verbal but able to communicate her wants and needs. Kathryn will let her opinion be known and will stick with it. She likes to sit in her recliner and spend time with staff. Kathryn loves taking bubble baths and going out for brunch. Spending time with her family and getting to see them is really important to Kathryn. Having time to rest is also important to her. Due to Covid 19, Kathryn no longer goes to her day program PAI full days. Instead Kathryn goes to PAI five a days a week half days. She leaves the home around 12 pm and gets home around 4pm. Kathryn enjoys spending more time at home. Kathryn hopes to attend more concerts.

SUPPORTS DISCUSSED: Kathryn's Mnchoice reassessment was completed through phone due to Covid 19 health emergency. Kathryn is currently working on pressing the play button on her Ipad to listen to music. Kathryn's guardians and team request no change at this time.

PERSON INFORMATION

Date of Birth: 06/29/1985 **Age:** 35 yrs

Emergency Contacts

Name	Relationship	Phone
Gerald and Betty Sauter, Parents	Guardian/Legal Representative	(651) 454-7754

Notes/Comments

Decision Making Representatives

Name	Type of Authority	Address	Phone
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Name	Type of Authority	Address	Phone
Gerald and Betty Sauter, Parents	Private Guardian	750 Hackmore Drive, Eagan MN 55123	(651) 454-7754

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	DX Disabled/No Sub Type	01118714	07/01/2006

Notes/Comments

Providers

Health Care Providers	Phone	Comments
Specialty Clinic	(651) 221-9051	Dr. Callaghan, Neurologist
Psychiatrist	(651) 289-7300	Dr. Schwieters, Psychiatrist
Primary Physician	(651) 342-1039	Heather Pett-Taylor, Bluestone Physicians

Notes/Comments

WHAT'S IMPORTANT TO THE INDIVIDUAL

Goals related to how you want to live your life:

Quality of Life: Kathryn (Katie) is not able to express her values because of her cognitive and language delays. Her parents want Katie to be safe, healthy and happy. They want her to have a safe place to live and activities that will keep her busy and happy.

Activities of Daily Living: Kathryn is not able to state her goals due to her cognitive and language impairments. Her parents would like Kathryn to continue to receive all of the assistance she requires to be able to complete her personal cares. They would also like her to maintain as much strength in her legs as possible so continuing the walker training is important.

Instrumental Activities of Daily Living: Kathryn's parents want her to receive whatever supports she needs to be happy and healthy. Katie likes to be active and go on outings with staff.

Health: Kathryn's parents want to keep her as healthy as possible so that she can enjoy her life. Katie is unable to verbalize if she's not feeling well so it's important for her staff to observe her closely for any signs. If Katie starts having seizures that's typically a sign that something is not right.

Psychosocial: Kathryn's parents want her to have the support she needs to keep her safe from abuse or neglect. Katie likes to hold onto beads and listen to music to calm her. If the house is very loud or noisy, she may want a break and some down time in her bedroom.

Memory & Cognition: Kathryn's parents just want Kathryn to be happy and healthy.

Safety & Self-Preservation: Kathryn's parents just want Kathryn to live in a safe and secure environment with staff that will keep watch over her.

Sensory & Communication: Kathryn's parents just want Kathryn to live in a safe and secure environment with staff that will keep watch over her. Katie is hypersensitive to loud sounds. If the house is noisy, she may prefer to take a break and have some quiet time in her room.

Employment, Volunteering & Training: Kathryn's parents want Kathryn to be involved in activities that make her happy and they don't believe that either work, volunteering, or education fit that goal.

Housing & Environment: Kathryn's parents want her to stay at her current house. Katie has been in her home with several of the same residents for many years. It's important for her to have consistent care and knowledgeable staff that interact well with her.

Self-Direction: Kathryn's parents are her legal guardians. They are very involved in guiding and directing her care. They want Katie to be happy and healthy and for Katie to live in a safe and secure environment with staff that will keep watch over her.

Caregiver: Kathryn's parents want Katie to be happy and healthy. Their wish is for Katie to live in a safe and secure environment with staff that will keep watch over her.

Short and Long-Term Goals

Goal Statement	Target Date	Provider & NPI (if applicable)	Frequency of Reporting
Kathryn would like to go to a concert.	10/31/2021		As determined by the team
Kathryn is working on pressing the play button on her Ipad to listen to music.	10/31/2021		As determined by the team

Action Steps for Goals:**What will the person do?**

Kathryn will do her best to express interests in goals or services with their team that would be most beneficial. She will also participate in her goals and let caregivers know when they need extra assistance to the best of her ability.

What will the case manager do?

Case manager will assure that Kathryn is included in the choice of her goals and that they were explained in a way that she could understand. Case manager will continue to coordinate and monitor services and providers to help Kathryn achieve her goals. They will also review goals regarding walking daily, attend Mama Mia, go to summer camp and choice making to plan her day. Case manager will also monitor progress every 6 months. Case manager will be available to schedule meetings with Kathryn and her team as needed to review progress and goals, make adjustments to the plan or services, or resolve any conflicts and disagreements.

What will others do?

Betty and Gerald will encourage Kathryn to participate and achieve her goals. Kathryn's parents will keep in close contact with Kathryn and help her to maintain relationships with other family members. They will also have open communication with Kathryn's team to advocate on her behalf.

What will the provider do?

ACR will set up opportunities and provide supports for Kathryn to achieve her goals regarding walking daily, attend Mama Mia, go to summer camp and choice making to plan her day. They will monitor progress and update team as specified.

PAI will set up opportunities and provide supports for Kathryn to achieve her goals regarding walking daily and choice making to plan her day. They will monitor progress and update team as specified.

ACR and PAI will have open communication with Kathryn's team to advocate on her behalf.

SUMMARY OF NEEDS

Quality of Life: A bad day for Kathryn (Katie) is when she's not feeling well or when an illness causes an increase in seizures.

She may also have a bad day when she is tired and upset. A good day for Katie is when she's going out for coffee & doing fun activities such as church, concerts, musicals & Twins games. Katie loves listening to music and dancing. She likes to keep her hand busy by holding beaded necklaces. Katie enjoys listening to music and dancing. She likes to go out for coffee & enjoys concerts, watching musicals or going to Twins Games. She likes to go on trips. She went to see Elf and plans on seeing Mama Mia this year. Katie likes to go swimming. She enjoys going to church & listening to their music. Katie spends most of her time with her staff at the group home and with her roommates. She also visits with her parents regularly. Katie will continue to live at her current residence and will continue to attend PAI for rec/leisure activities.

Personal Assistance: Kathryn needs assistance with all of her activities of daily living. **EATING:** Kathryn is offered breakfast. She's able to eat finger feeds and boost offered to her three times a day. Currently Kathryn is not doing any supplement through tube feeding at this time. Kathryn doesn't eat all of her meals that is prepared for her but she is doing okay. Kathryn is back in her weight range that they want her to be. Kathryn uses sippy cup to drink. Kathryn needs heavy physical assistance while eating. She is able to finger feed herself some food but not enough to get a complete diet. **BATHING:** Kathryn requires total assistance with bathing including assistance transferring into and out of the bathtub. She is unable to bathe by herself without supports. Kathryn is unable to assist in bathing. However Kathryn is cooperative and loves bubble baths. **DRESSING:** Kathryn requires total assistance with dressing and undressing herself. Kathryn cannot dress herself independently. If a pullover shirt is placed over her head with her arms in the holes, Kathryn is able to pull her shirt down. She will also put her arms into her coat if you hold it in front of her. She needs assistance with getting her socks and shoes on and with choosing her clothes. **PERSONAL HYGIENE/GROOMING:** Kathryn requires total assistance with all areas of grooming as she doesn't seem to be aware of her grooming needs. Staff brush her hair and teeth, wash her face and hands, shave her legs and underarms, and help her with any menses care that she has. Staff also trim Kathryn's nails for her. **TOILET USE/CONTINENCE:** Kathryn is incontinent and does not have any continuous control over her elimination. As such, she is diapered at all times and changed every one and a half hours in the day and every two hours by her staff at night. Kathryn also needs assistance with cleaning herself when her diapers are changed. **MOBILITY:** Kathryn is able to

ambulate around her home with a walker, assisted by a staff member who walks in back of the walker helping to balance and propel it. Kathryn's endurance is not great enough to allow her to use the walker in the community so she uses a Manuel wheel air with staff pushing her. Kathryn wears AFOs on her legs to keep them in line. Kathryn has been a lot better with her walking this year than compared to in the past. **POSITIONING:** Kathryn requires physical assistance to reposition herself as she is not able or aware of her repositioning needs. Staff at her home and day program reposition her every one and a half hours to two hours where ever she is at (wheelchair, bed, chair) or more often if it is needed. This includes repositioning during the overnight hours at least 3-4 times. **TRANSFERS:** Kathryn needs total assistance with transfers as she is not able to hold any weight on her legs without having something like a walker to grab onto. Her current home has a ceiling lift system that allows them to move Kathryn between her bedroom and bathroom and they use this system for all transfers occurring in those two rooms. At times, Kathryn may be able to walk if it is a short distance. If they are transferring anywhere else, they use a two person transfer whenever possible.

Home Management: Kathryn needs assistance with all of her home management tasks. **MEDICATION MANAGEMENT:** Kathryn requires total assistance with medication management and administration. The staff at her home hold onto all of Kathryn's medications and prepare each dosage per Kathryn's doctor's orders. They then crush up all the pills and administer them to Kathryn via her G-tube as part of her liquid feeding. Kathryn's staff also take care of reordering medications as needed. **MEAL PREPARATION:** Kathryn requires total assistance with all facets of meal preparation. Staff at her home come up with a menu plan for meals; Kathryn is not able to give any input in these plans due to her cognitive and language impairments. Staff also prepare all food for Kathryn. She is able to stir stuff in a bowl with heavy hand-over-hand assistance. Occasionally when staff are baking, Kathryn likes to hang out in the kitchen. **TRANSPORTATION:** Kathryn is not able to ride either public transportation or para-transportation without staff accompanying her due to her cognitive impairments. At this moment, the staff at Kathryn's home transport Kathryn to wherever she needs to go. **HOUSEWORK:** Kathryn requires total assistance with all household tasks as she is not aware of the need for this activity. She can assist with some of the light housekeeping with heavy hand over hand assistance but for the most part staff does all the tasks. **TELEPHONE USE:** Kathryn does not use the telephone due to her language impairments. **SHOPPING:** Kathryn is able to go to the store with her staff however she isn't able to help at all with the shopping. If given something light to carry, she may hold on to it or she may drop it when she loses interest in it. She has no concept of money and so is not safe handling any amount of money herself. Kathryn likes going shopping. **FINANCES:** Kathryn has no concept of money and needs assistance with all facets of finances. Currently the company that runs her home, ACR Homes, Inc., is the rep payee for Kathryn's SSI benefits. They make sure her room and board charge is paid and they help Kathryn budget her personal needs money so it lasts through the month. Kathryn's parents are her guardians and take care of all other financial matters. ACR Homes also completes all forms required for Kathryn's MA and SSI benefits.

Health Related/Medical: Kathryn's health was rated as good. Kathryn is diagnosed with severe intellectual disabilities, cerebral palsy, other epilepsy, and Autism. She has not been hospitalized or to the emergency room this past year. Staff at Kathryn's home and day program will work with her doctors to keep Kathryn as healthy as possible. They will deliver medications as ordered by the doctor and will follow up on any orders given by the doctor. Kathryn has not had any recent seizures. Kathryn has her vitals taken every day at bedtime and gets weighed on a monthly basis as well. She receives daily treatments to soften her stool and prevent

consipation. Kathryn's staff at her home perform range of motions exercises with Kathryn daily to prevent contracture of her arms and legs. Kathryn is also in her stander. She is currently not receiving any therapy at this time.

Cognitive and Behavior Supports: Kathryn needs 24 hours per day staffing to ensure her safety and well-being. Kathryn will engage in hand biting or hitting herself when she is frustrated or not feeling well. If she were not on her medications, this behavior would be constant and require immediate physical intervention to prevent her from hurting herself. Kathryn would cry and scream usually when she is upset. Kathryn has broken a few plates in the past. If she doesn't want to eat she will throw her plate right in front of her and it will break. Now Kathryn is using plastic plates. Kathryn is very vulnerable to all forms of abuse and neglect due to her physical and cognitive impairments. She is not able to protect herself and not able to report the abuse to anyone so her staff must be on guard at all times for any signs of abuse. Kathryn is not a behavioral person by nature but she can be self-injurious under the right circumstances. She is very vulnerable due to her physical and cognitive impairments.; Kathryn has been diagnosed with Severe Intellectual Disabilities. She meets the criteria & is eligible for the DD Waiver and Rule 185 Case Management Services through Dakota County Community Services. Katie requires a 24 hour plan of care. Katie engages in self-injurious behaviors due to her cognitive impairments and requires staff intervention to prevent her from injuring herself. Kathryn is not able to respond to the questions in this test. Kathryn's parents just want Kathryn to be happy and healthy.

Personal Security: Katie requires a 24 hour plan of care. She requires total assistance and relies on others for her health, safety, and self preservation. Kathryn's staff must be aware of her physical condition and note any signs of potential abuse or neglect. Kathryn is not able to respond to any form of abuse or neglect because of her cognitive impairments and she would not be able to report the abuse to anyone because of her language impairments.

Communications: VISION: Kathryn had surgery to correct the Nystagmus. However it is not certain what affect that surgery had on her eyes because she is not able to take the standard eye test to figure out what she is and isn't seeing. There are no new concerns with Kathryn's vision. **HEARING:** Kathryn is not able to respond to the standard hearing test but her staff have not noted any issues with her hearing. **FUNCTIONAL COMMUNICATION:** Kathryn does not have any functional communication skills. She has no expressive communication ability that this assessor noted and because of this it is not possible to judge her receptive language skills. She will respond to some verbal prompts given by her staff; however, it is uncertain whether she is understanding the prompt or just responding to the staff physical interaction. She received speech therapy while she was in school but they were not successful in finding a communication device that Kathryn could use to communicate. **SENSORY INTEGRATION:** Kathryn has some sensory issues related to her autism diagnosis. She is hypersensitive to sound. **SUPPORTS NEEDED:** Kathryn requires 24 hour staffing to support and protect her from any health, safety or emergency situations.

Employment/Training/Skill Building: Kathryn attends Phoenix Alternatives Incorporation for DT & H programming. She has been attending their program for many years. Kathryn used to attend four full days a week but due to Covid 19 Kathryn has been going all fives day for half day. Kathryn leaves around 11:45 and gets home around 4pm. Kathryn appears to be happy there and her guardians would like her to continue attending her day program for rec/leisure activities. There are no concerns about Kathryn's current activities at her day program. Kathryn is also appears to be happier that she gets to be home more often. Kathryn has no history of work or volunteer activities. Kathryn's cognitive and physical impairments make working risky because of the level of

support that would be needed to keep her safe. Kathryn's parents are not interested in having her look for work. For her part, Kathryn was unable to express her preference in this matter

Supportive Services: Kathryn is not able to respond to these questions regarding her housing preferences. Kathryn lives in an ACR group home. She has lived in the home since 1998 and everything has been positive. She has been together with many of her housemates for as long as she's lived there. Kathryn lives in a beautiful home. She appears to be happy and content there. She is happiest with she is at home and Kathryn shows this by dancing with her hands and squealing with excitement. Kathryn is well taken care of by staff. They know her well and can anticipate her needs. Kathryn and her guardian are happy with her services there and do not have a desire to move her at this time.

Self-Direction: Kathryn requires 24 hour staffing to support and protect her from any health, safety or emergency situations. Her guardians make decisions regarding her care and finances. They are very involved in guiding and directing her care. They want Katie to be happy and healthy and for Katie to live in a safe and secure environment with staff that will keep watch over her.

Caregiver/Parent Support: Kathryn requires 24 hour staffing to support and protect her from any health, safety or emergency situations. Her guardians make decisions regarding her care and finances. Kathryn's parents want Katie to be happy and healthy. Their wish is for Katie to live in a safe and secure environment with staff that will keep watch over her.

9/30/2020

RECOMMENDED REFERRALS

No Data Found

INFORMAL CAREGIVERS

Name	Caregiver Relationship	Lives with Person	Caregiver Role	Type of Care
		<input type="checkbox"/>		<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?

Katie has a 24 hour plan of care to address health & safety risks with her functioning at home, at work and in the community. Katie needs services designed to assist her with acquiring, retaining and improving the self-help, socialization and adaptation skills necessary to successfully reside in her home and community.

Katie is not capable of self preservation. It is not safe for her to be alone at home, at work, and in the community. She requires total assistance and supervision to remain safe in her home and in the community.

Katie's parents are her legal guardians. They are strong advocates for Katie's health and safety needs.

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

Comments:

