

SELF-MANAGEMENT ASSESSMENT

Name: Teresa Turbes

Date of *Self-Management Assessment* development: 6.7.2021 For the annual period from: June 2021 to June 2022

Name and title of person completing the review: Emily Elsenpeter, Designated Coordinator

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
<p>Allergies: Alpha 2 Agonist, Amoxicillin, Carbamates, Cephalosporin, Cyclobenzaprine, Dantrolene, Epinephrine, Keflex, Scented</p>	<p><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA – there are no allergies</p>	<ul style="list-style-type: none"> Strengths, Skills, & Abilities: It is unknown if Teresa has functional awareness in this area. She is accepting of supports in managing her allergies. Behaviors or Symptoms: Previous reactions to these medications are not known, but exposure could cause adverse reactions including but not limited to rash, hives and respiratory distress. Scented lotions may cause skin irritation leading her to scratching her skin.

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Lotion, Orphenadrine, Penicillin, Succinylcholine		<ul style="list-style-type: none"> Staff supports are required in this area according to the CSSP Addendum.
Seizures (state specific seizure types): N/A	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA – no seizures	<ul style="list-style-type: none"> N/A
Choking	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> Strengths, Skills, & Abilities: Teresa is accepting of support to eat her meals and of a modified diet. It is unknown if she has functional awareness in this area. Behaviors or Symptoms: Teresa is not able to chew her food, which increases her potential for choking. Teresa receives full physical assistance while eating a modified diet. Staff supports are required in this area according to the CSSP Addendum.
Special dietary needs: Pureed with thickened liquids	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA – there are no special dietary needs	<ul style="list-style-type: none"> Strengths, Skills, & Abilities: Teresa is accepting of support to eat her meals and of a modified diet. It is unknown if she has functional awareness in this area. Behaviors or Symptoms: Teresa has a physician prescribed diet to aid in swallowing and calorie control. Teresa would not be able to follow her dietary guidelines without staff support. Teresa receives full physical assistance to prepare and set up her meals, and while eating. Teresa uses a spouted cup, a sectioned plate, and a teaspoon sized mother care spoon to eat and is not able to use straws. Teresa has PICA and may attempt to eat inedible object that she is at risk of choking on. Staff supports are required in this area according to the CSSP Addendum.
Chronic medical conditions: Hip and Back pain/Arthritis in neck, Cerebral Palsy and resultant spasticity, Osteoporosis, Constipation, PICA, Neurogenic Bladder	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA – there are no chronic medical conditions	<ul style="list-style-type: none"> Strengths, Skills, & Abilities: Teresa is aware of when she is in pain and may indicate as such. She is accepting of supports related to her chronic medical conditions. Behaviors or Symptoms: <ul style="list-style-type: none"> Hip and Back pain/Arthritis in neck: Inflammation of one or more joints, causing pain and stiffness that can worsen with age. Cerebral Palsy and resultant spasticity: A congenital disorder of movement, muscle tone, or posture. Spasticity is a condition in which certain muscles are continuously contracted. This can cause pain and affect the ability to move these muscles which may contract involuntarily. Osteoporosis: A condition in which bones become weak and brittle; new bone creation does not keep up with old bone removal. This increases risk of fracture. Constipation: Infrequent bowel movements, and small, hard-to-pass, stool. This could cause discomfort and irritability.

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		<ul style="list-style-type: none"> ○ PICA: A psychological disorder characterized by an appetite for substances that are largely non-nutritive. ○ Neurogenic Bladder: Bladder dysfunction (flaccid or spastic) caused by neurologic damage. Symptoms can include overflow incontinence, frequency, urgency, urge incontinence, and retention. ● Staff supports are required in this area according to the CSSP Addendum.
Self-administration of medication or treatment orders	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> ● Strengths, Skills, & Abilities: Teresa is accepting of supports in medication administration. It is unknown if she has functional awareness in this area. ● Behaviors or Symptoms: When Teresa’s medications are set up for her, she takes her medications with a prepared meal and is offered a drink to follow. Due to her cognitive and physical limitations, she is not able to self-administer her own medications. ● Staff supports are required in this area according to the CSSP Addendum.
Preventative screening	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA	PAI does not manage Teresa’s preventative screening.
Medical and dental appointments	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA	PAI does not manage Teresa’s medical and dental apportionments.
Other health and medical needs: Personal Cares	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA	<ul style="list-style-type: none"> ● Strengths, Skills, & Abilities: Teresa can stand to bear weight. She can void on the toilet and have limited, unattended time in the restroom. Teresa may be aware she requires use of the restroom and may indicate as such. ● Behaviors or Symptoms: Teresa utilizes a brief due to incontinence. Due to her cognitive and physical limitations, she is not able independently complete her personal cares and requires support. She is able to be assisted to standing and pivot to the toilet to use the restroom and requires support to clean up. ● Staff supports are required in this area according to the CSSP Addendum.
Other health and medical needs: Skin integrity	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA	<ul style="list-style-type: none"> ● Strengths, Skills, & Abilities: It is unknown if Teresa has functional awareness in this area. She is accepting of supports in maintaining her skin integrity. ● Behaviors or Symptoms: Teresa utilizes briefs and has sensitive skin. She is prone to skin breakdown. Teresa has high tone and may refuse to or have difficulty allowing staff to thoroughly help clean her after using the toilet. ● Staff supports are required in this area according to the CSSP Addendum.
Other health and medical needs: Bruising	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA	<ul style="list-style-type: none"> ● Strengths, Skills, & Abilities: It is unknown if Teresa has functional awareness in this area. She is accepting of supports in limiting the potential for bruising.

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		<ul style="list-style-type: none"> Behaviors or Symptoms: Teresa bruises easily and frequently bumps into things when transferring onto furniture or moving around the program. She may easily bruise from this. Staff supports are required in this area according to the CSSP Addendum.
Other health and medical needs: Sensitive skin	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA	<ul style="list-style-type: none"> Strengths, Skills, & Abilities: Teresa is aware of when her skin is bothering her and she scratches at her skin. She is accepting of supports in maintaining her skin. Behaviors or Symptoms: Teresa has very sensitive skin and cannot have scented lotions, detergents or use perfume, make up, scented hair care products insect repellent that is directly in contact with her skin. These may cause skin irritation. Teresa will scratch herself on her arms, legs, stomach, and neck which increases her risk of injury and infection. Staff supports are required in this area according to the CSSP Addendum.
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): Hip and Back pain/Arthritis in neck, Cerebral Palsy and resultant spasticity, Osteoporosis	<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: Teresa can bear weight and assist with transfers. She is accepting of support in this area. She may have awareness of when she is unsteady and at risk of falling. Behaviors or Symptoms: Due to Teresa’s chronic medical conditions she has limited mobility. She has hip and back pain/arthritis in neck, Cerebral Palsy and resultant spasticity and Osteoporosis which impact her ability to be mobile and prevent falls independently. Teresa utilizes a wheelchair that she does not propel independently for long distances, with the support of a seatbelt. She utilizes the support of one staff to stand and pivot when transferring. Staff supports are required in this area according to the CSSP Addendum.
Mobility issues: Hip and Back pain/Arthritis in neck, Cerebral Palsy and resultant spasticity, Osteoporosis	<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: Teresa can bear weight and assist with transfers. She is accepting of support in this area. She is aware of when she requires assistance with mobility. Behaviors or Symptoms: Teresa uses a wheelchair as her primary mode of mobility. She can propel herself short distances and requires support for long distances. She utilizes the support of one staff to stand and pivot when transferring. Staff supports are required in this area according to the CSSP Addendum.

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Regulating water temperature	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: Teresa is accepting of assistance in this area. She may be aware of water temperature and move away if the water is not at a comfortable temperature for her. • Behaviors or Symptoms: Teresa is unable to adjust the water temperature or determine a safe water temperature due to her physical and developmental disabilities. Teresa is at risk of being exposed to extreme water temperatures if not regulated and supported. • Staff supports are required in this area according to the CSSP Addendum.
Community survival skills	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: Teresa enjoys spending time in the community. Teresa is accepting of assistance in the community. She does not have the functional skills or awareness to keep herself safe. • Behaviors or Symptoms: Teresa has been diagnosed with developmental disabilities, physical disabilities, and lacks a formal communication system. She is not able to comprehend the potential dangers related to the community, traffic, or pedestrian safety skills. She is not able to independently propel her wheelchair long distances. She does not have the ability to drive. She would require support if an emergency were to occur or to ask for assistance. • Staff supports are required in this area according to the CSSP Addendum.
Water safety skills	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: Teresa is accepting of assistance around bodies of water. She does not have the functional awareness to keep herself safe in water. • Behaviors or Symptoms: Teresa has been diagnosed with developmental and physical disabilities that put her at high risk of drowning. She does not have the cognitive or physical ability to keep herself safe in water. • Staff supports are required in this area according to the CSSP Addendum.
Sensory disabilities: Astigmatism with cataracts, Sensitivity to clothing tags, clothing textures and hats and gloves	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: Teresa is aware of and indicates when she does not prefer the texture of clothing or when tags are upsetting her. Teresa can see well enough to navigate her environment and is able to see things close to her. • Behaviors or Symptoms: <ul style="list-style-type: none"> ○ Astigmatism and cataracts: With an astigmatism, the front surface of the eye or the lens, inside the eye, is curved differently in one direction than the other. Cataracts cause clouding of the normally clear lens of the eye. It is not known how well Teresa can see. ○ Sensitivity to clothing tags, clothing textures and hats and gloves: Teresa may become upset if there are visible tags, or tags that she can feel on her

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		<p>clothing or items around her and attempt to rip them off. She also may not like the texture or feel of hats or gloves, or certain items of clothing.</p> <ul style="list-style-type: none"> • Staff supports are required in this area according to the CSSP Addendum.
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
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
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
<p>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.</p>		
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
<p>Self-injurious behaviors: Scratches herself</p>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: Teresa's is aware of and scratches, indicating she is having discomfort on her skin. She does not have functional awareness that the scratching may cause her harm. She is accepting of support in this area. • Behaviors or Symptoms: Teresa has very sensitive skin and may scratch her skin which may cause bleeding or infection if it is dry or something has irritated it. • Staff supports are required in this area according to the CSSP Addendum.
<p>Physical aggression/conduct: Spitting, hitting, throwing objects, tipping over chairs,</p>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: Teresa is responsive to being provided personal space if she is upset. She is accepting of support and redirection in this area. She does not have functional awareness of the consequences of her physical aggression. Teresa is aware of when she is upset. • Behaviors or Symptoms: If upset, not feeling well or in need of something, Teresa may engage in spitting, hitting, throwing objects, tipping over chairs to communicate this. • Staff supports are required in this area according to the CSSP Addendum.
<p>Verbal/emotional aggression: Screaming and/or yelling</p>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: Teresa is responsive to being provided personal space if she is upset. She is accepting of support and redirection in this area. Teresa is aware of when she is upset. • Behaviors or Symptoms: If upset, not feeling well or in need of something, Teresa may engage in screaming and/or yelling. • Staff supports are required in this area according to the CSSP Addendum.

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Property destruction: Rips tags off of other's clothing, furniture, and pillows	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: Teresa is accepting of support in this area. She does not have functional awareness of property destruction. • Behaviors or Symptoms: Due to Teresa's sensory disabilities, she may rip tags off of other's clothing, furniture and pillows as these tags upset/bother her. • Staff supports are required in this area according to the CSSP Addendum.
Suicidal ideations, thoughts, or attempts	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA	<ul style="list-style-type: none"> • N/A
Criminal or unlawful behavior	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • N/A
Unauthorized or unexplained absence from a program	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • N/A
Other symptom or behavior: Removing clothing/shoes	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> NA	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: Teresa is accepting of support in this area. She has awareness of when she is upset or uncomfortable. • Behaviors or Symptoms: Due to Teresa's sensory disabilities or if she is upset, she may remove her clothing and/or her shoes. She may also lift her shirt to hide or find her manipulative, exposing herself unintentionally. • Staff supports are required in this area according to the CSSP Addendum.