



Coordinated Services and Supports Plan (CSSP)

ABOUT ME

AMY M MCVARY

Assessment Date: 02/10/2021

Plan Dates: 04/01/2021 to 03/31/2022

Developed by: Katherine Brandt (612) 238-3255

Address: 2561 Blue Bill Circle

White Bear Township, MN 55110 **County:** Ramsey

Home: (651) 270-2053

Work:

Other:

General Plan Notes:

Waiver Program: BI

Annual Visit Date: 03/15/2021

Hopes, dreams, aspirations: Amy stated she would like to attend Spring Training every three years for the Twins.

Housing Discussion: Amy stated that currently, I live with Tracy and I'm looking forward to moving home with Holly.

Community integration: Amy stated she does feel like part of her community at home. She feels safe and knows the area well.

Competitive employment discussion: Amy stated she is happy working at PAI.

Routines/Rituals: Amy stated during COVID it's been a little difficult but generally speaking I do my puzzles in the morning and watch TV in the afternoon.

Strengths, skills, and abilities: Amy stated that she likes to do puzzles, coloring, beading, watching TV, watching the Twins, playing cards and that she started sewing and doing latch-hook.

Natural Supports: Amy stated her sisters and her friends Gary & Alex.

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Summary of waiver services: Case Management, Case Management Aide, PCA, PCA supervision, prevocational services, homemaking and transportation.

Informed choice: BI Case Manager, sister & guardian Holly and Amy discussed if there were additional services Amy would benefit from having. It was decided that Amy would like to meet with Case Manager only twice a year and there were no other waiver services she would like to add at this time.

Assessor information: Amy is a 39-year-old female who lives with her sister and her family in a single-family home. Amy's bedroom is on the main level and has a handicapped accessible bathroom. Currently as her primary caregiver-Holly who is also her legal guardian, has health issues and temporarily is living with her other sister. Amy's supplies and equipment are with her where she is living. This reassessment was completed remotely due to COVID 19. Amy was involved in an MVA as a passenger in 1998 and sustained a traumatic brain injury. Holly states she has seizures that are non-epileptic (Conversion Pseudo Seizure disorder) and occur with stress and worry. Due to the pandemic, Amy's job was on hold much of this last year. She now is working 6 hours a day, three days a week. This makes Amy very happy to be back at work. Amy has many interests. Many of the interests are on hold due to COVID 19. She states she enjoys making jewelry from beads, puzzles, going to movies, going out to eat with friends, playing cards, painting ceramic figurines, attending family gatherings, and taking classes through pre voc program. But what she enjoys most of all is being a TWINS fan. She is hoping to be able to go to a game this year. Amy has bobble heads around her room of many TWINS players. She loves collecting TWINS memorabilia. Amy has recently taken up crafts such as latch hooking and sewing which she really enjoys. Amy states a good day for her is going out to do an activity, pain and seizure free, no migraines, no stress or worry, she gets to spend time with Gary, and when it's TWINS time. Amy states a bad day is when the TWINS make a mistake! A bad day is also when she has increased pain, a migraine, seizure, confined to home due to health or weather, or gets stressed which adds to her health symptoms. Amy spends most of her time with her sister Holly, Holly's husband Brian, her sister Tracy, her niece and nephew, co-worker's, her friends and her PCA's. Amy has a special friend Gary whom she can only talk to at this time. Amy is looking forward to when she socializes with her co-workers, friends and family.

PERSON INFORMATION

Date of Birth: 05/02/1981 **Age:** 40 yrs

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Emergency Contacts

Name	Relationship	Phone
Tracy Strand	Sibling	(612) 599-6908
Holly Andrekus	Sibling	(612) 817-9263

Notes/Comments

Decision Making Representatives

Name	Type of Authority	Address	Phone
Holly Andrekus	Private Guardian	2561 Blue Bill Circle White Bear Township 55110	(612) 817-9263

Notes/Comments

Health Insurance & Payers

Is the person certified disabled by Social Security or through the State Medical Review Team (SMRT) process? Yes No

Type	Describe	Policy Number	Effective Date
Medicare - Part A			06/01/2004
Medicare - Part B			06/01/2004
Medicare - Part D			01/01/2006
Managed Care			03/01/2012
Medical Assistance	DX	00522597	06/01/2004

Notes/Comments

Providers

Health Care Providers	Phone	Comments

Health Care Providers	Phone	Comments
Specialty Clinic	(651) 221-9051	Dr. Peter Boardman Neurological Assoc. of St. Paul
Primary Physician	(651) 426-6402	Dr. Dale Duthoy 4786 Banning Ave White Bear Lake
Psychologist	(651) 890-6031	Amy Hertle Crosswinds Counseling
Psychiatrist	(651) 623-2150	Dr. Robert Sevenich 559 Capitol Blvd. St. Paul, 55103
Dentist	(651) 762-7677	Dr Isaacson Isaacson Gentle Dentistry
Pharmacy	(651) 426-5006	Cub Pharmacy

Notes/Comments

WHAT'S IMPORTANT TO THE INDIVIDUAL

Short and Long-Term Goals

Goal Statement	Target Date	Provider & NPI (if applicable)	Frequency of Reporting
Amy would like to gain strength by exercising using her pedal exerciser and by walking around the block (weather permitting) at least three times per week. This is important to Amy as she would like to be as healthy as possible.	03/31/2022		Semiannually

Short and Long-Term Goals

Goal Statement	Target Date	Provider & NPI (if applicable)	Frequency of Reporting
When COVID is no longer a threat, Amy would like to get into the community and meet with friends. This is important to Amy as her friendships are important to her.	03/31/2022		Semiannually
Amy would like to be physically well enough to be able to attend PAL. This is important to Amy as this is a fun outlet for her and she has friends at PAL.	03/31/2022	PHOENIX ALTERNATIVES INC-COMMERCE -- A984668900	Semiannually

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

Goal #1: Amy will use her pedal exerciser while watching TV. Amy will go on at least three walks a week either with family or staff. Amy will be agreeable when either family or staff encourage her to do these things.

Goal #2: Amy will meet with friends out in the community once COVID is over to re-engage with her friends.

Goal #3: Amy will exercise and do all things in her ability to be in a good place to be physically well enough to attend PAL. She will report any health concerns to her sister Holly so they may be addressed immediately to ensure Amy is ready the next day.

What will the case manager do? BI Case Manager will meet with Amy semiannually and annually to see how she is doing on her goals and support as able.

What will others do?

Goal #1: Sister Holly and family will encourage Amy to utilize her pedal exerciser and to go for a walk. Holly and family will remind Amy about her goal and why it's important to her.

Goal #2: Amys friends will meet with her when COVIDs threat is less significant, but safely following the CDC guidelines.

Goal #3: Holly and her family will encourage Amy to take care of herself so she is physically well enough to attend PAL.

What will the provider do?

Goal #1: PCA providers Hmong Home Health care and National Home Health Care will encourage Amy to go for walks and go with her if she needs the assistance.

Goal #3: Prevocational provider, PAL, will continue to support and monitor Amy's health while she works with them and report any health concerns to Holly.

SUMMARY OF PROGRAMS AND SERVICES

Program Type	Start Date	End Date	Annual Amount	Total Plan Cost	Avg Monthly
Brain Injury	04/01/2021	03/31/2022	\$103,664.30	\$105,755.29	\$8,812.94
Case Manager/Care Coordinator Katy Brandt		Case Manager/Care Coordinator Provider ID A413648300			Responsible Party Name
Program Notes					

Service							
Case Management - 15 Minutes							
Start Date	End Date	Procedure Code	Frequency	Units	Rate	Avg Monthly	Total Service
04/01/2021	03/31/2022	T1016 UC	5-Flexible Use	150	\$24.47	\$305.88	\$3,670.50
NPI/UMPI	Status	Provider Name		Funding Source	County of Service		
1780709402	Approved	BRAIN INJURY ASSOCIATION OF MN		BI Waiver	Ramsey		
Areas of Need							
Supportive Services							
Support Instructions							
Waiver span long: Case Manager will develop a support plan with you, refer and link you to services as appropriate and discussed with you, coordinate and monitor the services and advocate on your behalf.							
Service Notes							
150 units for the span.							

Service						
Case Management Aide (Paraprofessional) - 15 Minutes						
Start Date	End Date	Procedure Code	Frequency	Units	Rate	Avg Monthly Total Service
04/01/2021	03/31/2022	T1016 TF UC	5-Flexible Use	24	\$9.39	\$18.78 \$225.36
NPI/UMPI	Status	Provider Name	Funding Source	County of Service		
1780709402	Approved	BRAIN INJURY ASSOCIATION OF MN	BI Waiver	Ramsey		
Areas of Need						
Supportive Services						
Support Instructions						
Waiver span long: Case Management Aid will provide support for Case Management with administrative tasks such as case preparation and filing.						
Service Notes						
24 units for the span.						

Service							
Day Support Services - 15 Minutes							
Start Date	End Date	Procedure Code	Frequency	Units	Rate	Avg Monthly	Total Service
05/05/2021	03/31/2022	T2021 UC	5-Flexible Use	1248	\$3.42	\$388.01	\$4,268.16
NPI/UMPI A984668900	Status Approved	Provider Name PHOENIX ALTERNATIVES INC-COMMERCE		Funding Source BI Waiver	County of Service Ramsey		
Areas of Need Supportive Services							
Support Instructions Day support services: Individualized, community-based training and support services that help a person develop and maintain essential and personally enriching life skills so they can access and participate in activities they prefer in their community.							
Service Notes 1248 units for the rest of the span.							

Service							
Homemaker Services / Cleaning - 15 Minutes							
Start Date	End Date	Procedure Code	Frequency	Units	Rate	Avg Monthly	Total Service
04/01/2021	03/31/2022	S5130	2-Weekly	1043	\$4.61	\$400.69	\$4,808.23
NPI/UMPI	Status	Provider Name		Funding Source		County of Service	
1306068010	Approved	HIMONG HOME HEALTH CARE LLC		BI Waiver		Ramsey	
Areas of Need							
Home Management							
Support Instructions							
5 hours a week: Homemakers will clean floors, kitchen, living rooms, and bathrooms, do dishes, laundry, meal prep, and dust as well as other cleaning tasks as needed and/or upon request.							
Service Notes							
1043 units for the span.							

Service							
Homemaker Services / Cleaning - 15 Minutes							
Start Date	End Date	Procedure Code	Frequency	Units	Rate	Avg Monthly	Total Service
04/01/2021	03/31/2022	S5130	2-Weekly	3598	\$4.61	\$1,382.23	\$16,586.78
NPI/UMPI	Status	Provider Name		Funding Source		County of Service	
1104166982	Approved	NATIONAL HOME HEALTHCARE INC		BI Waiver		Ramsey	
Areas of Need							
Home Management							
Support Instructions							
17.25 hours a week: Homemakers will clean floors, kitchen, living rooms, and bathrooms, do dishes, laundry, meal prep, and dust as well as other cleaning tasks as needed and/or upon request.							
Service Notes							
3598 units for the year							

Service							
Personal Care Assistance (PCA) - QP supervision - 15 Minutes							
Start Date	End Date	Procedure Code	Frequency	Units	Rate	Avg Monthly	Total Service
04/01/2021	03/31/2022	T1019 UA	3-Monthly	96	\$7.82	\$62.56	\$750.72
NPI/UMPI	Status	Provider Name		Funding Source		County of Service	
1104166982	Approved	NATIONAL HOME HEALTHCARE INC		BI Waiver		Ramsey	
Areas of Need							
Supportive Services							
Support Instructions							
2 hours a month: PCA supervisor will develop the care plan based on the assessed needs detailed in the MnChoices PCA assessment. The Supervisor will train, monitor, and evaluate the personal care assistance worker and will oversee the delivery of activities of daily living services.							
Service Notes							
96 units for this span							

Service						
Personal Care Assistance (PCA) - QP supervision - 15 Minutes						
Start Date	End Date	Procedure Code	Frequency	Units	Rate	Avg Monthly Total Service
04/01/2021	03/31/2022	T1019 UA	1-Daily	96	\$7.82	\$62.56 \$750.72
NPI/UMPI 1306068010	Status Approved	Provider Name HMONG HOME HEALTH CARE LLC		Funding Source BI Waiver	County of Service Ramsey	
Areas of Need Supportive Services						
Support Instructions 2 hours a month: PCA supervisor will develop the care plan based on the assessed needs detailed in the MnChoices PCA assessment. The Supervisor will train, monitor, and evaluate the personal care assistance worker and will oversee the delivery of activities of daily living services.						
Service Notes 96 units for this span.						

Service							
Personal Care Assistance: (PCA) - 15 Minutes							
Start Date	End Date	Procedure Code	Frequency	Units	Rate	Avg Monthly	Total Service
04/01/2021	09/30/2021	T1019	2-Weekly	732	\$4.45	\$542.90	\$3,257.40
NPI/UMPI	Status	Provider Name		Funding Source		County of Service	
1306068010	Approved	HIMONG HOME HEALTH CARE LLC		BI Waiver		Ramsey	
Areas of Need							
Personal Assistance							
Support Instructions							
7 hours a week: The personal care assistance worker will be trained to provide assistance with activities of daily living as described in the care plan. The worker will maintain communication with the PCA Supervisor and will maintain the level of care needed.							
Service Notes							
732 units for the 1st half of the span.							

Service							
Personal Care Assistance: (PCA) - 15 Minutes							
Start Date	End Date	Procedure Code	Frequency	Units	Rate	Avg Monthly	Total Service
10/01/2021	03/31/2022	T1019	2-Weekly	728	\$4.45	\$539.93	\$3,239.60
NPI/UMPI 1306068010	Status Approved	Provider Name HMONG HOME HEALTH CARE LLC		Funding Source BI Waiver		County of Service Ramsey	
Areas of Need Personal Assistance							
Support Instructions 7 hours a week: The personal care assistance worker will be trained to provide assistance with activities of daily living as described in the care plan. The worker will maintain communication with the PCA Supervisor and will maintain the level of care needed.							
Service Notes 728 for 2nd half of span.							

Service							
Personal Care Assistance: (PCA) - 15 Minutes							
Start Date	End Date	Procedure Code	Frequency	Units	Rate	Avg Monthly	Total Service
04/01/2021	09/30/2021	T1019	1-Daily	4026	\$4.45	\$2,985.95	\$17,915.70
NPI/UMPI 1104166982	Status Approved	Provider Name NATIONAL HOME HEALTHCARE INC		Funding Source BI Waiver		County of Service Ramsey	
Areas of Need Personal Assistance							
Support Instructions 5.5 hours a day: The personal care assistance worker will be trained to provide assistance with activities of daily living as described in the care plan. The worker will maintain communication with the PCA Supervisor and will maintain the level of care needed.							
Service Notes 4026 for first half of span.							

Service						
Personal Care Assistance: (PCA) - 15 Minutes						
Start Date	End Date	Procedure Code	Frequency	Units	Rate	Avg Monthly Total Service
04/01/2021	03/31/2022	T1019	2-Weekly	4004	\$4.45	\$1,484.82 \$17,817.80
NPI/UMPI	Status	Provider Name		Funding Source		County of Service
1104166982	Approved	NATIONAL HOME HEALTHCARE INC		BI Waiver		Ramsey
Areas of Need						
Personal Assistance						
Support Instructions						
5.5 hours a day: The personal care assistance worker will be trained to provide assistance with activities of daily living as described in the care plan. The worker will maintain communication with the PCA Supervisor and will maintain the level of care needed.						
Service Notes						
4004 for second half of span.						

Service							
Prevocational Services - 15 Minutes							
Start Date	End Date	Procedure Code	Frequency	Units	Rate	Avg Monthly	Total Service
04/01/2021	03/31/2022	T2047	5-Flexible Use	4296	\$3.42	\$1,224.36	\$14,692.32
NPI/UMPI	Status	Provider Name		Funding Source	County of Service		
A984668900	Approved	PHOENIX ALTERNATIVES INC-COMMERCE		BI Waiver	Ramsey		
Areas of Need							
Supportive Services, Employment/Training/Skill Building							
Support Instructions							
Service provider will prepare the person for jobs with competitive pay and help them achieve greater independence in their community. The provider may teach general work skills and concepts such as: attendance, attention span, effective social skills and conduct, effective workplace communication, following directions, motor skills, personal self-care and appearance, problem solving, public transportation, safety (e.g., pedestrian street safety), and task completion.							
Service Notes							
4296 units for the span.							

Service							
Transportation - Per One Way Trip							
Start Date	End Date	Procedure Code	Frequency	Units	Rate	Avg Monthly	Total Service
04/01/2021	03/31/2022	T2003 UC	5-Flexible Use	504	\$34.00	\$1,428.00	\$17,136.00
NPI/UMPI	Status	Provider Name		Funding Source	County of Service		
A984668900	Approved	PHOENIX ALTERNATIVES INC-COMMERCE		BI Waiver	Ramsey		
Areas of Need							
Employment/Training/Skill Building, Supportive Services							
Support Instructions							
Transportation to and from day program/work.							
Service Notes							
504 units for this span. 252 round trips for the span.							

Service							
Transportation - Per One Way Trip							
Start Date	End Date	Procedure Code	Frequency	Units	Rate	Avg Monthly	Total Service
04/01/2021	03/31/2022	T2003 UC	5-Flexible Use	1	\$636.00	\$53.00	\$636.00
NPI/UMPI	Status	Provider Name		Funding Source		County of Service	
A749120100	Approved	MERRICK INC		BI Waiver		Ramsey	
Areas of Need							
Personal Assistance							
Support Instructions							
\$40 stored value monthly for transportation outside of PAI.							
Service Notes							
\$636.00 for the span.							

RISKS

How will Health and Safety Issues be Addressed?

Amy's health and safety concerns will be addressed through her legal guardian/sister Holly, family and through the BI Waiver. Amy states she would call 911, Holly, family in the event of an emergency.

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
Exploitation due to being too trusting.	Exploitation of money or body.	Amy will check with someone in her family to be sure what a person is asking for is appropriate. Amy is rarely left alone and will be monitored to be sure she isn't being exploited.
Fall risk due to having seizures and balance issues.	Injury, hospitalization.	Amy will utilize her adaptive equipment. Staff and/or family are always available for transferring which is when seizures are most often triggered.

Summary plan/agreement reached to address the identified risks:

Amy has agreed to use all services that were suggested for her needs.
 Case Manager along with informal supports, PCA and Homemaking will continue to check in with Amy and monitor her health.
 Team will provide support as needed.

Emergency & Back Up Plans

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

If there is an unforeseen event that occurs Amy will get to a safe place until danger has passed. Family or staff that are with Amy during this time will assist her as needed.

Key Contact Name	Relationship	Phone Number
Holly Andrekus	Sister/Guardian	(612) 817-9263

Plan for emergency health events

In the event that there is an emergency health concern, Amy states she would be able to call 911.

Key Contact Name	Relationship	Phone Number
Holly Andrekus	Sister/Guardian	(612) 817-9263

Plan for unavailable staffing that puts the person at risk

If Amy is not at PAI then she is typically with a PCA or her family. At this time there is no risk of staffing issues as the family will step in to care for Amy and her needs. Also, Amy can call for help if needed.

Key Contact Name	Relationship	Phone Number
Holly Andrekus	Sister/Guardian	(612) 817-9263

