PAI

SELF-MANAGEMENT ASSESSMENT

Name: April Guzman

Date of *Self-Management Assessment* development: 6/7/21 For the annual period from: July 2021 to July 2022

Name and title of person completing the review: Beth Blackorbay, 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**
Allergies (state specific allergies): NA	☐ Yes ☐ No ☒ NA – there are no allergies	• April has no known allergies.
Seizures (state specific seizure types): NA	☐ Yes ☐ No ☒ NA – no seizures	• April is not diagnosed with a seizure disorder.
Choking	☐ Yes ☒ No	• Strengths, Skills, & Abilities: April eats slowly and chews carefully. April may be aware of her April is accepting of supports in this area.

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		• Behaviors or Symptoms: April relies on staff to cut up her food into bite sized pieces. Due to April's diagnosis of Alzheimer's Disease, swallowing may become more difficult, and April would not be able to communicate to staff should she choke which would require first aid/abdominal thrusts. Staff are present with April when she eats. • Staff supports are required in this area according to the CSSP Addendum.
Special dietary needs (state specific need): low cholesterol diet, bite sized pieces	☐ Yes ☒ No ☐ NA – there are no special dietary needs	• Strengths, Skills, & Abilities: It is unknown if April can identify foods that are not good for her low cholesterol diet. April is accepting of supports in this area. • Behaviors or Symptoms: April has a history of high cholesterol and has a doctor ordered low cholesterol diet. April has no "full sensation" and requires staff assistance for portion control. Due to April's diagnosis of Alzheimer's, she sometimes does not recognize foods or may not like the taste or texture from one day to the next. April's residence will provide April's lunches. She is not able to independently cut her food into bite sized pieces putting her at risk for choking. • Staff supports are required in this area according to the CSSP Addendum.
Chronic medical conditions (state condition): Down Syndrome, Intellectual disability Moderate, Alzheimer's Disease, Dementia, Chronic Constipation, History of blood clots, Sleep Apnea	☐ Yes ☒ No ☐ NA – there are no chronic medical conditions	• Strengths, Skills, & Abilities: April may be aware of her chronic medical conditions. April is accepting with supports in this area. • Behaviors or Symptoms: April is diagnosed with Down Syndrome, which is a genetic disorder caused when abnormal cell division results in extra is a genetic disorder caused when abnormal cell division results in extra genetic material from chromosome 21. Down Syndrome causes a distinct facial appearance, intellectual disability, and developmental delays. April is diagnosed with Intellectual disability (ID) moderate, which is a generalized neurodevelopmental disorder characterized by impaired intellectual (such as learning, problem solving, judgement) and adaptive functioning (activities, of daily life such as communication and independent living) accompanied by noticeable motor impairments and developed central nervous systems. Alzheimer's disease, which is a progressive disease that destroys memory and other important mental functions. Brain changes associated with Alzheimer's disease lead to growing trouble with: memory – repeat statements and questions over and over again; forget conversations; having trouble finding the right words to identify objects, express thoughts or take part in conversations thinking and reasoning – difficulty concentrating and thinking; multitasking changings in personality and behavior – depression; social withdrawal; mood swings; distrust in others; irritability and aggressiveness; changes in sleeping habits; wandering; delusions, such as believing something has been stolen.

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		Dementia, which is a group of symptoms affecting memory, thinking and social abilities severely enough to interfere with your daily life. April is diagnosed with chronic constipation, which is infrequent bowel movements or difficult passage of stools that persists for several weeks or longer. Constipation is generally described as having fewer than three bowel movements a week. Symptoms: passing fewer than three stools a week, having lumpy or hard stools, straining to have bowel movements, feeling as though there is a blockage in your rectum that prevents bowel movements, feeling as though you cannot completely empty the stool from your rectum. April has a History of Blood Clots, which is a clump of blood that has changed from liquid to a gel-like or semisolid state. Clotting is a necessary process that can prevent you from losing too much blood in certain instances, such as when you're injured or cut. When a clot forms inside one of your veins, it won't always dissolve on its own. April has had reoccurring blood clots. April relies on staff to notice non-verbal signs of discomfort/color changes/swelling that would indicate a blood clot. April is diagnosed with Sleep Apnea, which is a potentially serious sleep disorder in which breathing repeatedly stops and starts. Symptoms are: snoring; fatigue; somnolence. • Staff supports are required in this area according to the CSSP Addendum.
Self-administration of medication or treatment orders	☐ Yes ☒ No	• Strengths, Skills, and Abilities: April is accepting of staff assistance in helping her with her meds or treatments. • Behavior and Symptoms: April needs assistance and support from staff in the in following medication and treatment orders. • Staff supports are needed in this area according to the CSSP addendum.
Preventative screening	☐ Yes ☒ No	• PAI does not set up or attend medical appointments with April. April's residence will assist her with this.
Medical and dental appointments	☐ Yes ☒ No	• PAI does not set up or attend medical appointments with April. April's residence will assist her with this.
Other health and medical needs (state specific need): Personal Cares	☐ Yes ☒ No ☐ NA	• Strengths, Skills, & Abilities: April is accepting of assistance in this area. • Behaviors or Symptoms: Staff assist April with wiping and freshening up after toileting. Staff will provide assistance to April while washing her hands. Staff encourage April to be as independent as possible while completing her cares to help prevent her from losing the skills she currently has. At times, April will not understand what staff are asking of her and other times she understands. April may not be able to get out of a public bathroom stall, so staff reassure her that they are

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		there and hold the door closed for her to allow for privacy. • Staff supports are required in this area according to the CSSP Addendum.
Other health and medical needs (state specific need):	☐ Yes ☐ No ☒ NA	• NA
Other health and medical needs (state specific need): NA	☐ Yes ☐ No ☒ NA	• NA
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): April can be unsteady and unsure at times while she is walking	☐ Yes ☒ No ☐ NA – not at risk for falling	• Strengths, Skills, & Abilities: April is accepting of staff assistance. April accepts verbal redirection from staff when in an unsafe area. • Behaviors or Symptoms: April is a bit unsteady sometimes if she is confused and prefers if staff would offer an arm for assistance or remind her to use railings. April does not display the understanding to know what is safe or unsafe. If April were to fall, she may attempt to get help but would not be able to communicate her needs fully. • Staff supports are required in this area according to the CSSP Addendum.
Mobility issues (include the specific issue): April can be unsteady and unsure at times while she is walking	☐ Yes ☒ No ☐ NA – there are no mobility issues	• Strengths, Skills, & Abilities: April is accepting of staff assistance. April accepts verbal redirection from staff when in an unsafe area. • Behaviors or Symptoms: April is a bit unsteady sometimes if she is confused and prefers if staff would offer an arm for assistance or remind her to use railings. April does not display the understanding to know what is safe or unsafe. If April were to fall, she may attempt to get help but would not be able to communicate her needs fully. • Staff supports are required in this area according to the CSSP Addendum.
Regulating water temperature	☐ Yes ☒ No	• Strengths, Skills, and Abilities: April is accepting of staff prompts and assistance in washing her hands. She is accepting of staff assistance in ensuring that the water temperature is at a safe and appropriate level. April may tell staff if the water temperature needs to be adjusted (too hot or too cold). • Behaviors and Symptoms: April needs assistance from staff in regulating water temperature. At times, April may not inform staff right away if the water is too hot

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		or too cold and staff are aware to check the water temperature. • Staff supports are required in this area according to the CSSP Addendum.
Community survival skills	☐ Yes ☒ No	• Strengths, Skills, & Abilities: April enjoys spending time out in the community. April is accepting of staff assistance in helping her maintain safety while in the community. • Behaviors or Symptoms: Due to her diagnosis of Alzheimer's disease, she is easily disoriented, confused and scared, so staff is with her at all times to provide support while in the community. April accepts verbal redirection from staff and she will hold staffs arm or hand for safety when necessary. April has some pedestrian skills but needs verbal alerts to obstacles and to be aware of her surroundings. April might need arm in arm assistance when in crosswalks, curbs and in heavy traffic areas. April can be difficult to understand when she talks, cannot distinguish between safe and unsafe people or situations, putting her at a higher risk. • Staff supports are required in this area according to the CSSP Addendum.
Water safety skills	☐ Yes ☒ No	• Strengths, Skills, & Abilities: April is an experienced swimmer. April is accepting of supports in this area. • Behaviors or Symptoms: PAI does not offer community outings that are focused around a needed demonstration of water safety skills. PAI may offer outings to local parks with water. • Staff supports are required in this area according to the CSSP Addendum.
Sensory disabilities- Bilateral hearing loss	☐ Yes ☒ No ☐ NA	• Strengths, Skills, & Abilities: April is accepting of staff assistance with communication should she be experiencing difficulty hearing. • Behaviors or Symptoms: April has bilateral hearing loss and requires the use of hearing aids in both ears. She chooses not to wear them. April would neglect to care for them properly or to have maintenance on them without support. • Staff supports are required in this area according to the CSSP Addendum.
Other personal safety needs (state specific need): Being aware of surroundings	☐ Yes ☒ No ☐ NA	• Strengths, Skills, & Abilities: April is accepting to staff assistance in this area. • Behaviors or Symptoms: Due to April's diagnosis of Alzheimer's disease, she often has little awareness of her surroundings and anything that might be dangerous. April relies on staff's verbal cues and assistance to keep safe. • Staff supports are required in this area according to the CSSP Addendum.
Other personal safety needs (state specific need): Elopement	☐ Yes ☒ No ☐ NA	• Strengths, Skills, & Abilities: April is accepting to staff assistance in this area. • Behaviors or Symptoms: April has a history of leaving her program room unannounced. April relies on staff's verbal cues and assistance to keep safe. April

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		does not always respond to verbal cues. • Staff supports are required in this area according to the CSSP Addendum.
Other personal safety needs (state specific need): NA	☐ Yes ☐ No ☒ NA	• NA
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): NA	☐ Yes ☐ No ☒ NA	• NA
Physical aggression/conduct (state behavior):	☐ Yes ☒ No ☐ NA	• Strengths, Skills, & Abilities: April is accepting of redirection from staff when she is starting to become upset. • Behaviors or Symptoms: April has demonstrated the ability to follow redirection when engaging in physical aggression by allowing staff to place their hand on the small of her back, step in between her and the individual she is physically aggressing towards and redirect her away from the situation. • Staff supports are required in this area according to the CSSP Addendum.
Verbal/emotional aggression (state behavior):	☐ Yes ☒ No ☐ NA	• Strengths, Skills, & Abilities: April is accepting with supports in this area. April will accept verbal redirection from staff when she is starting to become upset. • Behaviors or Symptoms: April has demonstrated the ability to follow redirection when engaging in verbal aggression by allowing staff to place their hand on the small of her back and redirect her away from the individual she is verbally aggressing towards. • Staff supports are required in this area according to the CSSP Addendum.
Property destruction (state behavior): NA	☐ Yes ☐ No ☒ NA	• NA
Suicidal ideations, thoughts, or attempts	☐ Yes ☐ No ☒ NA	• NA
Criminal or unlawful behavior	☐ Yes ☐ No ☒ NA	• NA
Mental or emotional health symptoms and crises (state diagnosis): Anxiety	☐ Yes ☒ No ☐ NA	• Strengths, Skills, & Abilities: April may be aware of her Anxiety diagnosis. April accepts staff assistance in this area. • Behaviors or Symptoms: April is diagnosed with an Anxiety disorder, which is a

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		category of mental health diagnoses that lead to excessive nervousness, fear, apprehension and worry. Anxiety is your body's natural response to stress. It's a feeling or fear or apprehension about what's to come. Restlessness and agitation, inability to sit still and remain calm, social withdrawal and isolation, irritability, and exaggerated startle reflex. Due to April's diagnosis of Anxiety, she often times will cry, whine or whimper when staff are not paying attention to her, paying attention to others, or are completing other tasks. • Staff supports are required in this area according to the CSSP Addendum.
Unauthorized or unexplained absence from a program	☐ Yes ☐ No ☒ NA	• NA
An act or situation involving a person that requires the program to call 911, law enforcement or fire department	☐ Yes ☐ No ☒ NA	• NA
Other symptom or behavior (be specific): NA	☐ Yes ☐ No ☒ NA	• NA

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