

ABOUT ME

REGINA V TURBES

Assessment Date: 07/20/2021

Plan Dates: 09/01/2021 to 08/31/2022

Developed by: Zoua Vang-Vu (651) 266-3743

Address: 1866 Furness Street

Maplewood, MN 55109-4831

County: Ramsey

Home: (651) 777-6349

Work:

Other:

General Plan Notes:

Waiver Program: ICF facility no waiver program

Annual Visit Date: 07/14/2021

Hopes, dreams, aspirations: Regina is not able to off an opinion, but her guardian would like her to keep living with her sisters and listening to music and having fun.

Housing Discussion: Current housing remains appropriate & all agree.

Community integration: Regina does get out with the home and her day program as able and with expected increases to her getting out as COVID 19 restrictions are easing up.

Competitive employment discussion: Regina attends a day program with no competitive employment and her guardian does not feel competitive employment is in her best interest.

Routines/Rituals: Regina lives with her sisters and is involved in activities in the home. She enjoys listening to music and drinking coffee.

Strengths, skills, and abilities: Regina has a great sense of humor, loves to sing, and participate in activities that involve music.

Natural Supports: Regina's sisters/brother are involved in her care plan and act as her guardians. She lives with two of her sisters and they are involved in many activities together.

Summary of waiver services: no waived services. In ICF

Informed choice: yes discussed and no changes requested.

Regina is a 71-year-old woman who lives at Phoenix Residence- Furness with her two younger sisters in Maplewood. She prefers to go by Gina. She is friendly, social and likes interacting with people. She loves to tell "knock knock" jokes and when asked what she likes, she responded, "Coffee" "bubble bath." Gina loves being outdoors and out in the community to places such as zoo, dog park, and going out for coffee. She attended PAI, however, stopped attending due to the pandemic and is currently on the wait list to return to PAI. Gina does not like being over stimulated, too busy, any loud environments, or too many things coming her way. Gina does not like to wait long and can become anxious during transfers. Gina will be upset if others push her into doing something she does not want to do. Gina has a strong connection with her other siblings, whom often visits her or will facetime her. She enjoys seeing and being around her siblings.

Goals/Dreams: Family and faith is important to Gina. It is important for Gina to continue to be happy and participate in activities that she enjoys such as going out for coffee and bubble baths. Gina's guardians would like for Gina to do physical therapy and exercise to assist with her frozen shoulders.

Case Manager:

Ramsey County

CM: Eric Antonson

Phone: 651-295-8753

PERSON INFORMATION

Date of Birth: 03/08/1950 **Age:** 71 yrs

Emergency Contacts

Name	Relationship	Phone
Liz McCambridge	Sibling	(612) 722-2477
Thomas Turbes	Sibling	(651) 644-3493

Name	Relationship	Phone
Patricia Turbes	Sibling	(651) 434-2638

Notes/Comments

Decision Making Representatives

Name	Type of Authority	Address	Phone
Liz McCambridge	Private Guardian	2300 33rd Ave S. Mpls, MN 55406/ P.O. Box 167 McAllister, MT 59740	(651) 266-4275
Thomas Turbes	Private Guardian	2203 Selby Ave St Paul 55104	(651) 644-3493
Patricia Turbest	Private Guardian	175 Exeter Place St Paul MN 55104	(651) 434-2638

Notes/Comments

Regina's siblings are her guardians:
 Liz McCambridge/sister (612) 722-2744
 Address (Oct-May): 2300 33rd Ave South Mpls, MN 55406
 Address: (May-Oct): P.O.Box 167 McAllister, MT 59740
 Email: liz@carletonmccambridge.com

Thomas Turbes/brother (651)644-3493
 Address: 2203 Selby Ave St. Paul, MN 55104

Patricia Turbes-Mohs /sister (651) 434-2638 cell/ (651) 644-4456
 175 Exeter Place St. Paul, MN 55104
 Email: pattyturbesm@gmail.com

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	EX OVER AGE 65/NO SUB -TYPE	00569888	05/01/2015
Medicare - Part A			01/01/1984
Medicare - Part B			01/01/1984
Medicare - Part D			01/01/2006

Notes/Comments**Providers**

Health Care Providers	Phone	Comments
Primary Physician	(651) 788-4444	Dr. Rossmiller/ Entira Family Clinics Como/Roseville (1050 Larpentour Ave. W. St. Paul, MN 55113)
Specialty Clinic	(651) 770-1371	Dr. Richard Stanek / St. Paul Eye Clinic (100 Beam Professional Building 1675 Beam Ave. Maplewood, MN 55109)
Dentist	(612) 873-6963	Mary Seiroe/ HCMC (701 Park Ave. Minneapolis, MN 55415)

Notes/Comments

WHAT'S IMPORTANT TO THE INDIVIDUAL

Goals related to how you want to live your life:

Quality of Life: Family and faith is important to Gina. It is important for Gina to continue to be happy and participate in activities that she enjoys such as going out for coffee and bubble baths. Gina's guardians would like for Gina to do physical therapy and exercise to assist with her frozen shoulders.

Activities of Daily Living: It is important for Gina to receive assistance with her activities of daily living. She needs this support in order to complete the tasks thoroughly and to build and maintain her independence.

Instrumental Activities of Daily Living: It is important that others help, encourage, and support Gina and assist her in gaining further independence with her home management needs.

Health: It is important to Gina that her health remains stable.

Psychosocial: Gina needs formal and informal caregivers who are knowledgeable and capable of monitoring and meeting her psychosocial needs.

Memory & Cognition: It is important to Gina that she is happy, healthy, and safe. It is important that others help, encourage, and support.

Safety & Self-Preservation: Gina needs formal and informal caregivers who are knowledgeable of her support needs and who are capable of meeting her personal safety and self-preservation needs.

Sensory & Communication: Gina needs formal and informal caregivers who are knowledgeable of her support needs and who are capable of meeting her sensory and communication needs.

Employment, Volunteering & Training: It is important to Gina to continue attending her day program.

Housing & Environment: Gina wants to live with her long time friends/family in an accessible/barrier free home. It is important that others help, encourage, and support Gina in working towards her goals/ and is happy/content and healthy.

Self-Direction: It is important to Gina that she continues to have a legal guardians and caregiver supports who understand her needs and knows how to direct the services she needs for her.

Short and Long-Term Goals

Goal Statement	Target Date	Provider & NPI (if applicable)	Frequency of Reporting
Gina will continue to live at Phoenix- Furness home in Maplewood.	08/31/2022		

Short and Long-Term Goals

Goal Statement	Target Date	Provider & NPI (if applicable)	Frequency of Reporting
Gina wants to return to PAI for day program.	08/31/2022		
Gina will continue to be offered activities of her preferences to choose from.	08/31/2022		

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

Gina will continue to cooperate and participate with informal and formal supports to build and maintain all skills necessary to achieve her goals of having regular, ongoing opportunities to choose activities daily and continue to live at her home in Phoenix.

What will the case manager do?

Gina's case manager will provide ongoing support, encouragement, advocacy, coordination of services, and access to additional supports and resources, as available and appropriate, to support her goals of having regular, ongoing opportunities to choose activities daily and continue to live at her home in Phoenix. Case manager will continue to advocate for Gina's preferences and identified outcomes

What will others do?

Gina's co-guardians (Liz, Patricia and Thomas) will continue to respectfully work with her to build and maintain all skills to meet his goals and ensure all her health and safety needs are met.

Representative Payee will continue to assist with money management; assist with completion of all documents to maintain eligibility for state and federal benefit programs.

What will the provider do?

Providers will continue to work with Gina to build and maintain all skills to meet her goals and ensure all of her health and safety needs are met.

SUMMARY OF NEEDS

Quality of Life: Regina is a 71-year-old woman who lives at Phoenix Residence- Furness with her two younger sisters in Maplewood. She prefers to go by Gina. She is friendly, social and likes interacting with people. She loves to tell "Knock knock" jokes and when asked what she likes, she responded, "Coffee""Bubble bath." Gina loves being outdoors and out in the community to places such as zoo, dog park, and going out for coffee. She attended PAL, however, stopped attending due to the pandemic and is currently on the wait list to return to PAL. Gina does not like being over stimulated, too busy, any loud environments, or too many things coming her way. Gina does not like to wait long and can become anxious during transfers. Gina will be upset if others push her into doing something she does not want to do. Gina has a strong connection with her other siblings, whom often visits her or will facetime her. She enjoys seeing and being around her siblings.

Personal Assistance: EATING: Gina can eat independently, however, she uses a smaller spoon to try to minimize the amount of food she eats at a time. She tends to eat fast and requires verbal prompts to slow down. She needs to be supervised closely to ensure she does not choke. She is on a puree diet and honey, thickened liquids. BATHING: Gina prefers a shower. She needs full physical assistance with all aspects of bathing. Gina uses a shower chair and wears a safety belt during showers. Gina will help as much as she can and is cooperative with her caregiver. She loves bubble baths and would enjoy them but Phoenix Furness does not have a bathtub. DRESSING: Gina needs full physical assistance with all aspects of dressing including weather appropriate clothing. Gina is able to participate as much as she can. HYGIENE: Gina needs full physical assistance with all of her personal hygiene needs. However, staff will try hand over hand for brushing her hair and teeth. This is to help with movement in her shoulders. Gina cooperates with her caregivers. She enjoys getting her nails done. TOILETING: Gina needs full physical assistance with all aspects of toileting. She wears briefs at all times. Staff will encourage Gina to go to the bathroom every two hours and help her change her briefs. She needs assistance in washing her hands after using the bathroom. She needs full supervision as she is at risk for falling. Gina is cooperative with her caregiver. MOBILITY: Gina needs to use a wheelchair to get around. She may experience pain due to frozen shoulder syndrome and arthritis. She needs physical assistance to push her in the wheelchair when she is in pain, tired, or for long distances. Gina is able to self-propel her wheelchair for short distances. Gina is cooperative with caregivers. POSITIONING: Gina needs physical assistance in positioning herself in bed and in chairs as needed. Gina is cooperative with the positioning. TRANSFERS: Gina needs physical assistance in transferring by staff using a 6-point sling and Hoyer. Staff will also calmly assure her if she becomes anxious. Two staff is require for all transfers. Gina is cooperative with her

caregivers. Assessor Conclusions: Regina requires assistance to ensure her ADLs needs are met. Formal and informal supports will continue to provide assistance, support and supervision for Regina to ensure all her ADLs needs are met on a daily basis.

Home Management: Medication Monitoring: Gina needs full physical assistance with all aspects of medication administration including ordering and reordering medications. She needs verbal cues/prompts for reminders when to take her medications. Gina is able to take her medications in food followed by a drink. Meal Prep: Gina needs full physical assistance with all aspects of meal preparation including preparing her meals following doctor's orders. Gina may help with pureeing her food by using a switch to puree it. All liquids are honey thicken liquids. Transportation: Gina needs full physical assistance with all aspects of transportation including arranging and providing transportation. In addition, she needs an accessible van for her wheelchair. Gina is cooperative with her caregivers. Housework: Gina needs full physical assistance with all aspects of chores including her laundry. Gina is able to assist staff in putting dishes into the dishwasher and collecting clothing protectors from the table. Telephone use: Gina needs full physical assistance with all aspects of telephone use including making and receiving calls. Gina is able to talk on the phone. to those familiar with her. Shopping: Gina needs full physical assistance with all aspects of shopping including arranging and providing transportation to/from the store and helping with the transactions. Gina is able to locate and pick hygiene products at a store when given as choice. Finances: Gina needs full physical assistance with all aspects of finances. Phoenix is her representative payee. There is a possibility of adding the siblings to be payee as well. She does not know or understand the value of money. She likes having money. Assessor conclusions: Regina requires assistance to ensure her IADLs needs are met. Formal and informal supports will continue to provide assistance, support and supervision for Regina to ensure all her IADLs needs are met on a daily basis.

Health Related/Medical: Regina is considered in good health. Regina is allergic to Antihistamines, Benadryl, Castor and Mineral oil, Diphenhydramine, Erythromycin, Pseudoephedrine and Sulfa drugs. Reactions could include: rash, hives, shock, and respiratory distress. Regina sees her primary doctor for annual physicals and as needed. Gina is on a 1400 calorie, pureed diet with honey thickened liquids. Gina does not eat raw vegetables, due to choking risks. She sees her primary physical annual and as needed. Gina was hospitalized in June 2021 for 10 days for aspiration pneumonia. During her hospitalizations, she was on antibiotics and her oxygen level was not stable. She has recovered well since the hospitalization. Gina has a diagnosis of Depression. During 2021 RA- depression is still a concern but medication is helping. She will have occasional crying episodes. PCP handles all medication for depression. Gina has a (R) Frozen shoulder in the shoulder capsule; the connective tissue surrounding the joint of the shoulder is inflamed and stiff. This greatly restricts Gina's motion and causing chronic pain. She may have difficulty with everyday tasks. PT therapy is needed to evaluate if Regina would benefit from PT exercises to help her frozen shoulders. PT evaluation appointment will be made by Phoenix staff. Regina had a left hip replacement surgery in April 1998 due to a fall in the bathroom. She also has osteoporosis. Gina is diagnosed with Neurogenic bladder. N31.9 Staff reports signs of UTI pain, fever, strong urine, or bloody urine. Gina has Congestive Heart Failure (CHF) and swelling of the lower extremities. I50.9. Gina needs to wear TED hose socks daily for swelling in her legs (and to prevent edema). Gina has swallowing issues and is at risk of choking. She also has a history of Aspiration Pneumonia. R13.10 Gina is non ambulatory and utilizes a manual wheelchair; she can self propel short distances but mostly staff wheels her around. Gina has a history of Aspiration Pneumonia. Z87.01 Gina has sensitive

skin and is at risk for skin breakdowns. She has infections that develop after onset of rash within two days. Gina had a hip replacement surgery in April 1998. She had outpatient cataract surgery in March 2021. She no longer needs glasses. Gina requires assistance to ensure her health is stable. All caregivers will assist with scheduling, follow through with all medical appointments as needed. Assessor conclusions: Regina requires assistance to ensure her health needs are met. Formal and informal supports will continue to provide assistance, support and supervision for Regina to ensure all her health needs are met on a daily basis.

Cognitive and Behavior Supports: Gina has minimal behaviors. Gina displays aggressive behavior towards other peers/sisters or staff. She may scratch, swing or throw objects at others. She will "hiss" when she is upset. Gina is easily redirected with verbal instructions. Medications has helped with Gina's withdraw and depression, but she will have occasional crying periods. Gina is susceptible to victimization due to her developmental disability. Assessor conclusions: Gina requires assistance to assist her to be re-directed with behaviors. Formal and informal supports will continue to provide assistance, support and supervision for Gina to ensure her safety and the safety of others when she is having behaviors.; Diagnosis (F73) Gina has Profound Intellectual Disabilities. She relies on a 24-hour plan of care and supervision to meet her daily needs Assessor conclusions: Due to cognitive impairment, Gina requires assistance to ensure her needs are met. Formal and informal supports will continue to provide assistance, support and supervision for Gina to ensure all her needs are met.

Personal Security: Gina is considered a vulnerable adult and does not have adequate self-preservation skills. Gina requires full physical assistance from others to evacuate in an emergency. She lives in an ICF and relies on support staff for a 24-hour plan of care with support and assistance of awake night staff. Gina requires full physical assistance from others to evacuate in an emergency. Gina may verbalize back to another, but she is difficult to understand. Her behavior changes may be evident to staff. Gina requires a 24-hour plan of care and supervision; family/guardian/caregivers are responsible to ensure she is healthy and safe. Gina will attempt in letting others know if she is sick/ill or injured while family/guardian/caregivers will watch her for possible signs. Gina is always accompanied by family/guardian/caregivers while out in the community. Assessor conclusions: Gina requires a 24-hour plan of care to ensure her safety at all times. Formal and informal supports will continue to provide 24-hour plan of care, assistance, support and supervision for Gina to ensure her safety.

Communications: VISION: Gina has cataracts (H26.9). Gina had cataract surgery in March 2021. She no longer needs/has glasses. HEARING: No concerns with hearing. COMMUNICATION: Gina is verbal and enjoys talking to others. Her speech may be difficult to understand to those unfamiliar to her. Gina does better with yes/no questions. She speaks in short sentences and often repeats the same information. Staff will encourage Gina to speak in full sentences. SENSORY: None Assessor conclusions: Regina requires assistance to ensure her needs are met. Formal and informal supports will continue to provide assistance, support and supervision for Regina to ensure all her needs are met.

Employment/Training/Skill Building: Gina attends Phoenix Alternatives, Inc. (PAI) for her day program. However, she hasn't attended since March 2020 due to the COVID-19 pandemic. She is currently on the waitlist to return. Per Phoenix staff, she participates in the leisure/social/activities at PAI. She does not work. She enjoys attending PAI and participates in activities such as bowling and volunteering. She enjoys when PAI's dog will come visit. Assessor conclusions: Regina requires assistance to ensure her day program needs are met. Formal and informal supports will continue to provide assistance, support and supervision for

Regina to ensure all her day program needs are met.

Supportive Services: Gina has lived at Phoenix Residence- Furness in Maplewood since 1985. She lives with her two younger sisters. Phoenix staff knows her well and knows her routines. They always has opportunities offered to meet her needs. Guardians are very pleased and happy with Phoenix. They want Gina to continue to live at her home. No changes are anticipated. Assessor conclusions: Regina requires assistance to ensure her housing needs are met. Formal and informal supports will continue to provide assistance, support and supervision for Regina to ensure all her housing needs are met so she can continue to live at Phoenix- Furness.

Self-Direction: Gina siblings, Liz, Thomas and Patricia, are her co-guardians. They ensure that all of Gina's daily needs are met and that she is safe. Gina's guardians ensure that current services are appropriate and meeting her needs and is not requesting any service changes. Guardians continue Rule 185 and ICF supports in order to meet Gina's needs in the community. Assessor conclusions: Gina has cognitive impairments and relies on her siblings (Liz, Patricia and Thomas) to make informed choices/decisions on her behalf with respecting her wishes and dreams. Guardians will ensure Gina's needs are being met through ICF supports. This continues to remain appropriate.

Caregiver/Parent Support: Gina lives in a residential home and does not have informal caregivers.

RECOMMENDED REFERRALS

Sensory & Communication: Referrals Needed: Other - No outside referrals needed at this time.

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

No informal caregivers.

RISKS

How will Health and Safety Issues be Addressed?

Gina is considered a vulnerable adult and does not have adequate self-preservation skills. Gina requires full physical assistance from others to evacuate in an emergency. She lives in an ICF and relies on support staff for a 24-hour plan of care with support and assistance of awake night staff. Gina requires full physical assistance from others to evacuate in an emergency. Gina may verbalize back to another, but she is difficult to understand. Her behavior changes may be evident to staff. Gina requires a 24-hour plan of care and supervision; family/guardian/caregivers are responsible to ensure she is healthy and safe. Gina will attempt in letting others know if she is sick/ill or injured while family/guardian/caregivers will watch her for possible signs. Gina is always accompanied by family/guardian/caregivers while out in the community.

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:

Gina continues to be eligible for RULE 185 case management.

APPEAL INFORMATION

If you are dissatisfied with the county agency/tribe or managed care organization's action, or feel they have failed to act on your request for home and community based services, you have the right to appeal within 30 days to your agency*, or write directly to:

Minnesota Department of Human Services Appeals Office
P. O. Box 64941
St. Paul, MN 55164-0941

Call:
Metro: 651-431-3600 (Voice)
Outstate: 651-657-3510
TTY: 800-627-3529
Fax: 651-431-7523

Online filing:
<http://edocs.dhs.state.mn.us/lserver/public/DHS-0033-ENG-eform>

If you want to have your services continue during an appeal, you must file within 10 days after you receive a notice from your agency about a reduction, denial or termination of your services.

If you show good cause for not appealing within the 30-day limit, the state agency can accept your appeal for up to 90 days from the date you receive the notice.

* If you are enrolled in a managed care organization you also have the option to appeal directly with your managed care organization.

651-431-2400 or 800-747-5484

Attention: If you need free help interpreting this document, call the above number.

تۆھمەتچىسىڭىزگە بۇ ھۆججەتنى ئۆزىڭىزگە تەرجىمە قىلىشقا ياردەم بېرىشكە بولىدۇ.

Түп нускадагы текстти өзүңүзгө которуу үчүн биздин кызматкерлеримизге үндөшүңүз.

Pažnja. Ako vam treba besplatna pomoć za tumačenje ovog dokumenta, nazovite gore naveden broj.

Товар на твб зово нгесем. Тог хайс лис кој хав тау кев паб тхавис лис рау тсах нтауб нтауу по пуб дауwb, есс лу рау тус најпавwb хов токој саум тој но.

Увага. Якщо вам потрібна безкоштовна допомога з розумінням цього документа, зверніться до нашої служби підтримки.

Hudachitsa. Dokumenitiin kun bilisa akka sif fiikamu gargaarsi hoo feete, lakkoobsa gubbaali kenname bi'iji.

Внимание: если вам нужна бесплатная помощь в чтении переводов данного документа, позвоните по указанному номеру телефону.

Digniin. Haddii aad u baahantahay caawimaad lacag-ga'aan ah ee tarjumaadda qoraalka, lambarka kore waac.

Atención. Si desea recibir asistencia gratuita para interpretar este documento, llame al número indicado arriba.

Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi số bên trên.

1B3-0008 (3)-(13)

What if I feel I have been discriminated against?

Discrimination is against the law. You have the right to file a complaint if you believe you were discriminated against because of race, color, national origin, religion, creed, sex, sexual orientation, public assistance status, age or disability. To file a complaint, contact:

- Minnesota Department of Human Services Equal Opportunity and Access Division
P.O. Box 64997
St. Paul, MN 55164-0997
Call 651-431-3040 (voice); or Minnesota Relay at 711 or 800-627-3529 (toll-free).
- Minnesota Department of Human Rights
Freeman Building
625 N. Robert St.
St. Paul, MN 55155
Call 651-539-1100 (voice), 651-296-1283 (TTY) or 800-657-3704 (toll-free).

U.S. Department of Health and Human Services' Office for Civil Rights prohibits discrimination in its programs because of race, color, national origin, disability, age, religion or sex. Contact the federal agency directly at U.S. Department of Health and Human Services Office for Civil Rights, Region V, 233 N. Michigan Ave. Suite 240, Chicago, IL, 60601. Call 312-886-2359 (voice), 800-537-7697 (TTY) or 800-368-1019 (toll-free).

This information is available in accessible formats for individuals with disabilities by calling 651-431-2600, toll-free 800-882-6262, or by using your preferred relay service. For other information on disability rights and protections, contact the agency's ADA coordinator.