

ABOUT ME

DIRK QUISTAD

Assessment Date: 03/15/2021

Plan Dates: 05/01/2021 to 04/30/2022

Developed by: Caitlin Hinton (952) 737-6270

Address: 1385 Cummings Ln

Arden Hills, MN 55112

County: Ramsey

Home: (651) 636-7537

Work: (612) 919-6435

Other: (651) 777-8369

General Plan Notes:

Waiver Program: Rule 185/ ICF

Annual Visit Date: 3.15.2021

Hopes, dreams, aspirations: Dirk wants to return to PAI and go to concerts.

Housing Discussion: Dirk lives at ACR Homes, which is an ICF and has no interest in moving.

Community integration: Dirk gets out on walks, lives with housemates, gets out into the community when able and safe (with COVID), with family, PAI, and ACR Homes.

Competitive employment discussion: Dirk attends PAI, but is not interested in competitive employment.

Routines/Rituals: Dirk likes routine, he likes to get up and ready right away in the morning. Family, friends, and PAI are important to Dirk. Human connection and interaction, hugs are also very important to him. Music and the show "New Girl" are important to Dirk.

Strengths, skills, and abilities: Dirk has a contagious smile. He is friendly, and gives great hugs.

Natural Supports: ACR Homes, PAI, and Case Manager are supports for Dirk, but also his parents, family, Grandma Ida, and friends.

Summary of waiver services: Dirk receives ICF housing and that is appropriate for Dirk at this time, his Guardians do not want to change services.

Informed choice: Services will remain the same for Dirk, he does not qualify for DD Waiver or CADI Waiver.

Important to: Dirk prefers to have hugs whenever he requests. Dirk enjoys listening to music, watching movies, more hugs, and playing games. Changes are really difficult for Dirk and he can get frustrated when there are unexpected staffing or schedule changes. It is important to Dirk to talk through the changes. He really enjoys interaction and contact with people so when he is not included or

does not get enough hugs he may feel mad and sad.

Important for: To successfully support Dirk, staff need to take the time to understand how he communicates, even when his talker is not working. Dirk's vocalizations, facial expressions, and gestures are other clear ways that he communicates. The support Dirk needs is to have staff that know him well and who challenge him to try new things. Dirk needs people around him who are patient and willing to help him learn new skills and abilities.

Strengths/What people appreciate about Dirk: His smile, he is kind and caring of others. Dirk is funny and enjoys joking around. Dirk gives great hugs. Dirk is very friendly.

Hopes/Dreams: Dirk wants to continue attending PAI, continue living at ACR Homes, and wants to attend Jingle Ball every year. Dirk loves music and loves concerts.

Co-guardians: Tom and Becky Quistad, 1359 Myrtle Street North, Maplewood, MN 55109 (651) 247-9190 or (612) 919-6435

Case Manager: Fraser 1801 American Blvd. E. Suite 6, Bloomington, MN 55425 Contact: Caitlin Hinton, (952) 737-6270, fax (612) 767-5176, email: caitlin.hinton@fraser.org

Residential Provider and Rep Payee: ACR Homes, 1385 Cummings Lane, Arden Hills, MN 55112 Contact: Chloe Bakker, 612-567-1385, email: chloe.bakker@acrhomes.com

Day Program PAI, 3595 Linden Ave., White Bear Lake, MN 55110, 651-777-5622

PERSON INFORMATION

Date of Birth: 03/14/1981 **Age:** 40 yrs

Emergency Contacts

Name	Relationship	Phone
Tyler Bakker (ACR Homes)	Other Non-Relative	(612) 567-1385
Tom and Becky Quistad (Becky's cell: 651-247-9190)	Guardian/Legal Representative	(612) 919-6435

Notes/Comments

Decision Making Representatives

Name	Type of Authority	Address	Phone
Becky Quistad	Private Guardian	1359 Myrtle St. N. Maplewood, MN 55109	(651) 247-9190
Tom Quistad	Private Guardian	1359 Myrtle St. N. Maplewood, MN 55109	(612) 919-6435

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	MA / DX	PMI 00929187	

Notes/Comments**Providers**

Health Care Providers	Phone	Comments
Primary Physician	(651) 342-1039	Dr. Brian Traeger or Dr Pett-Taylor / Blue Stone Physicians Services, 270 Main St. N, #300, Stillwater, MN 55082
Targeted Case Manager	(952) 737-6270	Caitlin Hinton / Fraser
Psychiatrist	(651) 342-1039	Dina Stewart, CNP / Bluestone Physicians, 270 Main St. N, #300, Stillwater, MN 55082
Specialty Clinic		Gillette Specialty Care / Dr. Lee Schuh, 200 University Ave St Paul, MN 55101

Notes/Comments

Case manager: Caitlin Hinton, Fraser, 952-737-6270

ICF residential placement: ACR Homes Inc.

DTH: PAI Linden

WHAT'S IMPORTANT TO THE INDIVIDUAL

Short and Long-Term Goals

Goal Statement	Target Date	Provider & NPI (if applicable)	Frequency of Reporting
Dirk wants to continue to live at ACR Homes.	04/30/2022		annually
Dirk wants to continue participating in activities and programs at PAI Linden.	04/30/2022		annually
Dirk wants to return to PAI	04/30/2022		Semi -annually
Dirk wants to attend concerts	04/30/2022		Semi-annually

Action Steps for Goals:

What will the person do? Dirk will continue to work with informal and formal supports to build and maintain skills necessary to achieve his goals. He will continue to advocate for himself and communicate his wants, needs, preference, and goals to his family, case manager and any service providers to the best of his ability. He will continue to be afforded the opportunity to make choices in his daily life and participate in activities that interest him. Dirk is currently on a waitlist for PAI to get back to in person day services, Dirk will stay on the waitlist and work with his team on a safe return when a spot/staffing opens up. Dirk will let his parents and staff know when he wants to attend a concert and.

What will the case manager do?

The case manager will provide options, resources, answer questions, authorize services, and discuss the service plan with Dirk and his team at least annually. The case manager will meet with Dirk at least every six months to discuss services. The case manager will coordinate services and communicate with Dirk and his team members as needed throughout the year. Dirk can contact his case manager, Caitlin Hinton, at 952-737-6270, to request changes be made to his plan.

What will others do?

GUARDIAN:

Dirk's legal guardians, Tom and Becky Quistad, will continue to exercise their powers and responsibilities, unless stated differently in the guardianship order, of: establishing place of abode (residential), care, comfort and maintenance needs; personal property, medical care, contracts, exercise supervisory authority, and assure eligibility for all government benefits. They will complete their annual filing responsibilities as mandated by the court. They will work with Dirk to build and maintain all skills to meet his goals and ensure all his health and safety needs are met. They will work with the case manager to monitor and evaluate services and supports to assure they are meeting Dirk's needs, and make any adjustments or changes as needed.

Dirk's parents are usually the ones to take Dirk to concerts, they will help facilitate getting tickets, transportation, and attending the concert with Dirk.

REPRESENTATIVE PAYEE:

The representative payee (ACR Homes) will continue to assist with money management and assist with completion of all documents to maintain eligibility for all state and federal benefit programs.

What will the provider do?

ACR Homes will provide support and supervision 24 hours per day, 7 days per week, except during day program hours. This includes provision of food, shelter, access to medical care and training/support to assist Dirk in reaching his full potential in the areas of self-care, socialization, leisure/recreation, communication, community integration, money management, and behavioral management as well as any other area identified by the Interdisciplinary Team. They will protect him as a vulnerable person. The residential provider will participate as part of the Interdisciplinary Team and meet at least annually. They will provide assessments as directed by the team and will provide a minimum of semi-annual progress reports to team members. They are responsible for an emergency back up plan to assure Dirk's critical health and safety needs are met. Staff will receive training and be able to demonstrate skill competencies unique to person in all areas.

PAI Linden:

The scope of services for Dirk is intensive support services in a community DTH program and community environment. The program works with Dirk to develop and implement achievable outcomes that support his goals and interests including meeting quality of life indicators, health, and safety. PAI supports this by working with Dirk to encourage activities, outings, and visiting with peers. Staff support Dirk in doing activities of daily living (ADLs), outcome implementation, supervisions, medication administration, data tracking, and daily support related to his health, safety, and well-being as needed by Dirk. Support is provided in the most integrated and least restrictive environment. PAI will continue to update team on waitlist openings for Dirk to return to day program.

SUMMARY OF PROGRAMS AND SERVICES

Program Type DD Rule 185/Related Condition	Start Date 05/01/2021	End Date 04/30/2022	Annual Amount \$0.00	Total Plan Cost \$3,478.50	Avg Monthly \$289.88
Case Manager/Care Coordinator Caitlin Hinton		Case Manager/Care Coordinator Provider ID A868443100		Responsible Party Name	
Program Notes					

Service							
Case Management/Service Coordination							
Start Date 05/01/2021	End Date 04/30/2022	Procedure Code	Frequency 5-Flexible Use	Units 150	Rate \$23.19	Avg Monthly \$289.88	Total Service \$3,478.50
NPI/UMPI 1063568574	Status Approved	Provider Name FRASER RICHFIELD		Funding Source County/Tribe		County of Service Ramsey	
Areas of Need							
Quality of Life, Supportive Services							
Support Instructions							
Case manager will review quarterly, semi-annual, and annual paperwork. Case manager will monitor services and plans. Case manager will assist in any changes/concerns regarding services/providers. Case manager will continue to help inform Dirk of his choices, services, etc. Case manager will provide options, resources, answer questions, authorize services, and discuss the service plan with Dirk and his team at least annually. The case manager will meet with John at a minimum of 2 times per year to discuss services, coordinate with team members, and communicate as needed throughout the year. Dirk and his team can contact the case manager, Caitlin Hinton, at 952-737-6270, to request changes be made to the plan.							
Service Notes							
Dirk needs case management services to assist with the following: Annual reviews of service plan Assisting in the identification of potential providers Assisting to access services Coordination of services Development of a service plan Evaluation and monitoring of the services identified in the plan Informing Dirk of service options Solving conflict or disagreement within the process, including any conflict of interest guidelines for planning participants							

Service							
DTH (county paid)							
Start Date 05/01/2021	End Date 04/30/2022	Procedure Code	Frequency 5-Flexible Use	Units 244	Rate	Avg Monthly	Total Service
NPI/UMPI A887860900	Status Approved	Provider Name PHOENIX ALTERNATIVES INC		Funding Source County/Tribe		County of Service Ramsey	
Areas of Need							
Support Instructions							
<p>Trained staff setup medication and are overseen by the site nurse. Trained staff assist with medications and document. Trained staff administer medications. Dirk will be in his program room with staff. Dirk communicates through the use of his communication device, verbally, and by using facial and body gestures. Dirk learns best through hand over hand assistance and by use of verbal cues/directions. Designated Lead and program associates are responsible to implement the support and methods for Dirk. It is important for staff to take the time to understand how Dirk communicates, even when his talker is not working. Dirk's vocalizations, facial expressions, and gestures are other clear ways that he communicates. It is important that Dirk is able to communicate and interact with staff (especially female staff). He likes to have a lot of hugs. He enjoys listening to music, watching movies, and playing games. Dirk has no alone time.</p>							
Service Notes							
<p>Dirk is doing well, he really enjoys PAI. He was full of smiles while talking about work. He enjoys the therapy dogs and routine and schedule is very important to him. Team discussed Dirk's goals/outcomes. Dirk will have a new outcome of greeting someone in the public with his communication device.</p>							

Service							
ICF-DD							
Start Date	End Date	Procedure Code	Frequency	Units	Rate	Avg Monthly	Total Service
05/01/2021	04/30/2022			365			
NPI/UMPI	Status	Provider Name		Funding Source		County of Service	
1023193588	Approved	ACR HOME ON CUMMINGS		County/Tribe		Ramsey	

Areas of Need**Support Instructions**

Dirk likes to spend time with his family as well as staff and peers at his home. Dirk needs 24 hour awake supervision from knowledgeable caregivers in order for his safety and self preservation needs to be met. Eating: Dirk has a Gastrostomy Tube and receives continuous feedings throughout the evening and sleeping hours to supplement his meals during the day. He needs to be given only soft foods, and food needs to be cut very small (pea-sized pieces) and placed on either side of his mouth so he can manipulate and chew it. He may choke if food is placed straight into his mouth. Bathing: Dirk is dependent upon his caregivers for all his bathing needs. He prefers to take showers and staff use a mechanical lift and bath chair with straps when showering Dirk. Dressing: Dirk is dependent upon his caregivers for all of his dressing needs. Personal Hygiene/grooming: Dirk is dependent upon his caregivers for all areas of personal hygiene/grooming. Staff brush his teeth, wash his face and hands, shave, and trim his fingernails and toenails every week or as needed. Mobility - wheeling: Dirk is non-ambulatory and requires assistance of another to propel his wheelchair. He has poor body strength as well as spasticity in his limbs related to his cerebral palsy. He is unable to use his hands to assist him with functional activities. Positioning: Dirk has poor body strength as well as spasticity in his limbs related to his cerebral palsy. Dirk is overall in good health. Dirk needs 24/7 supervision.

Service Notes

At home, There are no major changes for Dirk. He enjoys living at ACR Homes (smiled when asked). There were no major changes in goals or health. Dirk has had an increase in his psych behavior medication and it has been helping, he wants to hang out with his roommates and staff more and he appears to be happier. Dirk's home supervisor will talk to his psych. Doctor at his appointment (virtually) regarding changing his PRN protocol for all behaviors lasting 20 minutes, versus coughing 20 minutes continuously. The team discussed this during the meeting. Team discussed having a belly band or something to hold Dirk's GH tube in place while he sleeps, to prevent it from moving/yanking out. Team discussed Dirk's goals and Dirk will continue goals he has, as of now.

RISKS

How will Health and Safety Issues be Addressed?

Dirk needs an awake 24-hour plan of care. His support service provides this level of care for him. Dirk needs a guardian, rep payee, and staff to help ensure his basic needs are met. Guardians and support services work together to ensure Dirk's basic needs, i.e. food, shelter, and clothing. He has an IDD case manager that works with the team to ensure his service needs are being met by providers. His team works together to protect Dirk as a vulnerable adult.

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
NA	NA	NA

Summary plan/agreement reached to address the identified risks:

Dirk needs 24/7 supervision for health and safety.

Emergency & Back Up Plans

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

Dirk has 24 hour staff supervision at his home and will follow ACR Homes policies and procedures for weather emergencies.

Key Contact Name	Relationship	Phone Number
Tom and Becky Quistad	Guardians	(612) 919-6435

Plan for emergency health events

Dirk has 24 hour staff supervision at his home and will follow ACR Homes policies and procedures for heath emergencies. Staff will call 911, if needed. Dirk would be taken to the neatest hospital, or hospital of choice.

Case Manager would also be contacted, in the event that Dirk went to the hospital.

Key Contact Name	Relationship	Phone Number
Tyler Bakker	Residential Supervisor	(612) 567-1385
Tom and Becky Quistad	Guardians	(612) 919-6435
Regions	Hospital of choice	(651) 254-3456
Caitlin Hinton	Case Manager	(952) 737-6270

Plan for unavailable staffing that puts the person at risk

Dirk has 24 hour staff supervision at his home and will follow ACR Homes policies and procedures if staff are unavailable. If ACR Staff are unavailable, Tyler would be contacted.

Key Contact Name	Relationship	Phone Number
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Key Contact Name	Relationship	Phone Number
Tyler Bakker	Residential Supervisor	(612) 567-1385
Tom and Becky Quistad	Guardians	(612) 919-6435