

ABOUT ME

NICOLE K MILLIGAN

Preferred Name: Nicky

Assessment Date: 06/07/2021

Plan Dates: 08/01/2021 to 07/31/2022

Developed by: Lisa Topps (651) 266-4274

Address: 2435 Birch St.

White Bear Lake, MN 55110-
4427

County: Ramsey

Home: (651) 429-0165

Work:

Other:

General Plan Notes:

Waiver Program: Nicky is on the DD waiver

Annual Visit Date: Nicky's annual meeting was held on 7/15/2021 via Zoom per family's request due to the COVID pandemic. Nicky was seen in person on 07/20/2021.

Hopes, dreams, aspirations: Per her mother/guardian, it is Nicky's hope to continue to be active in her community. Nicky loves to horseback ride, swim, go bowling, go for walks and eat out. These opportunities have decreased temporarily due to COVID-19. Nicky's also dreams of continuing to live in her family home with her parents.

Housing Discussion: Nicky lives in the parental home. Team agrees that current housing is appropriate.

Community integration: Nicky has limited opportunities for community activities at this time due to COVID. Nicky has returned to swimming and horseback riding with her mom.

Competitive employment discussion: Nicky is attending PAI remotely at this time. She is not interested in employment.

Routines/Rituals: Nicky lives in the parental home. She enjoys spending time outside with her mom and accompanying mom on errands. Nicky attends a Reading Group with PAI weekly.

Strengths, skills, and abilities: Nicky is friendly and enjoys meeting new people. She likes to be involved and try new things. Nicky has a great smile and sense of fashion.

Natural Supports: Nicky has a wonderful, supportive family.

Summary of waiver services: On the DD waiver, Nicky is able to access Case Management with Ramsey County; Individual Home Supports without training, Homemaker Services, In Home Respite, and Out of Home Respite with Lifeworks; and Day Support Services with PAI.

Informed choice

CASE MANAGER: Lisa Topps / Ramsey County Human Services (160 E. Kellogg Blvd. #7800 St. Paul, MN 55101) 651-266-4274

REPRESENTATIVE PAYEE: Theresa and Dwight Milligan (2435 Birch St. White Bear Lake, MN 55110) 651-429-0165

RESIDENTIAL: Lifeworks (2695 Lone Oak Dr. #160 Eagan, MN 55121) 651-454-2732

FAMILY / PARENTS: Theresa and Dwight Milligan (2435 Birch St. White Bear Lake, MN 55110) 651-429-0165

FAMILY / SISTER: Michelle (Shelly) Martinek (12931 Blue Bird St. NW Coon Rapids, MN 55448) 763-757-2730

DTH: Phoenix Alternatives, Inc. (3595 Linden Ave. White Bear Lake, MN 55110) 651-777-5622

PHYSICIAN: Allina Health Maplewood Clinic (1850 Beam Ave. Maplewood, MN 55109) 651-241-9500

Mother/guardian reported Nicky is having a bad day when she seems anxious, agitated, crying or in pain because the gas provoked by the JG tube. Mother/guardian reported Nicky is having a good day when he is happy, calm, and all smiles. Mother/guardian reported Nicky enjoys horseback riding and swimming therapies, walks, outings, shopping activities, and bike rides. Mother/guardian reported Nicky enjoys going to the swimming pools, shopping places, flower places, and staying at the family house. Mother/guardian reported Nicky enjoys family, staff, neighbors, and staff from therapies.

DREAMS/ASPIRATIONS FOR Nicky: To continue living at home with family.

STRENGTHS/TALENTS/INTERESTS: Nicky is social. She is easy to care for. She likes being around people. She enjoys pool therapy, therapy horseback riding, bike riding, shopping, eating out, being read to.

WHAT OTHERS LIKE/ADMIRE ABOUT Nicky: Her personality. Her smile. Her eyes.

SOCIAL/LEISURE/RELIGIOUS ACTIVITIES FOR Nicky: Nicky enjoys live stream mass. She enjoys pool therapy, therapy horseback riding, bike riding, shopping, eating out, being read to.

RITUALS/ROUTINES/PREFERENCES FOR Nicky: Nicky gets up, gets dressed, spends time with mom or dad. She enjoys riding along on moms Meals on Wheels route. She enjoys visiting with her sister and family. She enjoys being outside with mom while mom works in the yard. Nicky loves and needs to be around people who care for and love her. She loves snuggling. She loves one on one attention.

PERTINENT SOCIAL HISTORY (anything that should be noted here): Nicole get daily assistance from family in order to wake up, get breakfast and get ready every morning for her day program. After work she will walk for exercise at home, be read by someone else (thing she loves) and get a bath and get ready to bed. Nicole is a female with a main diagnosis of Severe Developmental Disability. Nicole was born on 04/24/1975 to Dwight and Theresa Milligan. She has an older sister, Michelle Martinek who is married and lives in Coon Rapids, MN. Nicole lives with her parents and there are no plans for her to move from the family home. There had been very little change with Nicole over the last several years until 2016, when she was hospitalized with aspiration pneumonia and it was determined that she no longer had the ability to swallow effectively. This was reported by her mother to be due to Rhett Syndrome and an irreversible atrophy of her swallow muscles. The guardians have decided to have a G/J tube placed. Nicole was assessed on November 10, 1995 by Martha J. Rosen, Licensed School Psychologist. Nicole's standard scores on the Vineland Adaptive Behavior Scales are all below 20 indicating that she functions in the severe/profound range of DD. In the communication domain, Nicole functions at an age equivalent of 11 months. She functions at about 1 year 3 months in the Daily Living Skills area. In the socialization range she is at the 10 month level. Appropriate instruments for assessing her cognitive level are not available and therefore no cognitive assessment was performed. She was diagnosed with Rett Syndrome in 1993. This is a congenital syndrome which develops in girls sometime after birth and is associated with, among other things, loss of useful hand function, difficulty walking, loss of speech, seizures and DD. Nicole's symptoms also include agitation and bringing her hand to her head and feels her hair. Nicole completed the ISD #916 Transition program at the White Bear Lake HS South Campus in the summer of 1997. She is currently attending Phoenix Alternatives, day Training and Habilitation Agency in White Bear Lake. Nicky has been awarded an IDD waiver and the family/co-guardians has chosen the Personal Supports program through Lifeworks.

PERSON INFORMATION**Date of Birth:** 04/24/1975 **Age:** 46 yrs**Emergency Contacts**

Name	Relationship	Phone
Theresa and Dwight Milligan (2435 Birch St. White Bear Lake, MN 55110)	Parent	(651) 429-0165
Michelle (Shelly) Martinek (12931 Blue Bird St. NW Coon Rapids, MN 55448)	Sibling	(763) 757-2730

Notes/Comments**Decision Making Representatives**

Name	Type of Authority	Address	Phone
Shelly Martinek	Private Guardian	12931 Blue Bird St NW Coon Rapids, MN 55448	(763) 757-2730
Theresa Milligan	Private Guardian	2435 Birch St White Bear Lake, MN 55110	(651) 429-0165

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	DX DISABLED/NO SUB-TYPE	00676818	05/01/1996
Medicare - Part A		9RN3M34TX07	03/01/2010

Type	Describe	Policy Number	Effective Date
Medicare - Part B		9RN3M34TX07	03/01/2010
Medicare - Part D		9RN3M34TX07	03/01/2010
Other	DQ DISABLED/QMB ONLY	00676818	03/01/2010
DQ DISABLED/QMB ONLY			

Notes/Comments**Providers**

Health Care Providers	Phone	Comments
Primary Physician	(651) 241-9500	Allina Health Maplewood Clinic (1850 Beam Ave. Maplewood, MN 55109)

Notes/Comments**WHAT'S IMPORTANT TO THE INDIVIDUAL****Short and Long-Term Goals**

Goal Statement	Target Date	Provider & NPI (if applicable)	Frequency of Reporting
Nicky to continue to stay/live with her parents.	07/31/2022		

Short and Long-Term Goals

Goal Statement	Target Date	Provider & NPI (if applicable)	Frequency of Reporting
Nicky to continue to stay happy and stable/healthy	07/31/2022		
Nicky to continue to do things that she enjoys/likes.	07/31/2022		

Action Steps for Goals:

What will the person do?

Nicky will continue to work with informal and formal supports to build and maintain all skills so she can work towards achieving her global goals/dreams of staying/living with her parents, be happy and stable/healthy, and to continue to do things that she enjoys/likes.

What will the case manager do?

Current Case Manager/Supervisor will continue to coordinate informal and formal supports with Nicky and ensure all her health and safety needs are met. Case Manager/Supervisor will contact the provider(s) on a regular basis to review progress towards goals/dreams and assist with any needed referrals and advocate on Nicky's behalf. Case Manager/Supervisor will follow up to see if Nicky is/has been working to achieve her global goals/dreams of staying/living with her parents, be happy and stable/healthy, and to continue to do things that she enjoys/likes.

If there are questions, requests for updates, or issues with service provision, the case manager will help to resolve

What will others do?

FAMILY: Family will provide informal supports/encouragement to assure Nicky's health and safety needs are met, as well as help her build and maintain all skills to meet her goals. They will work with the case manager/supervisor and the provider(s) to ensure they are working with Nicky on her global goals/dreams. Family will work with Nicky to encourage her to stay/live with her parents, be happy and stable/healthy, and to continue to do things that she enjoys/likes.

GUARDIAN(S): Guardian(s) 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 government benefits. They will complete their annual filing responsibilities as mandated by the court. They will work with Nicky to build and maintain all skills to meet her goals and ensure all her health and safety needs are met. They will continue to provide ongoing encouragement and support to Nicky on working to achieve her global goals/dreams. They will work with the Case Manager/Supervisor and the provider(s) to ensure they are working with Nicky on her global goals/dreams. Guardians will work with Nicky to encourage her to stay/live with her parents, be happy and stable/healthy, and to continue to do things that she enjoys/likes.

REPRESENTATIVE PAYEE: Representative Payee will continue to assist with money management; assist with completion of all documents to maintain eligibility for state and federal benefit programs. They will work with Nicky with ongoing support/encouragement, the guardians, Case Manager/Supervisor and the provider(s) to ensure they are working with Nicky on her global goals/dreams.

What will the provider do?

PROVIDER(s) will continue to respectfully work with Nicky to support/encourage, build, and maintain all skills to meet her goals and ensure all her health and safety needs are met. Providers will work with Nicky on her global goals/dreams and be in regular contacts with the guardians and Case Manager/Supervisor on the progress of her goals/dreams. Provider(s) will work with Nicky to stay/live with her parents, be happy and stable/healthy, and to continue to do things that she enjoys/likes.

SUPPORTED SERVICES/RESIDENTIAL PROVIDER: Residential Provider will continue to work with Nicky to build and maintain all skills to meet her goals and to ensure all her health and safety needs are met. Provider will work with Nicky to encourage/support on her global goals/dreams and be in regular contacts with the guardians and Case Manager/Supervisor on the progress of her goals/dreams. Caregivers will work with Nicky to help her work on staying/living with her parents, be happy and stable/healthy, and to continue to do things that she enjoys/likes.

VOCATIONAL PROVIDER (DAY TRAINING AND HABILITATION/SUPPORTED EMPLOYMENT SERVICES): Vocational Provider will continue to work with Nicky to build and maintain employment and vocational skills to meet her goals, and to ensure her health and safety needs are met during their scheduled time. Provider will work with Nicky to encourage/support on her global goals/dreams and be in regular contacts with the guardians and Case Manager/Supervisor on the progress of her goals/dreams. Caregivers will work with Nicky to her to work on staying/living with her parents, be happy and stable/healthy, and to continue to do things that she enjoys/likes.

SUMMARY OF PROGRAMS AND SERVICES

Program Type	Start Date	End Date	Annual Amount	Total Plan Cost	Avg Monthly
Developmental Disability Waiver	08/01/2021	07/31/2022	\$107,493.10	\$107,493.19	\$8,957.77
Case Manager/Care Coordinator Lisa Topps		Case Manager/Care Coordinator Provider ID M846187500		Responsible Party Name	
Program Notes					

Service							
Case Management - 15 Minutes							
Start Date 08/01/2021	End Date 07/31/2022	Procedure Code T1016 UC	Frequency	Units 275	Rate \$23.19	Avg Monthly \$531.44	Total Service \$6,377.25
NPI/UMPI 1811055957	Status Approved	Provider Name RAMSEY COUNTY HUMAN SERVICES		Funding Source DD Waiver		County of Service Ramsey	
Areas of Need Supportive Services							
Support Instructions							
Service Notes Case management: Service that provides a person and their family with access to assessment, person-centered planning, referral, linkage, support plan monitoring, coordination and advocacy related to waiver services, resources and informal supports that are not necessarily funded through the waiver.							

Service							
Case Management Aide (Paraprofessional) - 15 Minutes							
Start Date 08/01/2021	End Date 07/31/2022	Procedure Code T1016 TF UC	Frequency	Units 24	Rate \$9.39	Avg Monthly \$18.78	Total Service \$225.36
NPI/UMPI 1811055957	Status Approved	Provider Name RAMSEY COUNTY HUMAN SERVICES		Funding Source DD Waiver		County of Service Ramsey	
Areas of Need Supportive Services							
Support Instructions							
Service Notes Case management aide: Professional who assists a case manager with administrative activities related to waiver case management services.							

Service							
Day Support Services - 15 Minutes							
Start Date 08/01/2021	End Date 07/31/2022	Procedure Code T2021 UC	Frequency	Units 1008	Rate \$10.17	Avg Monthly \$854.28	Total Service \$10,251.36
NPI/UMPI A887860900	Status Approved	Provider Name PHOENIX ALTERNATIVES INC		Funding Source DD Waiver		County of Service Ramsey	
Areas of Need Employment/Training/Skill Building							
Support Instructions							
Service Notes 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							
Homemaker Services / Cleaning - 15 Minutes							
Start Date 08/01/2021	End Date 07/31/2022	Procedure Code S5130	Frequency	Units 216	Rate \$4.61	Avg Monthly \$82.98	Total Service \$995.76
NPI/UMPI A487650000	Status Approved	Provider Name LIFEWORCS SERVICES INC		Funding Source DD Waiver		County of Service Ramsey	
Areas of Need Home Management							
Support Instructions							
Service Notes Homemaker: Services that help a person manage general cleaning and household activities. There are three homemaker services: ¿ Homemaker/cleaning¿ Homemaker/home management¿ Homemaker/assistance with activities of daily living (ADLs).							

Service							
Individualized Home Supports without Training 1:1 - 15 Minutes							
Start Date 08/01/2021	End Date 07/31/2022	Procedure Code S5135 UC	Frequency	Units 12320	Rate \$7.16	Avg Monthly \$7,350.93	Total Service \$88,211.20
NPI/UMPI A487650000	Status Approved	Provider Name LIFEWORCS SERVICES INC		Funding Source DD Waiver		County of Service Ramsey	
Areas of Need Personal Assistance, Cognitive and Behavior Supports, Health Related/Medical, Quality of Life, Communications, Personal Security, Home Management							
Support Instructions							
Service Notes Individualized home supports & support: A staff member provides a person with direct supervision, cueing, maintenance, guidance, instruction, assistance with activities of daily living or assistance with coordination of community living activities.							

Service							
Respite Care Services, In Home - 15 Minutes							
Start Date 08/01/2021	End Date 07/31/2022	Procedure Code S5150	Frequency	Units 219	Rate \$6.54	Avg Monthly \$119.36	Total Service \$1,432.26
NPI/UMPI A487650000	Status Approved	Provider Name LIFEWORCS SERVICES INC		Funding Source DD Waiver		County of Service Ramsey	
Areas of Need Caregiver/Parent Support							
Support Instructions							
Service Notes Respite: Short-term care services provided to a person when the person's primary caregiver is absent or needs relief.							

RISKS

How will Health and Safety Issues be Addressed?

Nicky requires a 24 hour plan of care and supervision; family/guardian/caregivers are responsible to ensure she is healthy and safe. Nicky will do her best in letting others know if she is sick/ill or injured while family/guardian/caregivers will watch her for possible signs. Nicky is always accompanied by family/guardian/caregivers while out in the community. Nicky has a guardian who will advocate and make informed decisions on her behalf with respecting her wants/needs and goals/dreams. Nicky has a representative payee who ensures her financial needs are met and that she is not being financial exploited. The Interdisciplinary Team will ensure that Nicky's needs and wants are being tended to. Nicky has a detailed paperwork from the county and provider(s) that documents all the needs required to assist Nicky in supporting her in every area of her life. Current Case Manager will continue to coordinate supports with Nicky and her team to ensure all of her health and safety needs are met.

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
Nicky is a vulnerable adult	Nicky may be vulnerable in areas of her life including financial exploitation, verbal and physical abuse, self neglect and neglect from others.	Nicky needs a 24 hour plan of care

Summary plan/agreement reached to address the identified risks:

Nicky's family and staff will provide a safe, protected environment with a 24 hour plan of care delineating the provision of ongoing daily care, supervision, monitoring, assistance, guidance, direction, training and support, in her residential and vocational/day program environments, to address all of her vulnerability concerns.

Emergency & Back Up Plans

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

Nicky does not have the skills necessary to respond to emergency events independently. Nicky is at risk of being in harm's way without family or support staff to guide her.

Key Contact Name	Relationship	Phone Number
Shelly Martinek	sister/co-guardian	(763) 757-2730
Theresa Milligan	parent/co-guardian	(651) 429-0165

Plan for emergency health events

Nicky is unable to self report if she is ill or injured. Family and staff should monitor Nicky for signs of illness or injury. If Nicky has an emergency health event, she should be taken to United Hospital. If time is an issue, Nicky can be taken to the nearest

hospital.

Key Contact Name	Relationship	Phone Number
Theresa Milligan	parent/co-guardian	(651) 429-0165
Shelly Martinek	sister/co-guardian	(763) 757-2730

Plan for unavailable staffing that puts the person at risk

Nicky has no alone time. Transferring staff must stay with Nicky until a family member or another staff person is available.

Key Contact Name	Relationship	Phone Number
Theresa Milligan	parent/co-guardian	(651) 429-0165
Shelly Martinek	sister/co-guardian	(763) 757-2730