SELF-MANAGEMENT ASSESSMENT

Name: Carrie Carlson

Date of *Self-Management Assessment* development: 8/11/2021 For the annual period from: August 2021 to August 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): latex and Morphine	☐ Yes ☒ No ☐ NA – there are no allergies	• **Strengths, Skills, and Abilities:** Carrie does not seek out products she is allergic to. • **Behavior and Symptoms:** Carrie is diagnosed with a developmental disability and is not able to self-manage her allergies. Carrie is not able to inform someone of her allergies. • Staff supports are required in this area according to the CSSP Addendum.

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Seizures (state specific seizure types): Partially controlled	☐ Yes ☒ No ☐ NA – no seizures	• **Strengths, Skills, and Abilities:** Carrie may be aware of when she has a seizure. Carrie is accepting of assistance during a seizure. • **Behavior and Symptoms:** Carrie has startle seizures and is not able to self-manage when having a seizure. • Staff supports are required in this area according to the CSSP Addendum.
Choking	☐ Yes ☒ No	• **Strengths, Skills, and Abilities:** Carrie enjoys eating. Carrie is able to eat orally. • **Behavior and Symptoms:** Carrie has impaired chewing. Due to this she is at risk of choking on her food. • Staff supports are required in this area according to the CSSP Addendum.
Special dietary needs (state specific need): NA	☐ Yes ☐ No ☒ NA – there are no special dietary needs	• Carrie has no special dietary needs.
Chronic medical conditions (state condition): Cerebral Palsy, Vit D deficiency, history of cerebral infarction, Neuromuscular scoliosis, Chronic right hip subluxation, and Dystonia	☐ Yes ☒ No ☐ NA – there are no chronic medical conditions	• **Strengths, Skills, and Abilities:** Carrie may be aware of some of her chronic medical conditions. Carrie is accepting of assistance. • **Behavior and Symptoms:** Carrie is diagnosed with Cerebral Palsy, a disorder that affects balance, movement, and muscle tone. Vitamin D deficiency, which could cause fatigue and tiredness. A history of cerebral infarction or stroke, is a brain lesion in which a cluster of brain cells die when they don't get enough blood. Neuromuscular scoliosis, a condition that impairs someone's ability to control the muscles that support the spine. Chronic right hip subluxation, an incomplete or partial dislocation of a joint. Dystonia, a movement disorder in which a person's muscles contract uncontrollably. • 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:** Carrie may be aware of her treatments. Carrie is accepting of her medication and treatments. • **Behavior and Symptoms**: Due to Carrie's diagnoses she may not understand the full scope of medications and their administration including side effects, doses, and following prescriber's orders. Carrie is unable to request medications or inform someone if there are issues associated with her medications. • Staff supports are required in this area according to the CSSP Addendum.
Preventative screening	☐ Yes ☒ No	• PAI does not set up or attend medical appointments with Carrie. Carrie's guardians will assist her with this.

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Medical and dental appointments	☐ Yes ☒ No	• PAI does not set up or attend medical appointments with Carrie. Carrie's guardians will assist her with this.
Other health and medical needs (state specific need): NA	☐ Yes ☐ No ☒ NA	NA
Other health and medical needs (state specific need): NA	☐ 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): Cerebral Palsy, Neuromuscular Scoliosis	☐ Yes ☒ No ☐ NA – not at risk for falling	• **Strengths, Skills, and Abilities:** Carrie may be aware of her risk of falling. Carrie appears comfortable being lifted or using the lift system. • **Behavior and Symptoms:** Due to Carrie's diagnoses she has limited trunk and limb control. • Staff supports are required in this area according to the CSSP Addendum.
Mobility issues (include the specific issue): Cerebral Palsy, Neuromuscular Scoliosis	☐ Yes ☒ No ☐ NA – there are no mobility issues	• **Strengths, Skills, and Abilities:** Carrie may be aware of her mobility issues. Carrie is patient when waiting for someone to mover her chair. • **Behavior and Symptoms:** Due to Carrie's diagnoses she is not able to independently move her wheelchair. • Staff supports are required in this area according to the CSSP Addendum.
Regulating water temperature	☐ Yes ☒ No	• **Strengths, Skills, and Abilities:** It is unknown if Carrie is aware of the water temperature. • **Behavior and Symptoms:** Carrie does not have the fine motor skills needed to adjust the water temperature. • Staff supports are required in this area according to the CSSP Addendum.
Community survival skills	☐ Yes ☒ No	• **Strengths, Skills, and Abilities:** Carrie enjoys spending time in the community. Carrie is friendly and appears to enjoy interacting with others.

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		• **Behaviors and Symptoms:** Carrie is not able to comprehend the potential dangers related to the community, traffic skills, or pedestrian safety skills. She is not able to independently propel her wheelchair. • Staff supports are required in this area according to the CSSP Addendum.
Water safety skills	☐ Yes ☒ No	• **Strengths, Skills, and Abilities:** It is unknown if Carrie possesses water safety skills. • **Behaviors and 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	☐ Yes ☒ No ☐ NA	• **Strengths, Skills, and Abilities:** Carrie is able to see items in her peripheral vision. Carrie is able to listen to descriptions of items. Carrie is able to prepare herself for loud sounds if warned ahead of time. • **Behavior and Symptoms:** Carrie is diagnosed with cortical blindness and is at risk of not seeing objects. Carrie also has a strong startle reflex. • Carrie's startle reflex can generalize into a seizure or cause her discomfort.
Other personal safety needs (state specific need): GI Issues	☐ Yes ☒ No ☐ NA	• **Strengths, Skills, and Abilities:** Carrie is aware when she is uncomfortable. Carrie may be able to convey this through non-verbal communication. • **Behavior and Symptoms:** Carrie has had GI and elimination issues in the past. • Staff supports are required in this area according to the CSSP Addendum.
Other personal safety needs (state specific need): NA	☐ Yes ☐ No ☒ NA	NA
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): hits head, scrape finger or tear fingernail	☐ Yes ☒ No ☐ NA	• **Strengths, Skills, and Abilities:** Carrie is aware of when she is frustrated, bored, or not feeling well. Carrie is able to communicate this with non-verbal communication.

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		• **Behavior and Symptoms:** Carrie may become bored or frustrated and may hit her head when she is not able to communicate this. Carrie may also pick at her wheelchair or other objects with her nails. She is at risk of causing self-injury while seeking self-stimulation. • Staff supports are needed in this area according to the CSSP Addendum.
Physical aggression/conduct (state behavior): Grab or scratch peers	☐ Yes ☒ No ☐ NA	• **Strengths, Skills, and Abilities:** Carrie is curious and enjoys exploring her environment with her hands. • **Behavior and Symptoms:** Carrie may reach out on her left side to explore her surroundings and may unintentionally scratch someone or pull their hair if they are within reach. • Staff supports are required in this area according to the CSSP Addendum.
Verbal/emotional aggression (state behavior): NA	☐ Yes ☐ No ☒ NA	NA
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): NA	☐ Yes ☐ No ☒ NA	NA
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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