

SELF-MANAGEMENT ASSESSMENT

Name: Tyrel Horning

For the annual period from: October 2021 through October 2022

Date of *Self-Management Assessment* development: 10.21.2021

Name and title of person completing the review: Emily Elsenpeter, 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
<p>Allergies: Augmentin, Morphine, Latex</p>	<p><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA – there are no allergies</p>	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: It is unknown what Tyrel understands about his allergies. He may use his adaptive sign to for “no” when in the community and there are balloons present. Ty is accepting of supports in this area. • Behaviors or Symptoms: Ty’s reaction to these medications is not known, but could include and not be limited to hives, rash, anaphylactic shock, and respiratory distress. Ty’s reaction to latex is redness and rash at contact site. Reaction could become more serious with repeated exposure. • Staff supports are required in this area according to the CSSP Addendum.

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<p>Seizures: Partially Controlled Tonic Clonic / Grand Mal</p>	<p><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA – no seizures</p>	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: Ty is accepting of supports during and after seizure activity; his functional awareness of his seizure diagnosis is unknown Ty may yell out to staff prior to a seizure and will often smile at staff to communicate he is out. • Behaviors or Symptoms: Ty has a physician ordered Seizure Protocol and takes medication daily at home. His seizure disorder is considered partially controlled. Tyrel’s seizures present as 30 seconds or more of laughing or smiling and arms stiffening or raising, usually concentrated in upper body; his tongue may stick out of his mouth; he may also be dazed, with eyes may glaze over or he may be unresponsive. Tyrel has seizures on a regular basis and may be tired due to his medications or seizure activity. • Staff supports are required in this area according to the CSSP Addendum.
<p>Choking: NPO, Suction Machine</p>	<p><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p>	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: Tyrel is aware of his potential for choking and does not allow for items to be placed in his mouth. Ty had a choking incident when younger and aspirated on an M&M candy during pleasure tasting. Now Ty will use his adaptive sign for “no” when something is placed too near his mouth. • Behaviors or Symptoms: Tyrel may have in mouth secretions that require suctioning when experiencing illness and may move his upper body out of position while receiving his feeding putting him at an increased risk of choking/aspiration. • Staff supports are required in this area according to the CSSP Addendum.
<p>Special dietary needs: Physician’s order diet</p>	<p><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA – there are no special dietary needs</p>	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: Ty understands that he receives his nutrition through his g/j-tube site and is compliant with the process and staff in his personal space while supporting him with his nutrition. • Behaviors or Symptoms: Tyrel has a physician’s ordered diet. He receives all medications, fluids and nutrition via g/j-tube unless otherwise specified. Ty is not able to prepare or administer his nutritional feedings without support. • Staff supports are required in this area according to the CSSP Addendum.
<p>Chronic medical conditions: Dandy Walker Syndrome, Constipation, , Hip Flexor Spasms, Hydrocephalus (shunt), Moderate Intellectual Disability, Pressure Ulcer,</p>	<p><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA – there are no chronic medical conditions</p>	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: It is unknown what Tyrel understands regarding his chronic medical conditions. Tyrel is accepting of support in these areas. • Behaviors or Symptoms: Dandy Walker Syndrome A congenital brain malformation involving the cerebellum (which controls muscle coordination). Individuals often have a delay in fine and/or gross motor skills such as standing, walking, and holding or manipulating objects and may experience muscle stiffness and partial paralysis of the lower limbs and seizures. Constipation: Due to medications and inability to move around, Tyrel may experience constipation resulting in discomfort and potential health complications.

		<p>Hip Flexor Spasms: Tyrel experiences spasms/tension of his hip flexor. At times this may prevent him from keeping his foot positioned within the foot box of his chair leading to pain/discomfort.</p> <p>Hydrocephalus with Shunt: A malfunction or obstruction & accumulation of fluid in ventricles cavities of the brain causing pressure inside the skull. Ty has a surgically placed Shunt to bypass the obstruction and drain the excess fluid. Ty communicates that lights are too bright by squinting/closing his eyes and banging his head</p> <p>Moderate Intellectual Disability (ID): is a generalized neurodevelopmental disorder characterized by impaired intellectual and adaptive functioning. It is defined by an IQ within the 35-49 range and is often accompanied by language and communication difficulties. Individuals with moderate ID are able to develop basic reading/writing/counting skills but require supports with basic self-care and communication.</p> <p>Pressure Ulcer: Ty has a pressure ulcer located on right buttock under the Ischial Tuberosity Bone (the bone one sits on) and has had surgery to repair the area. This area appears darker in color and the skin may appear puckered or more wrinkled than the surrounding skin.</p> <ul style="list-style-type: none"> • Staff supports are required in this area according to the CSSP Addendum.
<p>Self-administration of medication or treatment orders</p>	<p><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p>	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: It is unknown what Ty knows/understands related to his medications/treatments, but he is accepting of supports in this area. • Behaviors or Symptoms: Tyrel takes his medications crushed or in liquid form via g/j-tube unless otherwise specified such as with his seizure PRN. Due to his cognitive and physical limitations, Ty is not able to self-administer his medications. • Staff supports are required in this area according to the CSSP Addendum.
<p>Preventative screening</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA</p>	<ul style="list-style-type: none"> • PAI does not manage Preventative Screening for Tyrel.
<p>Medical and dental appointments</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA</p>	<ul style="list-style-type: none"> • PAI does not manage Medical or Dental appointments for Tyrel.
<p>Other health and medical needs: Personal Care Hygiene</p>	<p><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA</p>	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: Ty may be aware of when he requires the use of the restroom – Ty may vocalize and point to the cares room or where his sling is located when requiring assistance with personal cares. Ty is able to help roll while on the table to aid in brief placement and dressing. • Behaviors or Symptoms: Tyrel uses a brief and may become embarrassed while being assisted with his personal cares, particularly when involving a bowel movement. Ty may bang his head, thrash his body, or attempt to bite staff that are assisting him. Due to his cognitive and physical limitations, he is not able to independently complete his cares. • Staff supports are required in this area according to the CSSP Addendum.

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Other health and medical needs: Fatigue/Sleeping	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA	<ul style="list-style-type: none"> Strengths, Skills, & Abilities: Tyrel is aware of when he is tired. Ty communicates his desire to lay down by pointing to the mat table and vocalizing. Behaviors or Symptoms: Due to Tyrel’s medications and seizure disorder he requires and desires a lot of rest. If he does not get rest periods (where he may fall asleep) Tyrel may become agitated and display self-injurious behavior. Staff supports are required in this area according to the CSSP Addendum.
Other health and medical needs:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA	<ul style="list-style-type: none"> N/A
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: Seizure Disorder and Chronic medical conditions increasing risk of falls	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA – not at risk for falling	<ul style="list-style-type: none"> Strengths, Skills, & Abilities: Tyrel has some trunk control and is able to roll himself over. His functional awareness that he may fall is unknown, he is accepting of supports in this area. Behaviors or Symptoms: Tyrel’s chronic medical conditions put him at a high risk of falling and impact his ability to be safely mobile on his own. Tyrel uses a wheelchair with the support of shoulder and pelvic straps and a seatbelt. He utilizes a Hoyer or in-ceiling lift and sling to transfer. Staff supports are required in this area according to the CSSP Addendum.
Mobility issues: Chronic medical conditions limiting mobility	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA – there are no mobility issues	<ul style="list-style-type: none"> Strengths, Skills, & Abilities: Tyrel is able to roll from his stomach to his back and is able to press the up/down buttons on the electric Hoyer remote with assistance. Ty may vocalize and point to areas in the room he is wanting to be positioned in/by. Ty is accepting of all mobility supports. Behaviors or Symptoms: Tyrel’s chronic medical conditions impact his ability to be mobile on his own. Tyrel utilizes a wheelchair that he does not propel independently, with the support of shoulder and pelvic straps, lap tray and a seatbelt. He also utilizes a Hoyer or in-ceiling lift and sling to transfer. Staff supports are required in this area according to the CSSP Addendum.
Regulating water temperature	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> Strengths, Skills, & Abilities: Ty may vocalize or use his adaptive sign for “no” if the water is not at a comfortable temperature for him. His awareness in this area is unknown, he is accepting of supports. Behaviors or Symptoms: Tyrel is unable to adjust the water temperature or determine a safe water temperature due to his developmental and physical disabilities. Tyrel is at risk of being exposed to extreme water temperatures if not regulated and supported. Staff supports are required in this area according to the CSSP Addendum.

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Community survival skills	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: Ty enjoys spending time in the community. He communicates what activities he would like to participate in using his adaptive yes/no signs. Tyrel is accepting of assistance in the community. • Behaviors or Symptoms: Tyrel has been diagnosed with developmental disabilities and lacks a formal communication system. Tyrel is not able to comprehend the potential dangers related to the community, traffic, or pedestrian safety skills. He is not able to navigate unfamiliar areas without support and does not have the ability to drive. He would require support if an emergency were to occur or to ask for assistance. • Staff supports are required in this area according to the CSSP Addendum.
Water safety skills	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: Ty is accepting of support when in the community and near bodies of water. Ty's functional awareness in this area is unknown. • Behaviors or Symptoms: Tyrel has been diagnosed with developmental and physical disabilities that put him at high risk of drowning. He does not have the cognitive or physical ability to keep himself safe in water. • Staff supports are required in this area according to the CSSP Addendum.
Sensory disabilities:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA	<ul style="list-style-type: none"> • NA
Other personal safety needs (state specific need): NA	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA	<ul style="list-style-type: none"> • 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: Biting hand/wrist, banging head	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: It is unknown what Ty understands in this area. Ty is accepting of redirection from familiar persons when engaging in self-injurious behaviors. • Behaviors or Symptoms: Ty has been diagnosed with developmental disabilities, depression, and lacks a formal communication system. Ty may communicate pain/discomfort/frustration by biting his hand/wrist or banging his head. • Staff supports are required in this area according to the CSSP Addendum.
Physical aggression/conduct: Hitting, Biting or Pinching others	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: Tyrel is aware of others around / near him. Tyrel let's others know he would like them out of his space. • Behaviors or Symptoms: Ty has been diagnosed with developmental disabilities, depression, and lacks a formal communication system. Ty may communicate discomfort/frustration/anger with another person by hitting or swatting at them if they are near him or biting / pinching if they are in his personal space. • Staff supports are required in this area according to the CSSP Addendum.

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Verbal/emotional aggression: Yelling / Distressed Vocalizations	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: It is unknown what Ty understands in this area. Ty uses yelling to attempt to communicate with those around him. • Behaviors or Symptoms: Ty has been diagnosed with developmental disabilities, depression, and lacks a formal communication system. When others enter a room Ty is in or make sounds such as coughing or sneezing in the same room, he may yell at them until they leave, stop making sound or he is redirected by a familiar staff. • Staff supports are required in this area according to the CSSP Addendum.
Property destruction (state behavior): NA	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA	<ul style="list-style-type: none"> • NA
Suicidal ideations, thoughts, or attempts	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA	<ul style="list-style-type: none"> • NA
Criminal or unlawful behavior	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA	<ul style="list-style-type: none"> • NA
Mental or emotional health symptoms and crises: Depression	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> NA	<ul style="list-style-type: none"> • Strengths, Skills, & Abilities: It is unknown what Ty understands in this area. Ty uses yelling to attempt to communicate with those around him. • Behaviors or Symptoms: Ty has been diagnosed with developmental disabilities, depression, and lacks a formal communication system. Tyrel has a history of experiencing increased depression during season changes. He may become agitated/display self-injurious behavior in the form of biting his wrist, banging his head, and flailing his legs and arms. He may have periods of prolonged crying for which the cause could not be determined. When feeling depressed Ty is typically only interested in sleeping. • Staff supports are required in this area according to the CSSP Addendum.
Unauthorized or unexplained absence from a program	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA	<ul style="list-style-type: none"> • NA
An act or situation involving a person that requires the program to call 911, law enforcement or fire department	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA	<ul style="list-style-type: none"> • NA
Other symptom or behavior (be specific): NA	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> NA	<ul style="list-style-type: none"> • NA