



Coordinated Services and Supports Plan (CSSP)

ABOUT ME

SHASITY R ROBERTS RYKS

Assessment Date: 12/10/2020

Plan Dates: 02/01/2021 to 01/31/2022

Developed by: Leah Heying (320) 656-6298

Address: 815 N High Street
Lake City, MN 55041

County: Wabasha

Home: (651) 345-5724

Work:

Other: (651) 345-2713

General Plan Notes:

Shasity is 48 year old women living at River Oaks. She said her strengths are riding horses and making friends. Shasity is happy living at River Oaks and with her current services. She is not interested in working, volunteering, or going back to school at this time. Shasity does not think her current physical health is fair. She has been hearing more voices and is working with her psychiatrist to adjust her medications. She continues to work on her anxiety. Shasity continues to smoke and has no plans on quitting. He cigarette use has increased over the last year and stays up late into the night smoking with other residents. Shasity stays up until 3 AM and wakes up between 9:30 AM and 10 AM. Other residents are up to. She said they watch movies and smoke. She said she spends her day smoking and visiting. "My dream is to see my Mom live longer." Shasity's mom has been in poor health. She has not been able to see her because of COVID. Shasity enjoys shopping, listening to music and crafts. Her friends are very important to her.

Shasity is working with her Dr on increasing her medication and feels she is feeling and doing better. She wants to continue to live at River Oaks and stay on the CADi waiver. Shaisty wants to continue to have a rep payee as it helps her pay her bills. She enjoys her bus passes for getting to town to run errands and to get out in the community weekly. She is no longer receiving independent living skills training due to covid and staff not able to come into the home. Shasity will contact worker if she would like to start this up again in the future. Shasity is working on getting new glasses and knee braces. Shasity continues to see her Psychologist every three months. Shasity feels she has formal and informal supports (friends at River Oaks) in place to help her be as independent as possible.

You can reach Shasity by calling River Oaks. They have a resident line or you can set up a time to call her with staff at River Oaks.

Shasity has a call button to use at River Oaks. No other assistive technology needed at this time.

PERSON INFORMATION

Date of Birth: 06/06/1972 **Age:** 48 yrs

Emergency Contacts

Name	Relationship	Phone
Shane Roberts	Sibling	(507) 236-4761
Shannon Bjorn	Sibling	(651) 339-8157
Brian Turner	Other Non-Relative	(651) 345-5724

Notes/Comments

Decision Making Representatives

Name	Type of Authority	Address	Phone
Melissa Fitzpatrick - Hiawatha Valley Mental Health	Representative Payee	420 E Sarnia St Suite 2100, Winona, MN 55987	(507) 453-6203

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
Medicare - Part A		1JV2XC5AX03	06/01/2008
Medicare - Part B		1JV2XC5AX03	06/01/2008
Medical Assistance		01157190	06/01/2006

Notes/Comments**Providers**

Health Care Providers	Phone	Comments
Dentist		Community Dental Rochester
Psychologist	(612) 925-6033	Amanda Thooft, MSW, LicSW
Primary Physician	(651) 343-3321	Kathy Loftberg, CNP
Pharmacy	(608) 784-6500	Health Direct #119, LaCrosse, WI
Other	(507) 961-9355	Mary Klein Hiawatha Valley Mental Health
ARMHS with Hiawatha Valley Mental Health		
Psychiatrist	(612) 925-6033	Dr. Justin Miles
Specialty Clinic		gastroentrologist speciaist - Mayo Rochester

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

Goal Statement	Target Date	Provider & NPI (if applicable)	Frequency of Reporting
Shasity will continue working on managing her anxiety in a constructive manner.	01/31/2022		
Shasity will continue to work on reducing her ER visits and 911 calls.	01/31/2022		
Shasity will work towards losing weight and being healthier by participating in forms of exercise and healthier eating. Her goal weight is 170 lbs.	01/31/2022		
Shasity will continue to live at River Oaks and receive services there to meet her health and safety needs.	01/31/2022	RIVER OAKS AT LAKE PEPIN -- 1417333428	annual
Shaisty will continue to receive monthly bus tokens to get out in the community for shopping and socialization.	01/31/2022		semi

Action Steps for Goals:

What will the person do?

Shasity likes to listen to her radio when she becomes upset. She also talks with her friends when something is bothering her. Shasity likes "alone time." Shasity is working on talking with staff at River Oaks before she calls 911. Shasity has been working on cutting back on unhealthy foods. She likes to walk down to the lake sometimes. Shasity will complete her MA paperwork in a timely manner. Shasity will update case manager of any changes to her health, address or phone number.

What will the case manager do?

CM will manage CADI waiver funding, make sure Shasity's services are meeting her needs and she is satisfied with them and make referrals as needed. Case manager to see Shasity at a minimum of 2 times per year. Case manager to help resolve conflict as it arises and help with problem solving as needed. Case Manager to monitor waiver services and work with Shasity in developing a Coordinated Services and Support Plan to address her needs and goals. The plan will be updated as requested.

What will others do? Shasity friends are a huge support for her and help her calm down when she is anxious.

What will the provider do?

Shasity is living at River Oaks. Staff assist with medication management, arranging appointments, homemaking, meals, laundry as needed. They work with Shasity when she is having anxiety attacks. River Oaks staff helps problem solving with Shasity when she is having anxiety to reduce ER visits. Melissa Fitzpatrick is Shasity's rep payee. She helps Shasity pay her bills and budget her money.

SUMMARY OF PROGRAMS AND SERVICES

Program Type Community Alternatives for Disability Inclusion	Start Date 02/01/2021	End Date 01/31/2022	Annual Amount \$0.00	Total Plan Cost \$85,304.32	Avg Monthly \$7,108.69
Case Manager/Care Coordinator Leah Heying		Case Manager/Care Coordinator Provider ID		Responsible Party Name	
Program Notes Shasity continues to eligible for the CADI waiver. She currently receives customized living services and bus passes through the waiver. 2/1/21-01/31/22.					

Service 24-Hour Customized Living Services - Daily							
Start Date 02/01/2021	End Date 01/31/2022	Procedure Code T2031 TG	Frequency 1-Daily	Units 365	Rate \$226.76	Avg Monthly \$6,897.28	Total Service \$82,767.40
NPI/UMPI 1417333428	Status Approved	Provider Name RIVER OAKS AT LAKE PEPIN		Funding Source CADI Waiver		County of Service Wabasha	
Areas of Need							
Support Instructions Shasity needs assistance with meals, housekeeping, making appointments, socialization, setting up medications and help with managing her anxiety. Shasity also receives weight checks, blood glucose assistance, CPAP assistance.							
Service Notes daily							

Service Case Management - 15 Minutes							
Start Date 02/01/2021	End Date 01/31/2022	Procedure Code T1016 UC	Frequency 5-Flexible Use	Units 96	Rate \$24.47	Avg Monthly \$195.76	Total Service \$2,349.12
NPI/UMPI A000073600	Status Approved	Provider Name STEARNS COUNTY HUMAN SERVICES		Funding Source CADI Waiver		County of Service Wabasha	
Areas of Need Supportive Services							
Support Instructions Coordination and monitoring of CADI waiver services. Provide support for problem solving and resolving conflict as needed and appropriate. Shasity will often go to staff at River Oaks if she is upset or having anxiety. Shasity also likes to rely on her friends for informal support.							
Service Notes 96 units per year or more as needed for coordinating, monitoring services and supports and assisting with problem solving.							

Service Case Management Aide (Paraprofessional) - 15 Minutes							
Start Date 02/01/2021	End Date 01/31/2022	Procedure Code T1016 TF UC	Frequency 5-Flexible Use	Units 20	Rate \$9.39	Avg Monthly \$15.65	Total Service \$187.80
NPI/UMPI A000073600	Status Approved	Provider Name STEARNS COUNTY HUMAN SERVICES		Funding Source CADI Waiver		County of Service Stearns	
Areas of Need							
Support Instructions Assist case manager with administrative duties such as filing, date entry , MN Choice Referrals and phone contacts.							
Service Notes 20 units a year for administrative support and duties.							

RISKS

How will Health and Safety Issues be Addressed?

Shasity is encouraged to talk with staff before calling 911 to verify it's a situation requiring emergency care. River Oaks staff monitor her health and safety. Staff to contact emergency services if needed.

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		

Summary plan/agreement reached to address the identified risks:

No risks identified at this time. Shasity has formal and informal supports in place to help her as needed.

Emergency & Back Up Plans**Plan for unforeseen events (e.g, weather, storms, power outages)**

Shasity to follow River Oaks protocol. If Shasity becomes anxious, she may need extra coaching during and emergency.

Key Contact Name	Relationship	Phone Number
Cori Barker, SW	River Oaks Director	(651) 345-2713
Shane Roberts	brother	(507) 236-4761
Brian Turner	Friend	(651) 345-5724

Plan for emergency health events

River Oaks staff to assist or call 911

Shasity continues to see her doctors for medical conditions as well as using urgent care or the emergency room when appropriate.

Key Contact Name	Relationship	Phone Number
Shannon Bjorn	Sister/rep payee	(651) 399-8157
Shane Roberts	brother	(507) 236-4761
Cori Barker, SW	River Oaks Director	(651) 345-2713
Brian Turner	Friend	(651) 345-5724

Plan for unavailable staffing that puts the person at risk

Administrator at River Oaks to address staffing issues. They are to provide 24/7 supervision and support.

Key Contact Name	Relationship	Phone Number
Cori Barker	River Oaks	(651) 345-2713