



What Does the Home and Community Based Services Rule Mean for You?



Developmental Disabilities Institute
Wayne State University



What is the Home and Community Based Services (HCBS) Rule?

- In January 2014 the Centers for Medicare and Medicaid Services (CMS) announced the HCBS Settings Final Rule.
- HCBS are Medicaid services.
- These services are for people with disabilities to help them live in their own homes and communities.

Why is the Rule Important?

- The rule will:
 - Make sure that you have the benefits of community living.
 - Make sure you have the same access to the community as individuals who do not have disabilities.
 - Protect your individual rights.
 - Give you the opportunity to pick your services and get them where you want them.

What Does this Mean for You?

As a person who receives long-term services or supports through home and community-based services:

- You should start thinking about how you want your services to best support you!
- You are the **expert** when it comes to your life! This is why your involvement is important.
- This guide is a tool you can use to help you think about the community life you want.

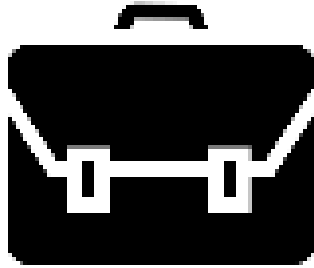
Your Services and Supports

What services and supports do you receive that help you live in your community?

List your services and supports below.



Support at Home



Support at Work



**Support in the
Community**

You are the Expert!

- You know best what you want and what can make everyday better for you.
- Use the list of services from the last page and think about these questions:
 - What are some things that could make everyday better for me?
 - How can my services work better for me?
- Use the space below to take notes, draw or paste pictures that help represent how you want your services to help you live the life you want.

How to Use this Guide

- In this next section we will learn the 3 main ideas in the HCBS Rule.
- Think about your answers from pages 5 and 6 when learning about the 3 main Ideas.
- Think about your answers from pages 5 and 6 when answering questions at the end of each section.



Main Ideas in the HCBS Rule



Individual Rights



Full Participation
in Community Life



Independence in
Making Life
Decisions

Individual Rights



- The HBCS Rule protects your right to:
 - **Privacy:**
 - Individuals control when and with whom they want to share their personal spaces, conversations, and information.
 - Individuals receive personal care support (if they need it) in a space away from others.
 - Individuals can make space in their home away from others, for example a locked or closed door, be in a space without visual cameras or audio monitors.
 - **Dignity:** You are born valuable and worthy and should be treated as such.
 - **Respect:** You are important and have control and decision-making power over your life.
 - **Freedom:** You control your life; you can go where you want and do what you want.

In Your Life...



- Do you have the privacy you want?



Yes



No

- Are you able to come and go as you please?



Yes



No

- Are you able to turn down activities that you don't want to participate in?



Yes



No

- Do you know who to contact to file a complaint?



Yes



No

In Your Life...



- Do staff who help you at home talk to you using the name you prefer?



Yes



No

- Do you have a lease for your home?



Yes



No

- What changes should be made to ensure your individual rights are respected?

Full Participation in Community Life



- Full participation in community life means:
 - You are able find a job.
 - You work with individuals who do not have disabilities.
 - You can take part in your community to the same degree of access as other individuals in your community

In Your Life...



- Do you get to do as much as you want in your community?



Yes



No

- Do you spend time with the people you want to?



Yes



No

- Do you have a chance to find a paid job in the community?



Yes



No

- Do you work, volunteer, or go to school with individuals without disabilities?



Yes



No



What are some Community Activities You Enjoy?

- Shopping



Yes



No

- Religious or spiritual services



yes



No

- Meals with friends or family



Yes



No

- Volunteer/community services



Yes



No

- School or education



Yes



No

- If you want, do you participate in activities in the community?



Yes



No

- What do you want to do more of?

Independence in Making Life Decisions



- You make your own decisions about your life.
- You control and pick:
 - Where you live
 - Who you live with
 - Who provides your services
 - How you want to spend your day
 - How you spend your money
 - What you eat

In Your Life...



- Do you have the chance to set your own schedule?



Yes



No

- Do you choose when and what to eat?



Yes



No

- Do you decide what to wear?



Yes



No

- Do you choose who provides your services and where your services are provided?



Yes



No

- Do you decide how to spend your money?



Yes



No

- If you live with others, did you pick the people you live with?



Yes



No

- What types of supports do you need to live as independently as you want?




Next Steps:

- Now that you have learned about the HCBS Rule and answered all of the questions in this guide, you might be wondering how can you use what you learned.
- Here are some suggestions for how to use your answers:
 - Take this information to your **Person-Centered Planning (PCP)** meeting and share it with your supports coordinator or case manager. For more information on PCPs check page 20.
 - You can share this guide and your answers with people who provide you services and supports so they can better serve you.
 - You can talk to your family and/or friends.

Person-Centered Planning

- The person-centered planning (PCP) process has been required by the Michigan Mental Health Code since 1996.
- Person-Centered Planning helps you to direct the process of planning for your services and supports.
- PCPs have helped individuals get the life he or she wants in the community.
- Individuals have used PCPs to pursue their goals to live, work, and be involved in the community with the support they want and need.
- PCP is one way for you to make sure you live the life the way you want!

Summary

The main goal of the HCBS Rule is to make sure that the services you get, give you the opportunity for independence in making life decisions  , to fully participate in community life  and to make sure that your individual rights  are respected.

Resources



Centers for Medicare & Medicaid Services:

<https://www.medicaid.gov/Medicaid-CHIP-Program-Information/By-Topics/Long-Term-Services-and-Supports/Home-and-Community-Based-Services/Home-and-Community-Based-Services.html>



Michigan Department of Health and Human Services

Home and Community-Based Services Program Transition:

http://www.michigan.gov/mdhhs/0,5885,7-339-71547_2943-334724--,00.html

Michigan Department of Health and Human Services

How Person-Centered Planning Works for You:

https://www.michigan.gov/documents/mdch/How_Person-Centered_Planning_Works_for_You_367101_7.pdf



Developmental Disabilities Institute

Developmental Disabilities Institute at Wayne State University

Home and Community Based Services Transition:

http://www.michigan.gov/mdhhs/0,5885,7-339-71547_2943-334724--,00.html



HCBS Advocacy Coalition:

<http://hcbadvocacy.org>



Self Advocates Becoming Empowered (SABE):

<http://www.sabeusa.org/>



The Riot Issue 35 Spring 2015

Now We Can

<http://www.theriotrocks.org/blog/wp-content/uploads/2015/05/Riot-2015IssueFINAL.pdf>