



Person Centered Planning
The Home and Community Based Services Rule
Toolkit for Individuals and Family Members



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

The HCBS Rule makes sure individuals have the opportunity to:

Make choices

Live, work, and have fun in their community

And makes sure that an individual's rights are respected



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



Services are provided in places with full opportunity to connect to the community.

- The individual decides where they get services.
- The individual chooses what services they receive and who provides the services.

The individual has a right to privacy, dignity and respect and freedom from intimidation and restraint.

Choices are made by the person.

Who Does the Home and Community Based Services (HCBS) Rule Affect?

Adults with disabilities receiving at least one of these waiver services:

- Community Living Supports – only individuals living in a provider owned or operated setting
- Skill Building
- Supported Employment
- And providers delivering the services



Where Does the Home and Community Based Services (HCBS) Rule Take Place:

The HCBS Rule applies to those services and supports funded by the HCBS waivers including:


- Job coaching
- Transportation
- Direct support staff
- Other supports to help individuals live in their community



When Does the Home and Community Based (HCBS) Services Rule Happen?

- Services and supports must meet the HCBS Rule by March, 2022.
- October 1, 2017 any **new** HCBS provider must right now meet the HCBS Rule to provide services to individuals receiving Medicaid HCBS services.

March 2022

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|---|--------|----------|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 |  | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

October 2017

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|-----|-----|-----|-----|-----|-----|
|  | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

How is the Home and Community Based Services (HCBS) Rule Part of an Individual's Services and Supports?

Services and Supports provided by Medicaid HCBS dollars must meet the requirements of the HCBS Rule.



Individuals with providers who meet the HCBS Rule:

- Receive services and supports the way they want
- Have support provided in the community with the same access and opportunities as individuals who do not have disabilities and to the amount the individual desires
- Have their individual rights respected

Person Centered **Thinking**

- The person is the expert in their own life
- An individual's quality of life and well-being are important
- Focus on things important **to** the person and important **for** the person
- Talking respectfully about issues of health and safety and supporting choice



Person Centered Practices



- Makes sure the person has access to community living to the amount they desire
- Identifies the person's strengths, goals, and needs
- Supports the person to identify and access the services they need



What is Person Centered **Planning**?

- A way to help a person plan their services and supports to live the life they choose.
- Person identifies the supports (paid and unpaid) they desire to live the life they wish to live.
- A process directed by the person, supported by others chosen by the person.
- It focuses on desires, dreams, and meaningful experiences.
- The individual decides when, how, and by whom direct support service is provided.

Person Centered Planning and the Individual Plan of Service



Identify Individual Needs:

Identifies strengths, needs, dreams, and supports to create a meaningful, desired life.



The Person Centered Planning Meetings:

Process is directed by the individual.

Usually involves at least two parts – pre-planning and planning.



Write the Plan of Service:

The written Individual Plan of Service (IPOS) includes outcomes based on an individual's goals and includes the amount, scope, and duration of all medically-necessary services provided by the system (CMH and PIHP).



Review the Plan of Service:

The IPOS is an active document that can change based on needs, strengths, information from assessments, and review of services and supports.

How Do Individuals Make Changes to their Plan of Service (IPOS)?



Contact their supports coordinator or case manager.



Meet with their supports coordinator or case manager to talk about options of providers that are meeting the HCBS Rule.



Ask about changes to services and supports to get the life an individual wants.

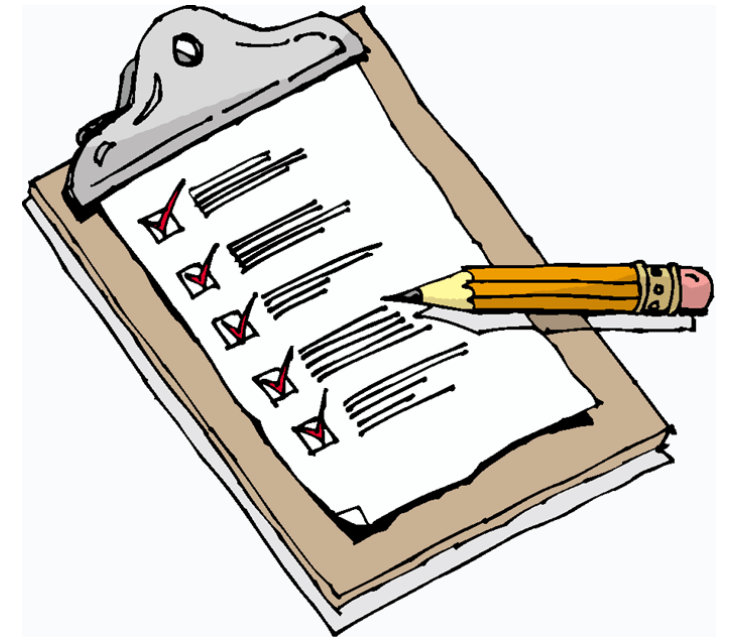
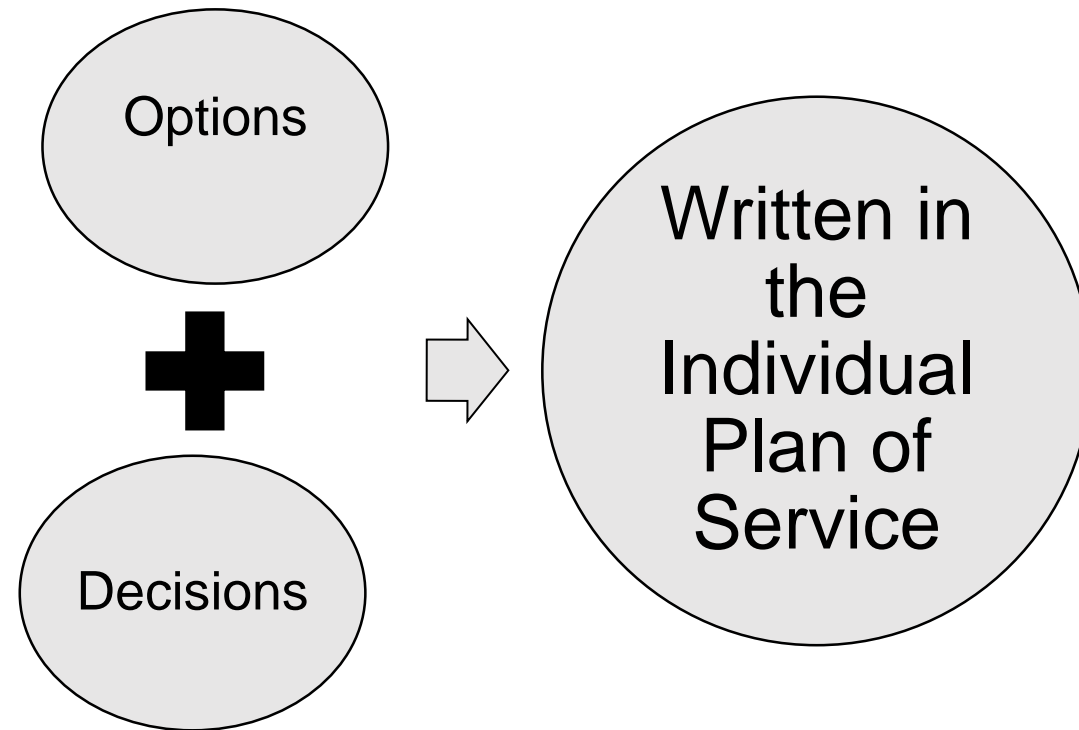
Use the person-centered planning process to make the desired changes.



Individuals choose the providers that will help them do what they want to do.

Each PIHP must maintain a provider network that allows the individual to choose from among a range of available providers and change providers.

Make Decisions about Services and Supports and Write Them in the Individual Plan of Service (IPOS)





Know Your Rights as an Individual Receiving Home and Community Based Services (HCBS)

Individuals' Rights:

- Have a person centered plan.
- Have privacy, dignity, respect, freedom from intimidation and restraint.
- Live, work, and have fun in the community.
 - Make choices about how an individual spends their money and time.
 - Make decisions about where an individual goes and with whom.
 - Choose where an individual lives, where they get services, and who provides the service.

Resources



Centers for Medicare & Medicaid Services:

<https://www.medicare.gov/medicaid/hcbs/guidance/index.html>



**Michigan Department of Health and
Human Services Home and Community-Based
Services Program Transition:**

[https://www.michigan.gov/mdhhs/0,5885,
7-339-71547_2943-334724--,00.html](https://www.michigan.gov/mdhhs/0,5885,7-339-71547_2943-334724--,00.html)



Autistic Self Advocacy Network

<https://autisticadvocacy.org/policy/toolkits/hcbsrule/>



HCBS Advocacy Coalition:

<http://hcbsadvocacy.org>



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Home and Community Based Services Transition:**
<https://ddi.wayne.edu/hcbs>

<https://ddi.wayne.edu/covid19>