



Developmental Disabilities Institute
Wayne State University



HCBS Final Rule Community Outreach – Individual

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



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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.
 - Give you the opportunity to pick your service providers.



What Does this Mean for You?

As a person who receives 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.

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:**
 - You control when and with whom you want to share your personal spaces, conversations, and information.
 - You should receive personal care support (if you need it) in a space away from others.
 - You can make space in your 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.

Guardianship

- You may have a guardian.
- The role of your guardian is to help you make decisions in your interest.
- Your choices and wishes for how you want to live your life should always be respected.





Full Participation in Community Life

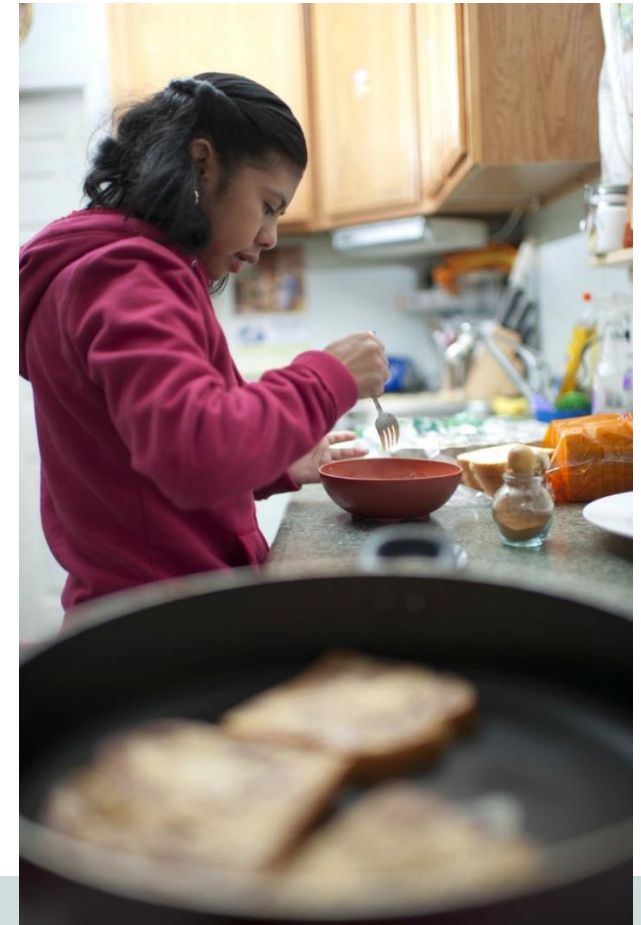
- Full participation in community life means:
 - You are able to find a job.
 - You work with individuals who do not have disabilities.
 - You can take part in your community similar to other individuals in your community.





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






Next Steps:

- Now that you have learned about the HCBS Rule, you might be wondering how can you use what you learned.
- Here are some suggestions:
 - Take this information to your **Person-Centered Planning (PCP)** process and share it with your supports coordinator or case manager.
 - You can share this information with individuals 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 your services and supports.
- It helps you arrange your services and supports to live the life you want in the community.
- Individuals have used the planning process 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 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.medicare.gov/Medicare-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



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Home and Community Based Services Transition:

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Resources



HCBS Advocacy Coalition:

<http://hcsadvocacy.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>