



March 6

**When You Get Services Make Sure
You Get What You Need.**

Get HCBS PLain Language Tools

Teaching People with Disabilities About the HCBS Rule

The **Home and Community-Based Services (HCBS) Setting Rule** are Medicaid rules our states have to follow if they want to use Medicaid to pay for our services. These rules help us get support *where they want to live* (like their own home or community) instead of in places like hospitals or group homes. It makes sure they have choices, freedom, and can be part of their community.



Key Things to Know About the HCBS Rule:

1. Live Where You Choose

- You can pick where you live (e.g., your own apartment, family home, or a small group home).
- You should not be forced to live in a place that feels like a hospital or institution.

2. Be Part of the Community

- You have the right to go places everyone else goes (like stores, parks, or schools).
- Services should help you join community activities, make friends, or get a job.

3. You decide what services you need (this is called **person-centered planning**).

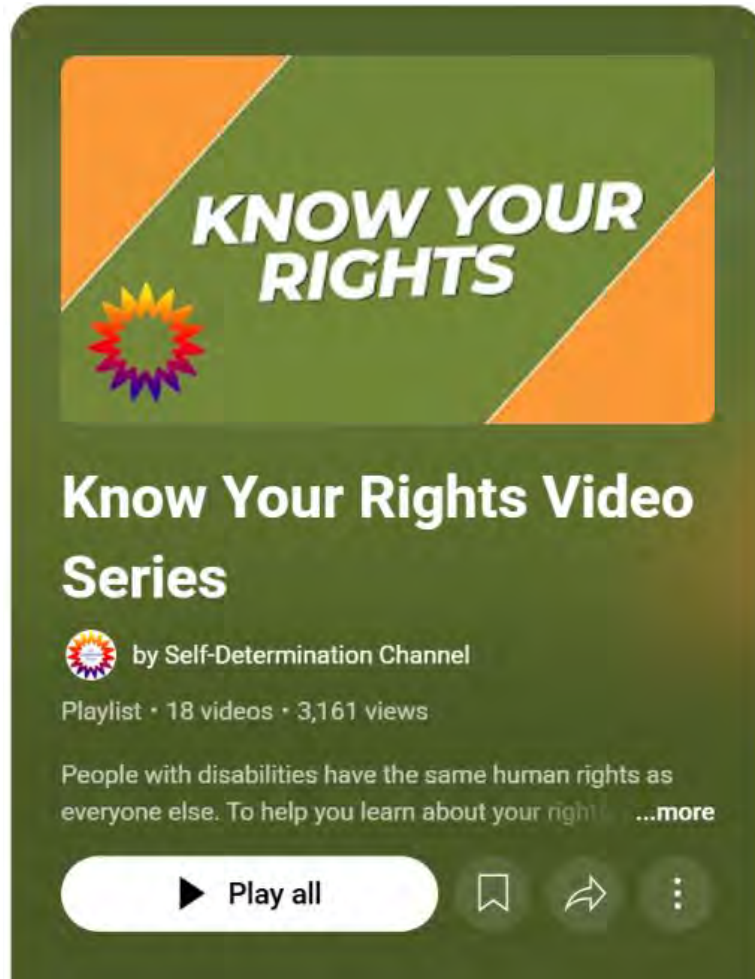
- You control your schedule, who helps you, and how you live.

4. No Isolation

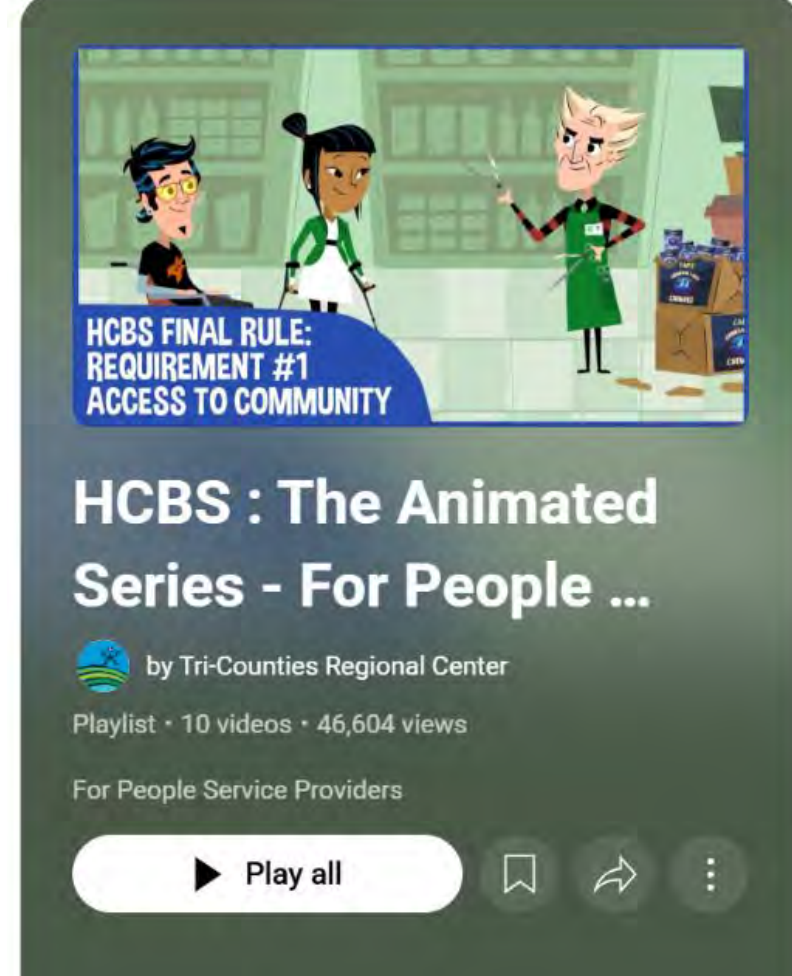
- Services should *not* keep you away from people without disabilities.
- For example: A group home should not be in a faraway place with no neighbors.



Two Recommended Video Series



<https://www.youtube.com/playlist?list=PLp91K0k8LKY7-7zstPfD23g0UdMtbPmQ>



https://www.youtube.com/playlist?list=PL2sVu_Vi1tqUnSW5DWrbU9O7_4Q8ecZ3C

The Rules Rule: You have the right to...

To be in the community

Do you get to do as much as you want in your town? (like go shopping, eat out, walk, go to a gym, movie or church)



https://www.youtube.com/watch?v=INCEUxjkfX0&list=PL2sVu_Vi1tqUnSW5DWrbU9O7_4Q8ecZ3C&index=3

Teaching tool
from CA:
Tri-Counties
Regional Center

Poster

You have the right to be in your community.



Have support to go a new place, like a store, park or restaurant.



Being in community is not just about being in a place. It can be an activity you like to do such as an exercise class with other people.



It could be about the relationships you have.



Sometimes you don't have to do anything when you're in the community, maybe you want to be around other people. Maybe you want to be by yourself but not at your house. You could read a book or people watch.



Teaching tool
from VT: Green
Mountain
Self-Advocates

This rule inspires us to live a life filled with the same opportunities as people without disabilities. Think about your brothers, sisters or neighbors who do not have disabilities. In what ways is your life the same or different?

What can you say if you're not in the community in the way you want to be?

Green Mountain Self-Advocates <https://gmsavt.org/>

Examples on Sticky Notes

I'm a regular at the local gym

Teaching me how to ride the bus

Staff saying you can't go downtown

I volunteer at the local theater as an usher

Staff says the concert will be too dangerous

I only get a ride to agency activities, not where I want to go

Supporting me to make new friends

Helping me move in with my sweetie

Only getting a ride to their church not my church

Staff saying you have to be home by 7pm

I teach karate at the community center

Taking classes at a local college

Getting my OWN Library Card

Going to the Movies with My Date

Getting help to learn about new things to try

I get a ride to my art class from my friend

Being neutral and helping get the facts before I vote

Service animal can't go in staff's car

The Rules Rule: You have the right to...



**To choose
where you live**

Are you happy where you live? If not, what changes would you make?

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Teaching tool
from CA:
Tri-Counties
Regional Center



https://www.youtube.com/watch?v=h_rMIFsLxxsl&list=PL2sVu_Vi1tqUnSW5DWrbU9O7_4Q8ecZ3C&index=3

Discussion: Tell us about a dream you have for your future. Where do you want to live? Where would be the perfect place for you to live?

The Rules Rule: You have the right to...

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To privacy, dignity and respect. NO restraint. NO forcing you to do something

Are there times when you feel you are NOT treated fairly? If so, what's happening to make you feel this way?



Teaching tool from
CQL | The Council
on Quality and
Leadership



<https://www.youtube.com/watch?v=8sJl-LF5ufg>

Right to privacy, dignity and respect. NO restraint. NO forcing you to do something.

Some of the rights you have are:

- no one can make you do anything you don't want to do.
- using the phone when you want.
- not be moved or touched by someone in a way you don't want.
- having time alone when you want

Think about your life...

Can you use a phone in private?

(Staff only check your text messages if you say it's okay.)



☐ Yes



☐ No

Do staff always speak to you in a calm and respectful way?

☐ Yes

☐ No

Do people listen to you when you speak up for yourself?

☐ Yes

☐ No

Do people let you spend time alone? Can you be by yourself?

☐ Yes

☐ No

Do Staff ever hit you or touch you in a way that feels wrong.

☐ Yes

☐ No

Do Staff ever try to move you when you don't want to be moved.

☐ Yes

☐ No

Do Staff try to force you to do something you don't want to do.

☐ Yes

☐ No

What changes should be made so that you are respected?

Adapted from Your Right
To A Community Life

<https://boggscenter.rwjms.rutgers.edu/documents/BOGGS/Publications/CommunitySupportsandServices/YourRightToACommunityLife-ENG.pdf>

Teaching tool from
The Boggs
Center

The Rules Rule: You have the right to...



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To make choices, be independent & decide how to spend your money

Is there something you wish you could do, but can't? If so, what's the reason?

Teaching tool
from CA:
Tri-Counties
Regional Center



https://www.youtube.com/watch?v=FctacGGNIyo&list=PL2sVu_Vi1tqUnSW5DWrbU9O7_4Q8ecZ3C&index=5

The Rules Rule: You have the right to...

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To get help to find a job and work if you

How did you choose where you work? What options do you have to choose from?



Trainers can give everyone an opportunity to share their dream job?

Then discuss these questions: Every year, your team, your case manager must talk with you about working. For example:

- Do you want to work? If not, what can we do to help you find a job?**
- If you have a job, do you like your job? Do you want to get a different job?**

The Rules Rule: You have the right to...



To choose who supports you

Who picked your staff? Are you happy with your staff? If not, what changes would you make?

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You Have the Right to

#6



Choose your supports and services



https://www.youtube.com/watch?v=8z8DK5pArp8&list=PLp91K0k8LKY7-7zstPfD23g0UdMtbPmQ_&index=8

Teaching tool from
Wisconsin:
Self-Determination
Channel

The Rules Rule: You have the right to...

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To decide what you want to do everyday

You decide how to spend your time, including doing things that are NOT just for people with disabilities.



8

In Shared Living, or a home run by an agency, you must have a written agreement describing your rights and all the rules



Teaching tools
from CA:
Tri-Counties
Regional Center



https://www.youtube.com/watch?v=MqGKvphf8Fs&list=PL2sVu_Vi1tq_UnSW5DWrbU9O7_4Q8ecZ3C&index=7

Poster

Examples on Sticky Notes

You Have the Right to Choose Activities Including Things to Do That Are Not Just for Folks With Disabilities



You have the right to do what you want to do every day.



Teaching tool
from VT: Green
Mountain
Self-Advocates



You get to decide how to spend your time.



You get to decide when to do things.



You get to decide where you want to go.

What can you say if you are NOT choosing what you do during the day?

I'm going
Camping
And
Hiking

Introducing
me to New
people and
Things to do

Helping me
Make a
schedule for
MYSELF

Taking my
DREAM
VACATION

Telling me
when to
go to bed

My friends
and I are all
part of a rock
- n - roll Band

I can NOT
ever go to a
bar in town

I ride my
Bike to my
Favorite
Store

Helping
me join a
Garden
Club

I can RELAX
When I'm
Tired and
Want to

I DON'T want
To always
Clean my
room on
Friday nights

I'm going to
START
horseback
riding lessons

Telling me I
can't go to
a gay pride
event

Giving me
a ride

Staff deciding
how I spend
my time

Staff says
me when I
can go out-
not me

Helping me
sign up for a
class I want
to go to

Asking me
what I really
want to do

Staff only bring
me to classes at
the agency. I
want to take a
real class at
college.

Making me
go to a place
I don't want
to go to

Joining a
theater group
for all people
not just the
disabled

Helping me
remember
important
Things on my
schedule

Not giving me
a ride to
protest at the
State House

Sharing staff
and going
places I
don't like

The Rules Rule: You have the right to...

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To privacy in your bedroom with:

- A door that locks and you have the key
- You pick your roommates
- Freedom to decorate your room



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To access all parts of your home

Is there anything that would make it easier for you to get around your home?



Teaching tools
from CA:
Tri-Counties
Regional Center



https://www.youtube.com/watch?v=GoZhTQ0qNEw&list=PL2sVu_Vi1tqUnSW5DWrbU9O7_4Q8ecZ3C&index=7



QUIREMENT #10 - ACCESSIBILITY | FOR PEOPLE RECEIVING SERVICES

https://www.youtube.com/watch?v=aaw1Ma2FUlo&list=PL2sVu_Vi1tqUnSW5DWrbU9O7_4Q8ecZ3C&index=10

Poster

You Have the Right to Privacy. You Decide How to Decorate Your Room.



Privacy in your house, apartment or room. Having a door that locks. ☒



Freedom to decorate your room how you want to. ☒



You get to decide what kind of privacy you want. ☒



We deserve the same privacy as everyone else. ☒

What can you say if you're not getting privacy? ☒

Teaching tool
from VT: Green
Mountain
Self-Advocates

Examples on Sticky Notes

Thanks for getting me the gadgets that help me at home

Set up my room so I can reach my stuff

Roads near me are not paved and are too hard to use

Staff put stuff away and I can't reach it

Putting in a ramp to the deck so I can eat outside

Making sure my bathroom is safe and easy to use

I can't get to all parts of my house

The TV remote is too hard to use

The peep hole in my door is low enough for me to see

My kitchen is easy for me to cook by myself

Tables are too high and it hurts when I use them to Email friends

My grab bar broke last year and no one fixed it

I was told That I can't Have any Plants

I want a Dog but was told get a fish

Thanks for helping me plant my favorite vegetables

I need help Cleaning where I can't reach

I was told I Can't use the Washer or Dryer

I can't have The internet Or stream TV stuff

I was told NO LOUD MUSIC

I LOVE MY New Firepit

I have my own herb garden

They won't Let me Recycle At Home

I have to do Yardwork, and it hurts

I can't have B.B.Q.'s or Campfires

The Rules Rule: You have the right to...

11

To have visitors anytime

Staff can't control what you do with visitors. You can have people sleep over if you want.



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To have food anytime

You get to eat the foods that YOU like. You decide when YOU want to eat and where YOU want to eat.



Teaching tools
from CA:
Tri-Counties
Regional Center



https://www.youtube.com/watch?v=fENC3R6K1j4&list=PL2sVu_Vi1tqUnSW5DWrbU9O7_4Q8ecZ3C&index=9

Poster

You Have the Right to Have Friends, Family, Romantic Partners Come over to Your House at Any Time.



You can always have visitors.



Anyone you want can come and visit.



Staff can't control what you do together.



You can have people sleep over if you want.



Teaching tool
from VT: Green
Mountain
Self-Advocates

What can you say if you are not able to have visitors when you want to?

Examples on Sticky Notes

My Sweetie
Is spending
The night
tonight

Helping
me make
snacks for
my
friends

Not
allowing
overnight
guests

Giving me
and my
friends
privacy

Support to
call my family
and set up a
visit

Choosing
my friends
for me

I was told no
company at
breakfast
time

Helping me
make plans to
have someone
stay over

Watching
me when I
am with my
sweetie

Told my
boyfriend I
was not
home when
I really was

Telling My
Guests to
leave

Company
only on
Monday
Nights

My sweetie's
staff stopped
me from
asking them
over

I had a
Family
BBQ at
the house

They said
they didn't
feel like having
company
tonight

I do not get
to use any
phone at all

I was told
my Family
Can't come
To visit me

My Sister is
Coming over
To play
Video games

Poster

You Have the Right to Have Food at Any Time

Examples on Sticky Notes



Having a mid-night snack

Taking a cooking class with me

Having a creemee before dinner

I pick a restaurant to eat at

Having a few beers with friends at a pub

Having Mexican food like my Nana cooks

Going grocery shopping together

Once a week staff help me cook a meal for my family

I get soda when I want; even after staff suggests water.

Thank you for helping me plan healthy meals



You get to eat the foods that YOU like.
You decide when YOU want to eat and where you want to eat.



If you need help to get food, your staff has to help you.



Staff can not make you only eat certain foods.
Staff can not make you only eat at certain times.



Telling me I can't eat in my room

Not allowed to eat junk food

I am not allowed to help in the kitchen

Ordering food for me instead of helping me do it myself

Putting my snacks in a cabinet I can't reach

Staff cooked only vegan foods. I'm not vegan

Staff only buying certain groceries

Making me eat when I am not hungry

Telling me I have to stick to my diet

Shaming me about being too fat.

Stopping me from getting seconds

Teaching tool from VT: Green Mountain Self-Advocates

What can you say if you're not getting to eat food when you want to?