



In January of 2014, the Centers for Medicare and Medicaid Services (CMS) published a final rule 42 *CFR* 441.301(c)(1) regarding changes to Home and Community-Based Waiver Services (HCBS). Below you will find the six standards of the HCBS rule and with tools and activities that advocates are using to 'Take Charge of Change'.

1) Integrated into the Community

"Home and community-based settings must have all of the following qualities, and such other qualities as the Secretary determines to be appropriate, based on the needs of the individual as indicated in their person-centered service plan: (i) The setting **is integrated in and supports full access** of individuals receiving Medicaid HCBS **to the greater community**, including **opportunities to seek employment and work in competitive integrated settings, engage in community life, control personal resources, and receive services in the community, to the same degree of access as individuals not receiving Medicaid HCBS.**" —42 C.F.R. § 441.301(c)(4), (c)(4)(i) (about HCBS waivers); § 441.530(a)(1), (a)(1)(i) (about Community First Choice programs); § 441.710(a)(1), (a)(1)(i) (about State Plan programs).

Settings are Integrated In and Supports Full Access to the Greater Community

- **It's My Home: A Guide for Individuals and Families to Understand the Division of Developmental Disabilities' Housing Initiative.** This guide provides information about the Division's Housing Plan, and what the guiding principles mean for individuals and families. An accompanying training is available which helps individuals or organizations create a "Path" towards individualized housing goals. . <http://dmh.mo.gov/docs/dd/hsgguide.pdf>

Opportunities to Seek Employment and Work in Competitive Integrated Settings

- Disability Benefits 101 <https://mo.db101.org/>
- [Disability Friendly Businesses Tip Sheet](#)

Engage in Community Life

- **Coming soon!** ABCD Community of Practice www.abcdinstitute.org Sponsored by MOAIDD September 2017
- St Louis Peer Support and Self-Determination Collaborative
- **Coming soon!** November 29th 2016 Creative Abundance Model www.creativeabundancegroup.com Workshop by MOAIDD www.moaidd.org

Control Personal Resources

- ISP Guide updated to have section on "Personal Income" with exploratory questions vs. "Management of Individual Funds".

2. Individual Choice

"The setting **is selected by the individual from among setting options, including non-disability specific settings and an option for a private unit in a residential setting.** The setting options are identified and documented in the person-centered service plan and are based on the individual's needs, preferences, and, for residential settings, resources available for room and board." —42 C.F.R. § 441.301(c)(4)(ii) (about HCBS waivers); § 441.530(a)(1)(ii) (about Community First Choice programs); § 441.710(a)(1)(ii) (about State Plan programs).

- **Housemate Compatibility Tool:** This tool may help an individual find a housemate that has similar interests.
- **Missouri Inclusive Housing Development Corporation:** This web site is designed to provide information about accessible and affordable housing in Missouri for persons with developmental disabilities.
- **Housemate Safety and Compatibility Tip Sheet**

3. Individual Rights

“Ensures an individual’s rights of privacy, dignity and respect, and freedom from coercion and restraint.”

—42 C.F.R. § 441.301(c)(4)(iii) (about HCBS waivers); § 441.530(a)(1)(iii) (about Community First Choice programs); § 441.710(a)(1)(iii) (about State Plan programs).

- Missouri Proclamation of Equal Rights for People with Disabilities by Consumer Advisory Leadership Team and other stakeholders.
- [A Guide for Individuals with Developmental Disabilities to Understanding Rights and Responsibilities](#)
- [“Say ‘No’ to Abuse and Neglect: A Guide for Individuals with Developmental Disabilities to help Prevent Abuse and Neglect”](#)
- Abuse and Neglect Side by Side learning. [Draft on AS Sharepoint](#) (following the model of Open Futures learning <http://www.openfuturelearning.org/index.cfm?fuseaction=login.newlearningmodules>)

4. Autonomy

“Optimizes, but does not regiment, individual initiative, autonomy, and independence in making life choices, including but not limited to, daily activities, physical environment, and with whom to interact.”

—42 C.F.R. § 441.301(c)(4)(iv) (about HCBS waivers); § 441.530(a)(1)(iv) (about Community First Choice programs); § 441.710(a)(1)(iv) (about State Plan programs).

- [Project STIR](#)
- *Coming soon!* Life Course Framework and Life Course Tools Self-Advocacy specific materials
- Supported Decision Making- [MOAIDD](#) & MACDDS presentation by Jonathan Martinis www.moaidd.org
- Updated ISP Guide includes demographic for “Supported Decision Maker Representative” in anticipation of change in rule **9 CSR 45-3.040** Title of current rule: **Rights of Protectors, Parents and Guardians** changed to **Rights of Designated Representatives (Supported Decision Maker Representative), Parents and Guardians** (Rule out for comment Sept 1, 2016)
- [MOWings](#)

5. Choice Regarding Services and Providers

“Facilitates individual choice regarding services and supports, and who provides them.” —42 C.F.R. § 441.301(c)(4)(v) (about HCBS waivers); § 441.530(a)(1)(v) (about Community First Choice programs); § 441.710(a)(1)(v) (about State Plan programs).

- [A Guide to Understanding MoHealthNet Services](#)
- Got Choice [SDS Handbook](#)
- [Using HHS Secretary guidance to evaluate Self-Directed Support program](#)
- Partnership for Hope Study reported that indiv/families did not understand array of services available.
- Increase the use of support broker services so individuals and family have the support they need in order to self-direct supports
- Conflict Free Case Management

6. Person Centered Planning

- Using [HHS Secretary guidance to evaluate Person Centered Planning Process and Individualized Supports Plan](#) (ISP Workgroup)
- LifeCourse Tools workgroup <http://supportstofamilies.org/cop/life-course-framework/>
- ISP workgroup & Updated ISP Guide
- *Coming soon!* New PCP and ISP page on the Division website <http://dmh.mo.gov/dd/PCP.htm>
- *Coming soon!* Citizen Centered Leadership www.clds.org Workshop by MOAIDD www.moaidd.org



Improving lives THROUGH
supports and services
THAT FOSTER self-determination.