



In March, the Centers for Medicare and Medicaid Services (CMS) published a final rule regarding changes to Home and Community-Based Waiver Services (HCBS). The rule will help people get the services they need in truly integrated settings. You can read more about this rule by going online to: www.gpo.gov/fdsys/pkg/FR-2014-01-16/pdf/2014-00487.pdf

The final rule includes six standards that all home and community-based services need to meet: 1) Integration into the Community; 2) Individual Choice; 3) Individual Rights; 4) Autonomy; 5) Choice Regarding Services and Providers; 6) Person-Centered Planning

1) *Integrated into the Community*

This means:

- You live, work and do things in a neighborhood which includes people without disabilities.
- You work with people without disabilities in a job in your community.
- You shop where you want.
- You go out with family and friends.
- You have access to your personal spending money.
- You go to fun places close to your home.
- You have friends who live in your neighborhood.
- You are part of making your community better.

2) *Individual Choice*

This means:

- You decide where you live, who you want to provide your supports, and who lives with you.
- If you pick a different agency to provide your supports, you don't have to move from your home.
- You rent or buy a home that you can afford and still have money left over for bills and other things that you need.
- You have the right to privacy in your home, such as locking your bathroom door or talking on the phone.
- You have a choice about where you get your services.

3) *Individual Rights*

This means:

- You can talk with your friends/family privately.
- You can do things you like at your home, such as watching TV or listening to the radio.

4) *Autonomy*

This means:

- Making choices about how you spend your free time.
- Doing your laundry and other household activities at times you choose.

5) Choice Regarding Services and Providers

This means:

- Choosing the services you get.
- Choosing who provides those services.

6) Person Centered Planning

This means:

- This process should include people that you choose.
- The plan needs to be accessible to you and in language that you understand.
- The process should occur at times and locations convenient to you.

Get More Information

	Fostering Self-determination http://dmh.mo.gov/dd/selfdetermination.htm
	Supporting Families http://dmh.mo.gov/dd/fsc.htm
	Facilitating Individualized Services and Supports http://dmh.mo.gov/dd/individsupports.htm
	Developing Accessible Housing http://dmh.mo.gov/dd/Housing.htm
	Promoting Employment First http://dmh.mo.gov/dd/progs/employment.htm



www.dmh.mo.gov/dd

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

MISSOURI DEPARTMENT OF MENTAL HEALTH