

# HCBS Final Settings Rule Indicator 1

## Fact Sheet



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## Indicator 1 - HCBS Final Settings Rule

The setting is integrated in and supports full access of individuals receiving Medicaid Home and Community-Based Services (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 HCBS.

## What does Indicator 1 look like in practice?

As a DSP, following the values in Indicator 1 will look different for each person you support. It is important to support and respect people's desires to be a part of their communities, learn about different community options and places, and have control over their own resources.

### Best practices to align with Indicator 1

- A DSP supports someone to take part in activities (leisure and professional) in their communities, such as getting coffee, grocery shopping, going to sporting events, participating in clubs, work, etc.
- A DSP learns and respects the weekly/daily schedule preferences of the person they are supporting, such as supporting someone to be more out-and-about or spending quality time at home.
- A DSP supports someone's desire to work and connects them to the services and supports they may need to be successful at a job.
- A DSP respects the and supports a person to spend their money in the ways they want.

### Practices to avoid

- A DSP person spends the majority of their time at home when they enjoy going out, running errands, working, etc.
- A DSP never follows-up when a person expresses a desire to work.
- A DSP controls when and where someone spends their money.



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### Indicator 1 Case Studies:

Consider whether the following scenarios are best practice or practices to avoid in the following situations:

#### Situation 1:

- Luke is an individual who lives in a group home. Luke enjoys spending time in his community and regularly asks to run errands or go to his local coffee shop. Luke's DSPs always go grocery shopping for him- citing it's too difficult to schedule grocery shopping just for one person and they would rather do it for the entire house at once.
  - Best practice: Instead of grocery shopping for him, Luke's DSPs should work to incorporate grocery shopping into his weekly schedule. It is crucial to provide services and supports in a person-centered way, including supporting people to access their communities in ways that are meaningful to them.

#### Situation 2:

- Melissa is an individual who goes to a Day program five days per week. Melissa has expressed an interest in yoga and would like to attend classes more frequently. Melissa's DSPs work with her and two other people at the Day program who have also expressed interest to sign up for a weekly class at a yoga studio in town. Once a week, Melissa will take public transportation with a DSP and two other clients to their yoga classes at a local studio.
  - Best practice: Instead of asking a yoga instructor to come to the Day program, Melissa's DSPs supported her and two others who expressed interest in a yoga class to participate in yoga in a natural environment around others with and without disabilities.