

HCBS Final Settings Rule Indicator 3

Fact Sheet



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Indicator 3 - HCBS Final Settings Rule

[The setting?] Ensures an individual's rights of privacy, dignity and respect, and freedom from coercion and restraint.

What does Indicator 3 look like in practice?

As a DSP, it is critical to ensure that the services you provide also respect and support a person's human rights. This includes respecting someone's privacy, providing dignity to make their own decisions, and not inflicting harm, restraining, or coercing someone.

Best practices to align with Indicator 3

- A DSP ensures that a person receiving services is able to lock the doors to their room and bathroom.
- A DSP never interferes with who is allowed to visit and provides privacy to those in the home.
- A DSP interacts with a person in an age-appropriate manner.
- A DSP supports a person to make informed choices.

Practices to avoid

- A DSP comes behind a person and starts petting their hair.
- A DSP pressures an individual to go to an activity with another group home.
- A DSP locks a person's bedroom door from the outside, not allowing the person to lock and unlock their door on their own.
- A person wants to cook spaghetti but their DSP tells them they aren't able to do so.



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Indicator 3 Case Studies:

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

Situation 1:

- Bailey is a 30-year-old woman with an intellectual disability. When Bailey feels overstimulated, she likes to go to a quiet place. When Bailey is at home, her staff support her to go to her room, close the door, and turn off the lights when she feels overstimulated.
 - Best practice: Bailey's DSPs support her to find a private area when she is feeling overstimulated. Her DSPs show respect for Bailey by supporting her during this time. They also give her privacy to de-escalate in a safe space.

Situation 2:

- Savannah is 26-years-old and lives in a group home. Savannah has strong relationships with her staff, specifically her DSP Lisa. Lisa calls Savannah "baby girl" and likes to squeeze Savannah's cheeks when saying hello and goodbye.
 - Best practice: While it's important that individuals have good relationships with their DSPs, relationships should be age-appropriate and professional. Lisa should refrain from calling Savannah "baby girl" and squeezing her cheeks as these are not age-appropriate ways to engage with a 26-year-old woman. Lisa could instead call Savannah by a nickname, such as "Sav" and give her fist bumps as a greeting and farewell.