

HCBS Final Settings Rule Indicator 4

Fact Sheet



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Indicator 4 - HCBS Final Settings Rule

The setting optimizes individual initiative, autonomy, and independence in making life choices, including but not limited to, daily activities, physical environment, and with who to interact.

What does Indicator 4 look like in practice?

A DSP may be tasked with supporting a person to make decisions about their life. As a DSP, it's important to note that you are providing person-centered services that help someone live their version of their best life.

Best practices to align with Indicator 4

- A person loves the ocean and chooses to decorate their room with pictures of the beach and shades of blue.
- A person wants their medication schedule hung up in the bathroom. Their DSP supports them to hang it on the inside of a cabinet so it's not available for all to see.
- A DSP supports an individual to plan their daily schedule, including work, chores, and community activities, by using a planner.
- A person wants to invite a friend over to watch a football game. Their DSP supports them to get in contact with their friend and plan their night together.

Practices to avoid

- A DSP plans activities for a person without asking them for their preferences.
- A person never has control over what they eat and when they eat.
- A person is told they are not allowed to date.
- A DSP schedules doctors appointments before checking with the person if the time and date works for them.



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Indicator 4 Case Studies:

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

Situation 1:

- Justin is a 24-year-old man with an intellectual disability. Justin enjoys listening to country music. His friend has an extra ticket to an upcoming concert and invited Justin to go with him. Justin told his DSP that he would like to go. The concert is on a Tuesday night. Justin's DSP tells him if he stays up too late for the concert he'll be tired for work the next day, so it's best he doesn't go.
 - Best practice: Justin's DSP should discuss the consequences of going to the concert with him. The conversation should include positive consequences, such as Justin will have fun with his friend and get to listen to music he enjoys. It should also include negative consequences such as Justin might be tired for work the next day. Once Justin has all the information he is able to make an informed choice. Justin's DSP should support him with whatever choice he decides to make.

Situation 2:

- Angel lives in a group home with one other roommate, Alexis. Angel and Alexis want to decorate their house for Christmas. Their DSP supports them to take the bus to the store, pick out decorations, and pay for them. Once Angel and Alexis get back to their house, their DSP supports them to put up the decorations how they choose.
 - Best practice: Angel and Alexis have the right to decorate their house how they choose. Their DSP should support them to decorate the house in the way they want.