

Home and Community-Based Services (HCBS) Rules CONCEPT FORM

Vendor number(s)	HX0768
Primary regional center	South Central Los Angeles Regional Center
Service type(s)	Adult Residential Care
Service code(s)	905
Number of consumers currently serving and current staff to consumer ratio.	4 3:1
Have you or the organization you work with been a past recipient of HCBS Funding?	No
Please provide a brief description of the service/ setting that includes what a typical day consists of and how services are currently provided; include barriers to compliance with the HCBS rules.	<p>We center our daily activities according the preferences of the individual, as they are the leaders of their lives. Our aim is to assist them in what interests them and what will fulfill their life purpose, so that they can have the highest quality of life possible. Every decision that is made, is with their needs being the priority. Their wishes, thoughts and concerns are kept in consideration always. While some are nonverbal, we are accustomed to their behaviors and can figure out what they are trying to communicate after working with them for more than a decade. Their differences are what makes them unique, and we make it a big point to tolerate and respect everyone no matter how different. Services are provided with individuals in mind. We treat the individuals like family so they know we have their best interest in mind. In order to continue with this approach, some barriers need to be broken to be in compliance with HCBS.</p>
Identify which HCBS federal requirements this concept addresses that are currently out of compliance.	<p>Federal Requirement #10: Our individuals are getting older and need more support getting around the facility. Grab bar rails, shower seats, walk in bathtub for the back are needed to avoid risk of falling and injuries.</p> <p>Federal Requirement #8:</p> <p>The individuals very much enjoy spending time in the backyard, however there's not enough shade for prolonged activities outdoors. They would greatly enjoy a covered area for them to relax and unwind, and an area where they could socialize with their friends.</p> <p>Few individuals have expressed an interest in bettering their technology skills, and are interested in learning to use a computer and even a course where they can learn to be technologically fluent. This device an also serve as a</p>

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	<p>means to help bypass the communication barriers that exist with individuals through communication challenges that may lead to increased negative behavioral expressions. Training and using assistive technology will be implemented to allow individuals to learn communication skills to better their interactions with others.</p> <p>Federal Requirement #7: Our individuals share rooms because only two are available for individuals, and of these rooms the doors have no locks, as per the previous requirements. In order to be HCBS compliant, each individual should have their own room with locks to be used as they choose.</p> <p>Federal Requirement #2: While individuals share a bedroom, it would be more ideal if each could have their own private room so they can have a place to call their own. This would also make it easier for privacy as they'd have a designated space for when they receive visitors.</p>
<p>Narrative/description of the concept; include justification for the funding request and explain how the concept would achieve proposed outcomes.</p>	<p>In order to be fully HCBS compliant, funds are needed to add private rooms equipped with private bathrooms endowed with a shower, and locks on doors to maximize privacy of each individual if they chose to have their own room. For those who want to have their own place to call their own and do as they please, this is necessary as it is essential for the feeling of autonomy, as well as making it easier to have a private space for welcoming visitors. All bathrooms (currently one) for individuals use need to be updated to have grab bars, sit in bathtubs, shower seats, and head rests in bathtubs to make it as easily accessible as possible, especially for aging individuals.</p> <p>Additionally, the individuals enjoy spending time in the backyard enjoying the fresh air and having a view of the garden they work on together with staff assistance. They have expressed the need for an updated furniture patio set, one that is more comfortable and provides more effective shade during hot days.</p> <p>When they are agitated, they can go in the backyard and take part in gardening plants they are interested in planting. They take great pride when they reap the benefits of the crops that have grown, as we incorporate the organic food they grow into their meals. In order for them to participate more in the preparation of their meals and utilizing these skills for possible future emancipation, the kitchen needs be upgraded to have more ventilation, which will help those who have respiratory issues be able to stay in the kitchen</p>

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	<p>for prolonged periods of time so they can learn cooking skills under staff assistance.</p> <p>Gym memberships for individuals may help consumers stay in shape and interact with community members which can encourage them to be more interested in their fitness, staff will need to have memberships as well to supervise the individuals. They may even benefit from personal training sessions, and/or group fitness classes if they chose to do so.</p> <p>Providing training for staff on communication techniques for nonverbal individuals to better understand in order to assist individuals in their needs more effectively, such as sign language training. Once the staff is comfortable communicating this way, they can teach the individuals.</p>
Please describe your person-centered approach ¹ in the concept development process; how did you involve the individuals for whom you provide services?	<p>Individuals took part in the developmental process of these concepts primarily through several meetings with staff to see what improvements they would like to see for the home. Initially, ideas for concepts proposed here, have been picked up by staff from informal conversations with individuals from over the years. We kept note of all the requests the individuals brought to light and held a meeting narrowing down the most what was most important to them lately. It was vital that we take note of how day to day operations could be improved upon for the benefit of the individuals, and later addressed these findings to the clients in order to see what was most important to them. Our person-centered approach is an ongoing process which continues commitment to our valued consumers.</p>
Does the concept address unmet service needs or service disparities? If so, how?	<p>Yes, these concepts address improvements that need to be made to be in line with HCBS, as well as making sure the individuals needs are heard and met. These concepts address person centered planning, community engagement, training for effective communication and ease of access for gaining individuals.</p>
Estimated budget and timeline; identify all major costs and benchmarks — attachments are acceptable.	<p>A. Estimated budget:</p> <ul style="list-style-type: none"> Shared computer with updated software for computer literacy and community accessibility for individuals =

¹ A person-centered approach emphasizes what is important to the individual who receives services and focuses on personal preferences, satisfaction, and choice of supports in accessing the full benefits of community living. For more information regarding person-centered practices, please visit www.nasddds.org/resource-library/person-centered-practices.

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Attachment C

	<p>\$3,000</p> <ul style="list-style-type: none"> • improving accessibility for individuals (front and back ramps, railings, sit in shower, etc.) = \$19,000 • Additional rooms with bathroom equipped with shower seat and locks on doors = \$178,000 • Shaded outdoor area, patio furniture = \$5,000 • Part time sign language consultant = \$24,000 • Kitchen updating with safe type stove and installing appropriate ventilation system = \$10,000 • 2 year Gym membership and personal training sessions = \$1,200 <p>B. Time line & benchmarks:</p> <ul style="list-style-type: none"> - Recruit sign language trainer 1-3 months. - Kitchen updating with ventilation system 4-6 months. - Addition of bedrooms, bathrooms and remodeling room 7 -12 months.
Total requested amount.	\$ 240,200
What is your plan for sustaining the benefits, value, and success of your project at the conclusion of 2018-19 HCBS Funding?	To keep this plan sustainable, we will request a rate increase from regional center to keep with the changes. We also evaluate to see if the changes with new staff, for example, are making significant progress.