

Understanding Your HCBS Rights

Introduction

Slide 1 has these images:

A male sitting in wheelchair holding hand of a female companion walking along side of him.

Alo Consultation logo.

Department of Developmental Services logo.

Notes: HCBS rights are about you getting to live the life that you want, within your means. Understanding these rights will hopefully help you advocate for yourself. This means being a self-advocate.

We hope that by the end of this training that you will feel more excited and ready to be a self-advocate.

Slide 2 has these images:

Globe with these directions in Spanish, Interpretación en español: haga clic en el globo blanco en la parte inferior de la pantalla con la etiqueta "Interpretation." Luego haga clic en "Spanish" y seleccione "Mute original audio."

Hands signing in ASL with these directions, ASL interpreters have been "Spotlighted" and live closed captioning is active.

Rectangle button with the word Rec with this direction, this meeting is being recorded and will be available at: <https://www.ddhttps://www.dds.ca.gov/initiatives/cms-hcbs-regulations/training-information/> .

Notes: We are meeting here today virtually on the internet with a program called zoom. Many of you have probably used this program before. We have both Spanish and ASL Interpreters here with us today. There is instruction on the screen for how to access that service. We will have this training translated into Spanish, and other languages upon request. This training is being recorded, please be welcome to share this information and the recording once it is up on DDS' website.

Slide 3 has these words and images:

Helpful Things to Know.

Hands signing in ASL.

Zoom menu bar with icons.

Notes: This zoom screen might look a little bit different today because we are in webinar mode. This means that you will not be able to speak to the group. We have a lot of people in this training today and this will help us get through all of the information. We still want to hear from you though! If you look at the bottom of your screen, you will see both a Q&A button and a chat button. Throughout this training, let us know your thoughts, comments or questions by clicking these icons. When you click this, a box will appear, and you can type in what you want to share. If you need some support typing, please ask staff/family or friends nearby to help you. Your voice matters. We want to

hear you and what matters to you. As we can, we will read out some of the questions and comments you all have.

If you have any issues with hearing or seeing during the training, please let us know by clicking the Q&A button and our moderator will try and help you.

Slide 4 has these words:

Today we will

Introduce ourselves.

Talk about rules that protect important rights.

Give you examples.

Talk about words you can use to advocate for yourself.

Answer any questions you might have.

Slide 5 has these images:

Photo of Kaitlin Olson, Jacqueline Lawton M.A. and Matthew Hadick.

Notes: Kaitlin: My name is Kaitlin. I have worked as staff for people with disabilities, mostly in people's homes. I have also worked at a regional center, in quality assurance, helping to make sure people were living in homes where they were comfortable, respected and got to do the things they want to do.

Jacqueline: Hi everyone, my name is Jacque. I have worked as a staff at a day program. I have also worked at a regional center helping different group homes and day programs make their services better.

Matt is also here with us today and works at our company as a project manager. He loves helping more people use technology (like computers, internet, phones) more easily and bringing people together.

Slide 6 has these word:

Who We Are

Alo Consultation logo

hello@aloconsultation.com

Notes: Together we form our company Alo Consultation. We work with service providers and regional centers to improve the quality of services provided to individuals and their families.

If you would like to contact us, you can email us using this email address

hello@aloconsultation.com

Slide 7 has these words:

R I S E

Realizing Independent Success and Empowerment

Notes: "RISE" stands for Realizing Independent Success and Empowerment. They are a group of leaders with developmental disabilities who work with Redwood Coast Regional Center and use their expertise that comes from real experience to make things better for people who use services, now and in the future. They are working together to

create a model of client-led decision-making that is exciting to many people across the state. They are not just a committee – RISE members are advocates for their own lives. They have been diving into the HCBS Final Rule to understand the rights and services available to people with disabilities.

Armed with this knowledge, RISE is determined to make a positive difference in their communities. They want to empower their friends and neighbors by ensuring people with disabilities are aware of their rights and the support that is available. RISE believes that when people come together to lend their voices to a cause, progress soon follows. It is this belief that drives their advocacy work.

We worked with RISE to create this training for you. Members looked at these slides and gave us feedback that we used to make the final version that you see here today. Members of RISE also participated by sharing their experiences and perspectives about these important rights. You'll see some videos later on featuring some people from RISE.

Thank you so much RISE for supporting this important training!

Slide 8 has photos of:

Sonya Force and Damián L. Kelsey

Notes: We also have two members of RISE with us today who will be a part of this training. I'd like to introduce and welcome Sonya Force and Damián L. Kelsey.

Slide 9 has these images:

Cartoon person waving and smiling

Cartoon drawing of a city landscape

Notes: You have heard about us, now we would like to hear a bit about you! Using the Q&A button, if you can or would like to, please type the name of the town or city you live in and anything else you would like to share.

Slide 10 has these words:

Why are we here?

There are rules that protect your important rights.

Let's talk about them!

Notes: You might have heard about these rights called HCBS (Home and Community Based Services) "final rule" or the "federal requirements". These rights are for anyone with an intellectual or developmental disability who is on the medicaid waiver all over the country.

We are here today to talk about your rights and responsibilities.

Here in California, you will know these rights are for you if you receive services from a regional center and have a service coordinator, a case manager or a social worker and you use what we call "Home and Community-Based Services", which are services like living in a group home or a family home or going to a day program or employment or work program.

Slide 11 has these words:

What are these rights all about?

Home and Community Based Services (HCBS) Rights empower YOU to live the life that YOU want!

Notes: HCBS rights are about you getting to live the life that you want, within your means. Understanding these rights will hopefully help you advocate for yourself. This means being a self-advocate.

We hope that by the end of this training that you will feel more excited and ready to be a self-advocate.

Slide 12 has these words:

Let's get started!

Notes: Throughout this training, we are going to say what the right is and show you some images that we think go along with these rights.

We will also be hearing from some members of RISE about what these rights mean to them.

Slide 13 has these words:

You have the right to

Slide 14 has these words:

You have the right to be in your community.

Invite others to be a part of your community.

Have support in being with your chosen community.

Slide 15 has an imbedded video and this question:

What does community mean to you?

A video of Sonya, Damián and other individuals living in the community talking about what community means to them.

Notes: Let's take a look at what community means to some folks who receive services from a regional center.

Slide 16 has: photos of different kinds of community settings including and art gallery, outdoor café, busy office, a person walking on a nature trail, a person about to enter a car and these words: community and relationships.

Notes: Being in community is not just about being in a place.

Community can be an activity you do like working out, doing sports, doing an exercise class with other people. Going to a bar.

It could be about the relationships you have.

It could be about going to a new place, it could be about having a job, or being at the supermarket and going grocery shopping. It could be about how you get to where you want to be in the community.

sometimes you don't have to do anything when you're in the community, maybe you want to be around other people. Maybe you want to be by yourself but not at your house. You could read a book or people watch. How do you know when you are in community?

Slide 17 has a photo of:

People standing in an open space looking at art hanging on the walls.

Notes: These people seem like they're looking at art. It could be in a museum or an art gallery. I actually have a back room in my public library that shows art like this. It looks like some of the people here may have come to this place together, but it also looks like maybe not everyone is there together as a group.

Slide 18 has a photo of:

A hiker uses trekking poles and looks at a wooden sign with "Nature House" and "Trillium Trail: marked ahead. The shot is framed with the hiker walking toward the camera and the hiker has a shaved head, glasses, a gray peplum shirt, black shorts and black tennis shoes.

Notes: Here I see a person in a very green area! There are trees everywhere and a sign that says, "Nature House" and "Trillium Trail". The person in this picture is holding a stick or bar in each hand and is looking at the sign. The shoes they have on look kind of sporty to me. I also see some cars in the background. There doesn't seem to be any other person in this picture but there are cars. I wonder if this person will run into anyone as they keep going.

Slide 19 has a photo of:

Three people sitting at different tables on the sidewalk. One is reading a newspaper. One is on their cell phone. And the other is on a laptop.

Notes: This is interesting. I see a city street or a sidewalk. Some people are sitting outside of a cafe or restaurant, maybe a market. There's someone reading a newspaper and drinking some kind of drink, someone is on a device of some sort, and I see they're also having a drink and one other person is on the phone with a drink on their table also.

It looks like none of them are together or interacting with each other, but they're all in the same place together.

Slide 20 has a photo of:

A person carrying a purse and opening the back passenger seat of a white car.

Notes: This looks like someone getting into the car. They have a bag, so they look like they're going somewhere. But I see that they're not getting into the front seat to drive--there's someone there already--it looks like they're actually getting in the back seat. This looks like the driver is going to be taking them somewhere. It reminds me of when

I've gone somewhere and taken an "uber" or "lyft" or "taxicab" where you sometimes don't sit up in the front seat with the driver.

Slide 21 has photo of:

A person sitting at a desk working on their computer in an open office space. There are several other people working in the background.

Notes: I see lots of computers here, lots of phones and wires. There's really a lot going on--some sort of big screen in the back too. It looks like a lot of people doing things and moving around. In fact, this scene is so busy, one person even looks blurry!

I also notice it looks like one big room where lots of people are busy working on something. It actually also looks to me like these people are at work or working on something important--not really talking to others, sort of doing their own project.

Slide 22 has these words and quotes:

What can you say if you're not in the community in the way you want to be?

"I want to go out and meet new people."

"I'd like to make some new friends in a new place."

"Can you help me contact my service coordinator to ask about a new program or activity?"

"I want to do something else"

"I want to try – instead."

"I want to get a job. Let's talk with my support team about this."

Notes: We spent a lot of time looking at different pictures of people in the community. Maybe you found some things that felt new, exciting, or interesting to you and you wanted to know more.

What can you say if you want access to a type of community you saw or a different type of community than the one that you have?

There are a lot of things you can say, and these are just a few phrases we think could be helpful. Keep in mind, part of your exploration needs to consider the resources you have.

Slide 23 has an image of:

A cartoon of a person waving and smiling

And these words:

Tell us about you!

What kind of place do you live in?

Notes: Using the chat, let us know what kind of building you live in, and whether it's in the city, the country, or someplace else.

Slide 24 has these words:

You have the right to...

Slide 25 has these words:

You have the right to choose different day time activities or places to live, including places that are not just for folks with disabilities.

Notes: You have the right to explore different day time activities or places to live, including places that are not just for people with disabilities.

You can ask for help to explore other options.

There is nothing wrong with staying in your home or day program. You have the right to have your regional center help you with looking at all your options.

Now, even though we're talking about the right to choose everything in life has limits.

So, for me, if I decided that I wanted to change what my job is and become a gardener, well I might need to do a few things before I can get a gardening job. This might be going to school, learning from someone who is already a gardener or volunteering in a garden to get experience. It doesn't mean that I can't be a gardener, but it also doesn't mean that I get to be a gardener as soon as I decide I want to.

Just like with my gardener example, the same thing is true with where I live. There is a little town by the ocean I want to live in. Really badly. And no one's going to tell me that I can't live there. I get to have my dream, but in order for me to make the dream real, some things have to happen. In my life, I need more money to live in that seaside town—it's expensive to live there. That means, I might need a different job, or I might need to spend less money in my everyday life so I can save to live there. Because of those limits, even though that is my dream home—I may never live there.

Slide 26 has photos images and photos of:

A female napping on her bed, houses, apartments and a group of friends watching a TV show and the words "House Settings"

Notes: Let's talk about housing. Housing is a place where you live. There are many different types of housing. Some people live with other people. Other people choose to live alone. Some people live alone and have support in their home or not. Some people live with family and some live with friends or a romantic partner. Some people live in houses, apartments or condos.

Many of you may live in a group home with other people who have disabilities, and you absolutely love it. This is great! We are really happy to hear anytime someone is happy where they live. There may also be some people who live in a group home who don't love it. We want you to know that you have the option to live in other places alone or with people who don't have disabilities, within the resources you have.

Let's explore different types of housing.

Slide 27 has photo of:

People gathered together sitting and laying on a couch, watching something on their computer and the words "House Settings"

Notes: What do we see in this picture? In this picture we see 5 people sitting on or around a couch. They are looking at a laptop screen. One person is laying down on the lap of another person. There are cozy looking blankets on the laps of two of the people. It looks like they are comfortable with one another, smiling, and content. It could be that

they all live together in a home as roommates. Or maybe just a few of them live together and they are having some close friends over.

Slide 28 has an image of:

Cartoon of a white house sitting on a lake with a green lawn and flowerboxes.

Notes: Here I see a house. It looks like a pretty big house. I see water close by. I also see mountains in the background. There's green grass and a stone path leading up to the house. I see flower boxes under the windows and on the balcony. I would love to live in a house like this! I may not have the money to live in a house like this, but I still like to think about it.

Slide 29 has photo of:

Cottage behind a bigger house and the words "House Settings"

Notes: I see two houses, there's a big one with a staircase leading up to a red door at the back of the house and then there's a smaller house across the way from it. It almost looks like a little cottage in the backyard. I see a small pathway leading up to the small house door and it looks like a comfortable backyard, with lots of grass, a BBQ and some nice plants

Slide 30 has image of:

Cartoon of a person napping on a bed with a cat.

Notes: This looks like a person laying on a bed. There's a cat sleeping on the bed with her. I see a cup of coffee or tea and slippers. There are plants decorating the room and it looks pretty quiet in there. I'm wondering if she lives in this room alone or if she has roommate.

Slide 31 has photo of:

A street lined with tall brick apartment buildings and the words "House Settings"

Notes: Here we see a big brick building with lots of windows, some with curtains and some without. All of these windows look really similar, but at the same time, they look different. We can see lots of little items in each window. There are also balconies. I think that this could be an apartment building. I wonder if there are many different people living in their own unit, in one big building.

Slide 32 has these words and quotes:

What can you say if you would like to live somewhere else?

"I don't like living here."

"I want to learn new skills so I can live on my own."

"Can you help me think about new places to live?"

"I want to live on my own."

"I want to try living with a roommate."

"I'm ready to try living somewhere else."

Notes: We've explored pictures of lots of different housing. Some of it may be new to you or you may have thought about this for a long time.

What can you say if you would like to explore some housing options or would like to try living somewhere different?

Slide 33 has photos of people in a gym class, two men playing chess, a man in wheelchair pointing at a white board, a female looking at a laptop and adults in a classroom and the words "Daytime Routines and Responsibilities"

Notes: Another setting or place you get to choose, is around what you do during the day. For many of you, this could be day program or going to work, but we want you to know that it could be so much more.

Let's talk about what a routine is. A routine is something that you choose to do, usually over and over again. So, when we talk about daytime routines, we're not talking about going to get a coffee one time or going out to see a movie once in a while, we're talking about programs, classes, centers, groups, activities that you do that are a part of your schedule.

You may choose to have daytime routines that involve people with disabilities and that is your choice. You also have the right to have daytime routines that involve other people who do not have disabilities.

Sometimes your routines can also feel like a responsibility. Or doing your routines can make you feel responsible. This might mean that you feel like you need to show up, like it's a duty. You might show up because you want to and because you said you would. (Some examples could be going to work at a certain time, volunteering or helping someone when you said you would or going to school.)

So, let's look at some possible daytime routine and responsibilities.

Slide 34 has a photo of:

People in a gym class and the words "Daytime Routines and Responsibilities".

Notes: I see people in a room with wood floors. Everyone is standing on some sort of step, and I notice that everyone is facing one direction except for the person in the front. That person is facing all the other people. I notice all the people are smiling and they all look like they are different ages. I also see that they're wearing clothes that look like exercise clothes. On the floor I see weights, water bottles and gym bags.

Slide 35 has photo of:

Adults in a classroom sitting at desks and the words "Daytime Routines and Responsibilities".

Notes: In this photo it looks like there are people sitting down at desks. Some of them are smiling. Most of them have a pen or a pencil in their hand like they are in the middle

of writing something. In the back behind everyone, I can see a big piece of paper on the wall with letters on it.

Slide 36 has photo of:

Two men playing chess and the words "Daytime Routines and Responsibilities".

Notes: I see two people are sitting facing one each other outside on benches. There are a lot of trees and green everywhere and some tall buildings around them. I also see a bike next to these two people. I notice they have a game board in between them with lots of pieces on it and a timer on the side. One of the people is pointing and I can imagine they're saying something like, "you're turn" or "that was a good move, you almost got me!"

Slide 37 has a photo of:

A male in a wheelchair pointing to a whiteboard and the words "Daytime Routines and Responsibilities".

Notes: Here I see a person wearing a crisp looking white shirt, jeans and white tennis shoes. They are sitting in a wheelchair. They are pointing at a white board that has drawings and numbers on it and seem to be looking out towards someone, like they're explaining or showing or teaching.

Slide 38 has a photo of:

A female looking at a laptop and the words "Daytime Routines and Responsibilities".

Notes: Oh, this is so interesting to me! I see a person sitting in front of their computer. There is a drink and some food next to them and they're looking at their computer screen. They look like they're really focusing! I also notice they are using headphones and I wonder if they're watching something or reading or listening or something else!

Slide 39 has the words and quotes:

What can you say if you would like to do something different during the day?

"I want to take a ____ class."

"I'd like to try ____."

"I want to spend my time doing ____."

"I want to get a job."

"I'm bored during the day."

"Can you help me think of some new things to do during the day?"

Notes: These are just a few daytime commitments that we've gotten to explore through pictures, but the possibilities are so big! If you're not satisfied with what you're doing during the day:

What can you say if you would like to explore some daytime commitment options?

Slide 40 has an imbedded video and the beginning of a sentence:

A video of a female talking about privacy and these words “people say privacy, but that can mean...”

Notes: Before we get into our next rights, we're going to hear about what privacy means to some folks from RISE.

Slide 41 has these words:
You have the right to

Slide 42 has these words:
You have the right to be treated as an adult, with dignity and respect. You have the right to privacy. You get to decide what kind of privacy you want.

Notes: With this information, you have a very important thing to do, you get to decide what privacy means to you.

To me, privacy is getting to be alone in a room when I want to. You might not need that, or you might decide this is really important for you too. For me, privacy also means not having a lot of visitors. It means being in my room alone with my partner. It means having a private phone call. It means people not looking at me when I'm getting dressed. It means taking my medication in a private place, not in front of a lot of people. It means when someone knocks on my door, they are waiting for me to say “it's okay to come in” before they come in.

Your type of privacy might look very different, but you have the right to have whatever privacy you want or need honored.

Dignity means feeling good about yourself and being treated like you're an important person. When you're treated with dignity, usually you're being treated like an adult. People introduce themselves when they've never met you. People talk to you instead of your staff. People take the time to understand who you are and what's important to you. Let's talk more about your right to privacy.

Slide 43 has these words:
You have the right to have privacy in your room.
Have a door that can lock and the key that goes with it.
Choose your roommate, if you share a room.

Slide 44 has these words:
You have the right to not be moved or touched by someone in a way you don't want.
You have the right to choose who supports you and how they are allowed in your space.

Slide 45 has these words:
No one can make you do anything you don't want to do.

Notes: No one can make you do anything you don't want to do! With that in mind, all people have to do things that they don't always want to do. If you are someone who receives services and supports this might mean that you have a support person who helps you with your decision making and helps you understand what the positives or the

negatives are to making a certain choice. You should never feel like someone is forcing you to do something.

Slide 46 has photos of:

A female looking at her cell phone, a hand opening a door with a key, a person sitting in a wheelchair at a desk, a person looking over the shoulder of another person to spy on their phone and a same sex couple cuddling in bed with the words "Privacy, Dignity, Respect"

Notes: Knowing what is important to you, what you like or don't like about how other people treat you is important. Sometimes you don't know how you like to be treated until you are treated in a way that does not feel good. It is important to communicate or share with the people around you how you like and don't like to be treated. This can be hard for everyone sometimes.

You always deserve to be treated with dignity and respect and so do others around you. Just like you would like others to respect you, it is also important to realize other people also want to be respected in certain ways. Doing your part to honor and respect other people's boundaries, especially when you are sharing a room or a house with them, is especially important. Having regular house meetings where everyone can share their feelings is a great way to make sure everyone is on the same page. If you would like to do this, you can ask your home service provider or staff to support with these meetings. Take a look at all these pictures, they each have to do with privacy, dignity and respect and we're going to dive in and look closer.

Slide 47 has a photo of:

A female standing alone and looking at her cell phone and these words "Privacy, dignity, respect"

Notes: What is happening here? This person is leaning against a post. This reminds me of a train or subway station. I might even be able to see a train track there below where this person is standing. I see this person is wearing headphones on their ears connected to some sort of device. Maybe a phone or some other kind of music player. I wonder if they are listening to something or someone through their headphones. Or maybe they are not listening to anything? They are alone and it looks like they're having some sort of private moment to themselves.

Slide 48 has a photo of a person opening a door with a key and the words "Privacy, dignity, respect"

Notes: Here is a person with a key. They look like they're locking or unlocking a door.

Slide 49 has a photo of a person looking over the shoulder of another person while they are looking at their phone and the words "Privacy, Dignity, Respect"

Notes: Oh wow. What's happening in this photo? I see one person on their phone. They look happy. And then the person next to them is looking more serious. They're looking

right at whatever is happening on the other person's phone. I don't know if it's a picture or text or something that they're looking up.

Slide 50 has a photo of:

Two men cuddling in a bed with the words "privacy, dignity, respect"

Notes: I see two people on a bed, in a room. They're both smiling, looking at each other. Their faces are quite close. They look really relaxed. And they're not just on the bed together, they're holding each other. They're holding hands, holding around a shoulder, they're holding around a stomach and actually even their legs look like they're holding each other. This really looks like a moment for these two people to be together.

Slide 51 has a photo of a:

A person sitting in a wheelchair at a desk.

Notes: Okay, here I see someone, but I can't see all of them, but I can tell a few things about them. They're sitting at a keyboard, so I bet they're actually looking at a computer. They are in a wheelchair, and I see what looks like a headphones wire coming down from near their face. And they are using a computer mouse. I also see what I think is a bed in the corner, so I'm wondering if this is this person's bedroom.

Slide 52 has these words and quotes:

What can you say if you're not getting privacy, dignity, or respect?

"I'm not feeling respected right now."

"I'd like more privacy."

"I don't like the way you're talking to me."

"I'd like some space."

"I'd like some alone time."

"I don't like the way you're treating me."

Notes: We've had all kinds of discussion and looked at images around privacy, dignity and respect and now we're going to talk about some things you can say if you're not getting privacy, dignity, or respect.

Slide 53 has an imbedded video and a question:

A video of a man talking about the right to choose.

The question: What does it mean to make meaningful choices?

Oh, it'd very important to have choice.

Notes: Let's take a look at some members of RISE talking about what having choice in their lives means to them.

Slide 54 has these words:

You have the right to...

Slide 55 has these words:

You have the right to make your own choices about anything in your life! Especially how you spend your time, who you hang out with, and where you want to be.

Notes: You also have the right to make your own choices about your life. Especially how you spend your time, who you hang out with, and where you want to be in your environment.

Slide 56 has the words:

You have the right to decide what you do and when you do it.

Notes: You have the right to decide what you do and when you do it.

Just like we talked about before, when we were saying that you have the right to choose where you live. Well, you have the right to make decisions, just like everyone else, whether they have a disability or not. But having the right to choose doesn't mean that everyone gets everything they want all the time. There are limits in life. And there are consequences too. That means if you choose one thing, there are other things that might happen.

I'll give you an example. I might choose to spend all my time watching Netflix. That might be how I want to spend my time! And I don't know if you've ever gotten behind on things like cleaning and chores and laundry and stuff like that because you were doing something else. I have. And it builds up really quickly. And all of sudden, I look at my room and there's 14 coffee mugs piled on my dresser and piles of clothes everywhere and I don't know if they're clean clothes or dirty clothes and I can't remember if I actually brushed my teeth today because I just watched 27 episodes of one of my favorite shows Gilmore Girls.

There's some give and take here. Maybe instead, I watch 3 episodes of Gilmore Girls and then take a break to take care of some of my other responsibilities, like brushing my teeth or bringing my old coffee mug to the sink.

Slide 57 has an image of:

A female waving hello and these words "Tell us about you!"
What choices in your life are important to you?

Notes: There are so many choices to make in life. These choices can be about anything!

Like: where you live, where you go, how you get there, who you spend your time with, what you do during your free time, and like we talked about earlier, what commitments you decide are right for you.

Choice is at the heart of so many of your HCBS rights in the HCBS Rules. We'll be looking at some different choices you may want to make.

Slide 58 has photos of:

A collage of images selected from affecttheverb.com Disabled and Here project page.
Artist Credit: Sherm for the Disabled and Here, Dice Bundy for Disabled and Here, and Campbell Royales for Disabled and Here. Licensed under CC by 4.0.

Notes: These are images of disabled people living their lives. We got these images from affecttheverb.com, as part of a project called "Disabled and Here". You can see names here on the slide. Those are the artists that created this work.

The artists for some of the images are:

Sherm for Disabled and Here Dice Bundy for Disabled and Here Campbell Royales for Disabled and Here Licensed under CC by 4.0

Slide 59 has these words and quotes:

What can you say if you want more choice in your life?

"I am making this choice myself"

"I want to do this my way"

"I don't want to do this. Can you help me find something new?"

"This is my choice"

"I am choosing _____ instead."

"I need time to think about this."

Slide 60 has these words and quotes:

What else can you say if you want more choice in your life?

"I have the right to change my mind."

"I got this."

"I am confident about this choice."

"This is what I will be doing."

"Can you brainstorm with me about _____?"

"Will you help me look at some options?"

Slide 61 has these words:

You have the right to...

Slide 62 has these words:

You have the right to have a lease or agreement and be treated as a renter in your own home. You have the same rights that everyone else has when they rent their home.

You have the same rights that everyone else has when they rent their home.

Notes: You have the right to have a lease and be treated as a renter in your own home. This means that you should have a piece of paper that talks about what is needed from you when you are renting and what is important to the person who owns the home. Being treated like a renter means that you're also expected to act like a renter. This might mean being asked to fix something you've broken or being quiet during certain hours when most people are sleeping. You have the same rights that everyone else has when they rent a house.

Slide 63 has these words:

You have the right to

Not be moved out of your home without a good reason.

Reasons for having to move should be found in your lease or agreement.

Notes: Not be moved out of your home without a good reason. Reasons for having to move should be found in your lease or agreement.

Slide 64 has these words:

You have the right to

Move to move to a new home or program if your service provider is not able to meet the HCBS guidelines or requirements.

You can talk with your regional center if you want to explore this. You get to choose your services

Notes: You have the right to move to a new home if your service provider isn't able to meet the HCBS guidelines or requirements.

This is a very important thing for you to know about. Service providers have to do certain things to make sure they are supporting you in all your HCBS rights.

Your Regional Center will let you know if this applies to you. Most homes and programs are able to follow all the guidelines they need to, but some aren't able to. If this happens, you have the right to know about this and you should get help from the regional center to look for another place to live or another day program or employment program to go to. You also have the right to stay in your home or program, even if your service provider is not following all the guidelines. That decision will affect other options available to you. Once you have all the information, it's up to you to make the decision that's right for you!

Slide 65 has these words:

You have the right to

Go everywhere in your home, including the garage, the kitchen, the backyard, and shared bathroom.

Enter someone else's bedroom only when they say it is okay.

Slide 66 has these words:

You have the right to use any piece of furniture (any couch, table, etc.) or appliance (microwave, dishwasher, stove, blender, washing machine, etc.) in common areas of the home.

Notes: You have the right to use any piece of furniture (any couch, table) or appliance (microwave, dishwasher, stove, blender, washing machine, etc.) in common areas in your home.

No one should tell you that you aren't allowed to use an appliance or a piece of furniture if it is for the whole house.

Slide 67 has these words:

You have the right to

You have the right to have someone help you use household items, if you want help, or are not able to use them on your own.

Notes: There may be things in your house that you have never used before or you don't know how to use, or you don't feel comfortable using, even though you want to. If this is the case, you also have the right to have someone support you in using those things. For example, if you want to make a smoothie, but you have never used the blender before and you are worried about it being sharp, you have the right to have someone support you in using that blender so you can make your smoothie.

Slide 68 has these words:

You have right to
choose the furniture and decorations for your space

Slide 69 has these words and photos:

Freedom to decorate and access to more space.

A photo of a bedroom wall with lots of art, a back yard, a man on a couch looking at a computer, a woman in a kitchen, a garage.

Notes: Decorating your bedroom or living space can make you feel like the space is really yours. Decorating in a way that makes sense to you can make a difference in how you feel. You can decorate with pictures, art, lamps and lighting, rugs, pillows, books, furniture, plants, or anything as long as it is allowed in your lease agreement. You can decorate with different colors or favorite themes. Maybe you don't want to change your space at all, and you already like the way it is! That is okay, too. You can also change your decorations at any time. People change and so do their decorations.

I love decorating! It's really easy for me to spend a lot of money very fast on decorations and furniture for my space. I get to choose what I like and what I feel like represents me, but I also have to keep in mind how much money I have in the bank when I'm buying anything, including decorations and furniture.

There are so many areas of a home to be in. You get to move your body and be in any of these spaces. You can enter someone else's bedroom, but make sure you ask for permission, or wait for them to invite you in.

You get to use any bathroom in your home if it is not a private bathroom inside of a bedroom. Do you feel comfortable using all the furniture in your home? Do you feel supported in using different appliances in the kitchen, garage, backyard, and front yard?

Slide 70 has these words and a photo:

Freedom to decorate and a photo of a bedroom wall with art.

Notes: I see lots of different photos and pieces of art up on this wall, almost to the top of the ceiling. There are also a couple lamps--even a lava lamp, lots of art supplies in cups or containers--on the desk. I also see a little plant on the desk and maybe a speaker.

Slide 71 has these words and a photo:

Access to More Space and a photo of a back yard.

Notes: Wow, this looks really nice. I can tell this is outside because of the grass and trees and sky, but it also looks like the side of a house. There's an umbrella and some

patio furniture and the weather looks really sunny and maybe warm. This looks like a big, open, comfortable space to hang out in when the weather is nice.

Slide 72 has these words and a photo:

Access to more space and a photo of a man on a couch with a computer.

Notes: I see a person hanging out here on a couch. I see a television above the person's head and a candle on the table. There's also a big lamp in the corner of the room that's on, so maybe it's evening or nighttime. I notice they're also on their computer. They've got their shoes off, they've got their feet up on the coffee table. They look relaxed. This doesn't really look like a bedroom to me, it looks more like a living room or common space.

Slide 73 has these words and a photo:

Access to more space and a photo of garage.

Notes: Wow, this is a very organized space. I think this looks like a garage. I see a big garage door and a lot of things that are normally kept in a garage, like tools and laundry detergent, a big vacuum and a hose. This looks like the kind of garage I might want to hang out in though. It's pretty big and open. There's lots of space to move around. It also looks like a nice getaway away from the rest of the house and maybe other people in the house if you live with lots of people.

Slide 74 has these words and a photo:

Access to more space and a photo of a woman in a kitchen.

Notes: What a lot to look at in this picture! Ok, so first I see a kitchen here. There's a blender and maybe a mixer on the counter and I see some cookbooks and maybe some spices on a shelf up high. There are also pots, paper towels, a plant. It's sort of a decorated kitchen, I think.

I see someone standing in the refrigerator with the door open. It doesn't look like they're grabbing something right away. It looks more like they're standing there deciding what to get out or looking at what they would like to have.

Inside I see chocolate sauce and mustard, I see wine and milk and eggs and even some things I don't recognize. How interesting!

Slide 75 has these words and quotes:

What can you say if your home doesn't feel like your space?

"This is my home too."

"I want to spend time in the backyard/ on the porch/ in the garage."

"I want my room to feel more like me."

"I don't know how to use the blender. I'd like some help with learning."

"I can go anywhere in my home and use anything in my home."

"I don't like the dresser in here, I'd like to find one that's more my style."

Notes: We just looked at pictures of different parts of homes and people in their homes doing different things.

What you can say if your home doesn't feel like YOUR space.

Slide 76 has an imbedded video, a question and quote:

A video of Rodney talking about food and cooking.

A question, why is food important in life?

A quote, "Last night, I made Chili, I got it.."

Slide 77 has these words:

You have the right to...

Slide 78 has these words:

You have the right to eat the food you like when and where you want to.

Notes: Let's talk about another right you have. You have the right to eat the food you like when and where you want to.

No one can tell you when you are supposed to eat, where you're supposed to eat, or what you're supposed to eat. It's your choice! You get to eat the foods that YOU like, when YOU want to eat them, and where you want to eat them.

And maybe you have an allergy or a sensitivity to a certain food or drink. Ultimately, it is your choice whether or not you decide to eat something in particular. You have the right to know yourself and your body, and how different foods and drinks affect how you feel. If you need help making choices that help you feel good, or stay safe and healthy, your service provider and staff are there to help you.

In the past, we've gone into houses where the people living there can only eat at a certain table, or at a certain time of day. Or maybe there's only one thing on the menu that day, and the people living there don't get to choose what they want to eat. This is not how it should be. You can eat the food you like when and where you want to. If you choose to eat food in different places like the couch or a bed or a desk, it is very important to make sure that crumbs and other bits of food and drink are cleaned up. In my life, in the past, when I did not clean up the crumbs well enough, I ended up with ants and it became a big problem for the house and for the other people that I lived with. So, while you have the right to eat wherever you would like to, it's also important that you make sure the shared spaces in the home are also safe and clean for others.

Slide 79 has many photos and a word:

Food

Photos of people sitting on a bed and eating pizza, three people preparing food in a kitchen, a man staring into a refrigerator, people having drinks in a restaurant and a taco food truck.

Notes: There are so many different kinds of foods to eat and beverages to drink. You can eat foods like vegetables and fruits. You can also eat foods like pizza and fast-food. You can drink coffee or juice or wine or soda. You have the right to try new foods and drinks that you have never tasted before or haven't had in a long time. You also have the right to keep eating the foods and drinking the beverages that you love. Food and drinks mean a lot to many people and eating and drinking what you want can make a big difference in your life.

Sometimes eating certain types of foods and drinking certain types of beverages can make us feel good and sometimes they can make us feel bad. You have the right to know why foods might make you feel good or bad. There may be times someone in your life helps support you in making decisions around what you eat or drink.

Sometimes people choose to eat a lot of food and sometimes people eat a little bit of food.

There are so many ways to get food. You can make it yourself or a staff person can make it or help you make it. You can order food on the phone or internet and have it delivered to your house. You can go out to a restaurant or store to buy food. You can go to farmer's markets or to other people's houses to make food together.

Sometimes when I have the extra money, I choose to go to a restaurant. But sometimes, when I need to save my money, I choose to make food at home. The main point is you get to choose what food and drinks you want, and you should have support in making these decisions if you would like that support.

Slide 80 has photo and a word:

Food

A photo of two people eating pizza in a bed.

Notes: What do we see here? Two people are eating something, it looks like it could be a pizza. It looks like they're wearing comfortable clothes, possibly even their pajamas. They're sitting cross-legged and they seem pretty comfortable -- I see blankets and pillows all around--are they on a bed? This looks like it could be something like what my family likes to call a pillow picnic.

Slide 81 has photo and a word:

Food

A photo of a man looking into a refrigerator

Notes: What's happening in this picture? This person looks like they're about to eat something, out of some kind of box. Maybe they're leftovers from something he ate earlier. It looks like it's pretty dark in that room--maybe it's nighttime? While they're eating, it seems like they're also looking at what else is in the fridge--could it be they're thinking about what they want to try next?

Slide 82 has photo and a word:

Food

A photo of a Taco Truck.

Notes: Here, it looks like we have a big truck with some words and pictures on the side. There's a big window right in the middle. I see the words "tacos", "quesadilla," and "burritos." There are pictures of all different kinds of food options. There's a list of food, too, with prices next to each one. I also see what seems to be a bottle of sauce right here and a can of some sort--maybe a soda?

Slide 83 has photo and a word:

Food

A photo of three disabled people of color (a Black non-binary person on the left, a South Asian person with a wheelchair in the middle, and a Black woman on the right) at a kitchen counter with open space underneath. The person in the middle chops strawberries while the other two each sample a strawberry.

Notes: I see 3 people here. They look like they're in a kitchen. I can kind of see a stove and maybe a microwave in the back. And I can definitely see a lot of cupboards. It looks like they're cooking something--I can't tell what really, but I see lots of ingredients and equipment out. Someone has a mixing bowl full of batter or something in front of them, one person has a muffin tin and is cutting what I think is strawberries. And then I see other kitchen equipment and utensils, like mixing bowls and measuring cups. I see a rolling pin and some sort of bottle full of liquid. I wonder what they're making

Slide 84 has photo and word:

Food

A photo of three people connecting their drink glasses together in a restaurant.

Notes: I see lots of people in this place, and I can see lots of chairs and tables--people sitting together. There are two people right in front and they look really happy like they're smiling or laughing and they're both looking at something or someone.

They're also both holding a glass of something--to me, it looks like beer--and I see a third glass in here too. They're holding all three of these glasses together, like a "cheers".

Slide 85 has this question and these quotes:

What can you say if you're not getting to eat the food you want when you want to?

"I'm going to get my own food today."

"I have some items I want on the grocery list this week."

"It's my body and I'm choosing to eat this or drink this."

"I would like to eat something else."

"I'm not hungry right now but will get something when I am hungry."

"I want a snack that's salty/sweet/crunchy."

Notes: I'm curious if any of the pictures we just looked at made you feel anything. Maybe they made you feel hungry or excited or maybe they made you feel like you want to try new foods or activities around food?

If you feel like you need support in eating and drinking what you want and where you want and how you want, you can use some of these statements to get you started.

Slide 86 has these words:

You have the right to...

Slide 87 has these words:

You have the right to Have friends, family, romantic partners (or anyone else!) come over to your house at any time.

Notes: We're going to move on to another HCBS right that you have. Did you know that you have the right to have friends, family, romantic partners (or anyone else) come over to your house at any time?

Yes, you have the right to. If you would like your partner to come over and spend the night, you can do that. If you would like to have someone to come over and hang out in your room with the door closed and locked, you can do that. If you would like to hang out with your visitor in a common space of the house, you can do that. Not only can you do that, but you should be supported in this by your staff--your staff should be helping you do this and making sure you feel confident doing this.

If you share living space, you do need to think about other people living in your home, your roommates. If your roommate needs to go to bed early because they have to wake up early for work, it's important that you respect them and maybe figure out a place to be with your visitor in another room or even another place that is not your house. It's important when you have roommates, and you are sharing space with people that you know what the House Agreements are so you can respect those. As long as you are respecting your roommates or house mates, you can have any visitor at any time.

Slide 88 has 4 photos and a word:

Visitor

Photos of two people outside a door, a person lying on a blow-up mattress, two people sleeping in a bed, two people sitting on couch and laughing.

Notes: Visiting can be casual with people you know really well. Or visiting can be a bit more formal, where you make a lot of preparations to make your visit special.

Some people love having lots of visitors and other people prefer to have a small amount of visits or no visits at all.

Whatever feels right to you, is the right thing.

Slide 89 has photo and a word:

Visitors

Two women standing outside an open door and smiling.

Notes: I see three people standing outside the door of a house. They look really happy or excited. I also see one of them is holding a little plant. And they look like they're ready to walk right into the house! I can also see a little bit of a person standing on the other side of the doorway. I wonder what they're doing or how they're feeling. Based on the other people, I feel like they might be smiling too.

Slide 90 has a photo and a word.

Visitors

A photo of two people sitting on couch and laughing

Notes: I see two people sitting on a couch inside. They look like they're enjoying their time together--it looks like both of them are actually laughing. One of them is holding a dog and the other one is also petting or touching the dog. I wonder how they know each other and what they're talking about.

Slide 91 has a photo and a word.

Visitors

A photo a person lying on a blow up mattress

Notes: This person looks very comfortable to me! They're lying down wearing what looks like comfortable clothes or maybe even pajamas. Their head is on a pillow and their hands are under their head. This is not a normal type of bed, though--I've seen this before. This is a blowup mattress. It starts flat and gets blown up like a pool toy or a balloon. I stayed on one of these at my friend's house when they didn't have a guest bed for me to stay on.

Slide 92 has a photo and a word:

Visitors

A photo of a two people sleeping in bed.

Notes: Ok, I think I'm looking at someone's bedroom. I see a table next to the bed with a lamp and a plant on it. In the bed, I see two people lying very close together under the covers. They are both lying on their sides and one person is holding the other person. There are a lot of pillows, and their eyes are closed.

Slide 93 has this question and quotes:

What can you say if you are not able to have visitors when you want to?

"I want to have ____ come over."

"I want ____ to spend the night."
"I don't feel comfortable having a visitor right now."
"My visitor will be coming over at noon."
"I want alone time with my visitor."
"How can we make my visitor feel more welcome?"

Notes: We just reviewed some pictures of visitors or what happens when someone might have a visitor. Did this bring anything up for you? What can you say if you're not satisfied with visits in your home?

Slide 94 has question and an image:
What can you do?

An image of a male scratching his head and a question mark.

Notes: We have covered a lot of different rights that can really impact your life. So, what are you going to do with all of this information? You can use those phrases and words that we showed you to talk with your staff, regional center service coordinator/case manager/ social worker, or maybe talk to a family member or a friend. But what else can you do? Your service providers might need to make changes to make sure they are doing all they can do to support you in having these rights. They might need to make some big changes or small changes or no changes at all. The regional center also has a responsibility to support you in these rights too.

What about you? What part do you have in these new rights?

Slide 95 has this question and words:
What can you do?

Spend time thinking about what is important to you about these rights.

Notes: Now is the time to think about what is important to you about all of these rights!

Slide 96 has this question:
Where could you start?

Notes: Where do you start? For some of you, this might be the first time you are thinking about how much opportunity, choice, and independence you actually have. It can be exciting or overwhelming. It can be hard to imagine what your life might look like if you have all of these rights. Or maybe you feel very clear about what you want your life to look like.

Slide 97 has these questions:
Where could you start?

What are your desires, your dreams, your goals that you've always thought about, but didn't think were possible?

Notes: We think a really good place to start is by answering this question: What are your desires, your dreams, your goals that you've always thought about, but didn't think were possible? We want to hear your answer right now. Whatever you would like to share with us we would love to know! If you would like to, please take a moment to share an answer with us in the chat. Whether someone has a disability or not, there are always things that make having our dreams come true or reaching our goals hard. Sometimes it's money and resources, or family or our staff or what we are used to that can make it hard to make our dreams come true. Take the time to think about this question: What are your desires, your dreams, your goals that you've always thought about, but didn't think were possible? Put aside everything that makes you think this isn't possible while you think about this.

Slide 98 has this question and image:

What's next?

An image of a woman raising her arms in a cheering manner.

Slide 99 has these words and image:

Advocate for yourself

Communicate what you want to the people around you.

An image of woman holding up a megaphone and announcing something.

Notes: This is one way that you can advocate for yourself--be a self-advocate by communicating what you want to the people around you. You don't have to use words--you can use videos, you can use magazines, you can gesture or use body language. There are so many ways to let the people in your world know about your dreams and what is important to you. It's okay to let somebody know that you're unhappy with something. There are ways we can do this -- maybe you've heard of a grievance procedure. This is where you can share your feelings. It's okay to complain if there's something you don't like.

Slide 100 has an imbedded video of a woman speaking about self-advocacy and these words and quote:

Being a self-advocate

"I think that's a good thing to have"

Notes: Let's hear from some RISE members about what being self-advocate means to them.

Slide 101 has these words and an image:

You can advocate for anything we talked about today.

An image of a man wearing glasses looks neutrally at the camera while holding a hand lettered sign declaring "NOTHING about us without US

”

Slide 102 has these words:

Even if it is hard to talk about something, try your best to get your point across, any way you can.

Slide 103 has these words and images:

You can use magazines, books, the internet, videos.

Images of Magazines, books, computer monitor.

Slide 104 as these words and image:

If someone is not listening to you, tell a different person.

An image of two women talking to each other.

Slide 105 has these words, an image and contact information:

If you need more support, here are some resources you can reach out to:

An image of two women speaking to each other.

DDS: Email: HCBSregs@dds.ca.gov

Office of the Ombudsperson:

Email: Ombudsperson@dds.ca.gov

Phone: 877-658-9731

Advocacy Information:

<https://www.dds.ca.gov/consumers/advocacy-information/>

Notes: On this slide there are a few different agencies that you can reach out to.

The first one is the Department of Developmental Services, (also known as DDS) This email address is the HCBS regulations inbox. You can email HCBSregs@dds.ca.gov to reach someone at DDS who works with these HCBS rules. If you have questions about how these rights work and how service providers should be working with you and for you, this is one place where you can ask those questions.

The next agency you can reach out to is the Office of the Ombudsperson. The people who work at this office give information to people who receive regional center services and their family members. They also help to workout disagreements and complaints and can make recommendations to you. To reach someone there you can email or call the number on this slide.

The last link here on this slide is a DDS website with a lot of good advocacy information. On this website you will find information from different advocacy groups like People First of California, Disability Rights California and the State Council on Developmental Disabilities. All of these groups are here to support you in advocating for your rights.

Slide 106 has this question and words:

Questions, Answers, Comments?

We would love to hear from you!

Slide 107 has these words and link:

Thank You for joining us today!

Thank you also to Disabled and Here for many of the photographs used throughout this presentation.

affecttheverb.com

Notes: Thank you for joining is today!

We want to be sure to credit Disabled and Here for their creative content. At no cost, we used stock images from their website throughout this presentation. We used both pictures of people and illustrations and artwork. When artwork was used the artist was credited both on the image and in the alt text. The images and artwork are licensed under CC by 4.0.