

Understanding Your HCBS Rights

February 9th and 10th, 2024



Welcome to the Understanding Your HCBS Rights training! We are so happy you are here with us today. This training is for adults receiving services from a regional center. We are so grateful to be here with you today and share important information about Home and Community Based Services (HCBS) and your rights in receiving those services.



Helpful Things for You to Know



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."



ASL interpreters have been "Spotlighted" and live closed captioning is active

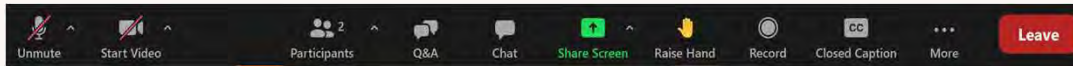


This meeting is being recorded and will be available at:
<https://www.dds.ca.gov/initiatives/cms-hcbs-regulations/training-information/>

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.



Helpful Things for You to Know



If you have a question or a comment, click the "Q&A" button and type in your question.

Use the chat button to send a message for all to see. We will use this throughout the training today.

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.

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

Who We Are



Kaitlin Olson M.Ed.



Jacqueline Lawton M.A.



Matthew Hadick

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.

Who We Are



hello@aloconsultation.com

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

RISE

Realizing Independent Success and Empowerment

“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!

RISE Partners



Sonya Force



Damián L. Kelsey

We are lucky to 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.



Tell us about you!

Type the name of the city or town you are joining us from in the chat box.



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 your the name of the town or city you live in and anything else you would like to share.

Why are we here?

There are **rules** that protect your important **rights**.

Let's talk about them!

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 receives services through the HCBS 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 support to live in a group home or a family home or going to a day program or employment or work program.

What are these rights all about?

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

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.

Let's get started!

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.

**You have
the right
to...**



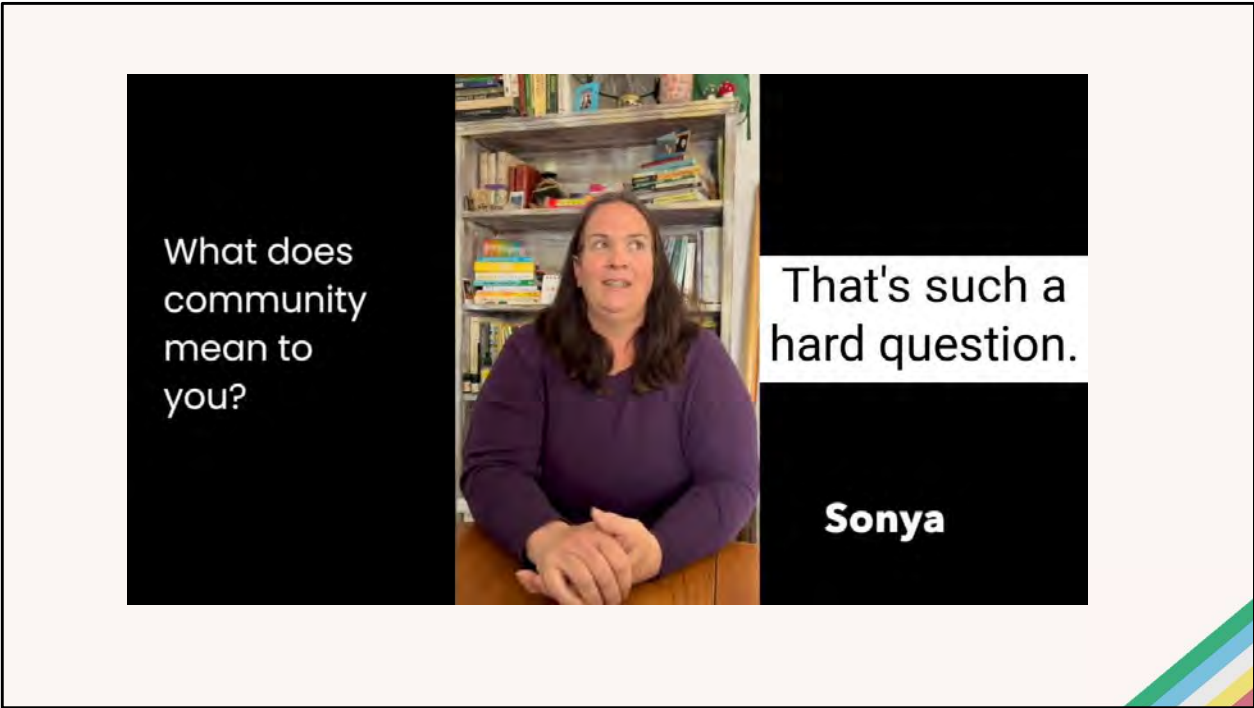
You have the right to...

Be in your community.

Invite others to be a part of your community.

Have support in being with your chosen community.





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



Being in community is not just about being in a place. Community can be an activity you do like an exercise class with other people. 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? One way to know you are in community is you're getting to have the kind of relationships you want or to connect with people you want to. You might feel excited, happy or safe. Or maybe you don't always and that means you get to do more exploring.

Getting to be in your community and choose your community doesn't mean that there are no limits or things you can't do. For example, if movies are really important to you and you want to be able to go out to the movie theatre, you have to be able to pay to do that. If you don't have the money to go out to the movies, then you will need to explore your options for watching movies at a lesser cost. It may mean you can't do that thing in the community, even though it's important to you. And just as you choose your community, your community also has to be willing to participate with you.

This slide shows different people in the community, but these people also ARE the community.

Let's take a closer look at these pictures of people in their community.



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.



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?



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.



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 "taxi cab" where you sometimes don't sit up in the front seat with the driver.



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.

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 want to do something else."

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

"I want to try _____ instead."

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

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

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.



Tell us about you!

What kind of place do you live in?

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

**You have
the right
to...**



You have the right to...

Choose different day time activities or places to live, including places that are not just for folks with disabilities.

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.



HOUSING SETTINGS

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.



HOUSING SETTINGS

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.



HOUSING SETTINGS

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.



HOUSING SETTINGS

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.



HOUSING SETTINGS

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's 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.



HOUSING SETTINGS

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.

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

"I don't like living here."

"I want to live on my own."

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

"I want to try living with a roommate."

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

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

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?



DAYTIME ROUTINES AND RESPONSIBILITIES

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 awhile, 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.



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.



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.



**DAYTIME ROUTINES
AND RESPONSIBILITIES**

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!"



DAYTIME ROUTINES AND RESPONSIBILITIES

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.



DAYTIME ROUTINES AND RESPONSIBILITIES

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!

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

"I want to take a _____ class."

"I want to get a job."

"I'd like to try _____."

"I'm bored during the day."

"I want to spend my time doing _____."

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

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?



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

**You have
the right
to...**



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.

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.

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.



You have the right to...

Not be moved or touched by someone in a way you don't want.

Choose who supports you and how they are allowed in your space.



**No one can make
you do *anything* you
don't want to do.**

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.



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.

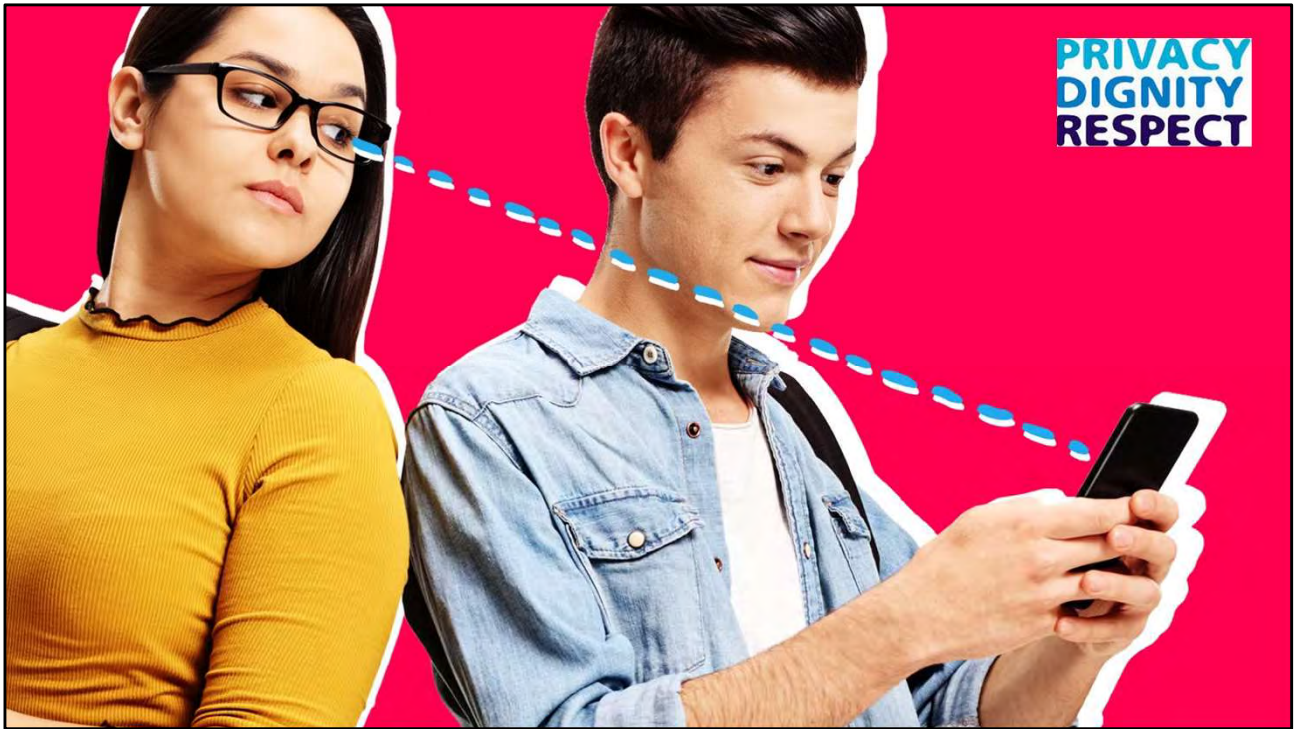
**PRIVACY
DIGNITY
RESPECT**



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.



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



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.



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.



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.

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

"I'm not feeling respected right now."

"I'd like some space."

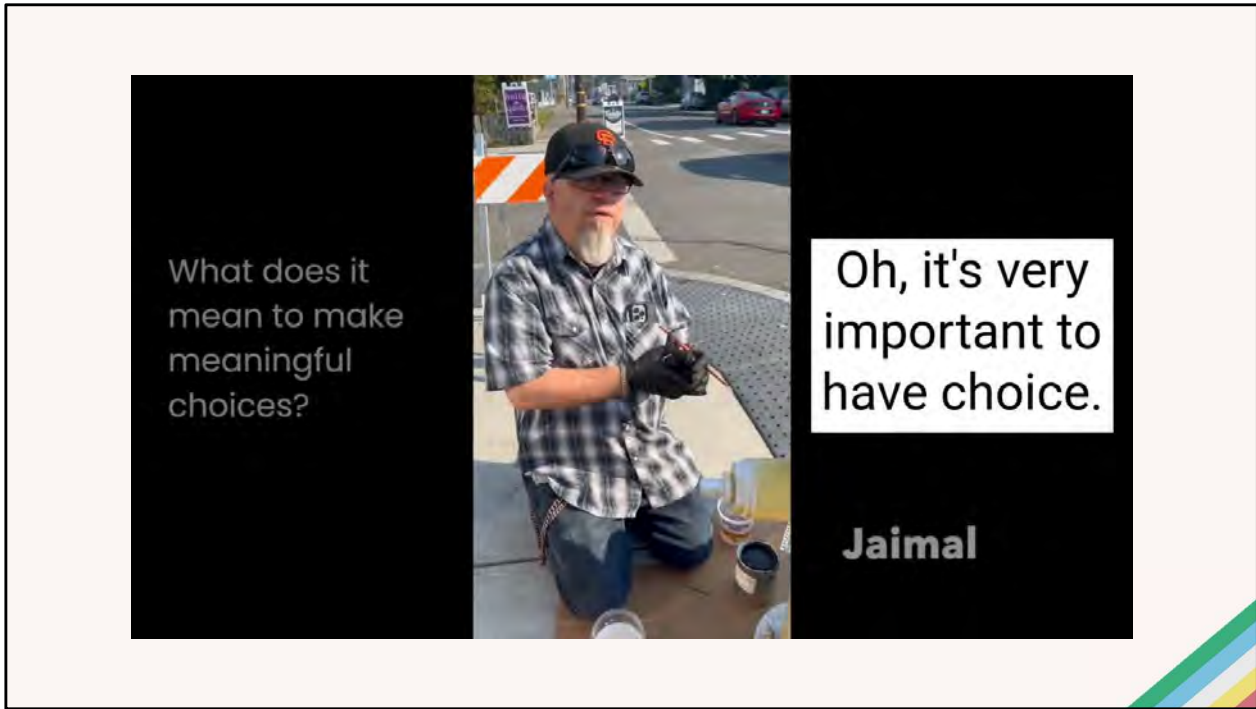
"I'd like more privacy."

"I'd like some alone time."

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

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

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.



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

**You have
the right
to...**



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.

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.

You have the right to...

Decide what you do and when you do it.

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.



Tell us about you!

What choices in your life are important to you?

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.



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.

Artists:

Sherm for Disabled and Here

Dice Bundy for Disabled and Here

Campbell Royales for Disabled and Here

Licensed under CC by 4.0

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

"I am making this choice myself."

"This is my choice."

"I want to do this my way."

"I am choosing _____ instead."

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

"I need time to think about this."

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

"I have the right to change my mind."

"This is what I will be doing."

"I got this."

"Can you brainstorm with me about ____?"

"I am confident about this choice."

"Will you help me look at some options?"

**You have
the right
to...**



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 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.

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.

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

You have the right 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.

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!

You have the right to...

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

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

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.

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.

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.

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.

You have the right to...

Choose the furniture and decorations for your space.





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.

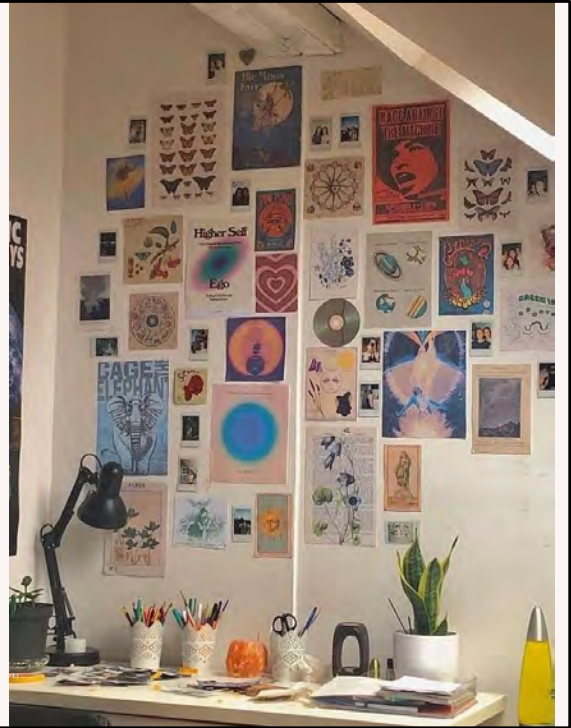
You can decorate with pictures, art, lamps and lighting, rugs, pillows, books, furniture, plants, or anything as long as it is allowed in your lease agreement. You can decorate with different colors or favorite themes. Maybe you don't want to change your space at all, and you already like the way it 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?

Freedom to Decorate



I see lots of different photos and pieces of art up on this wall, almost to the top of the ceiling.

There's 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.

Access to More Space



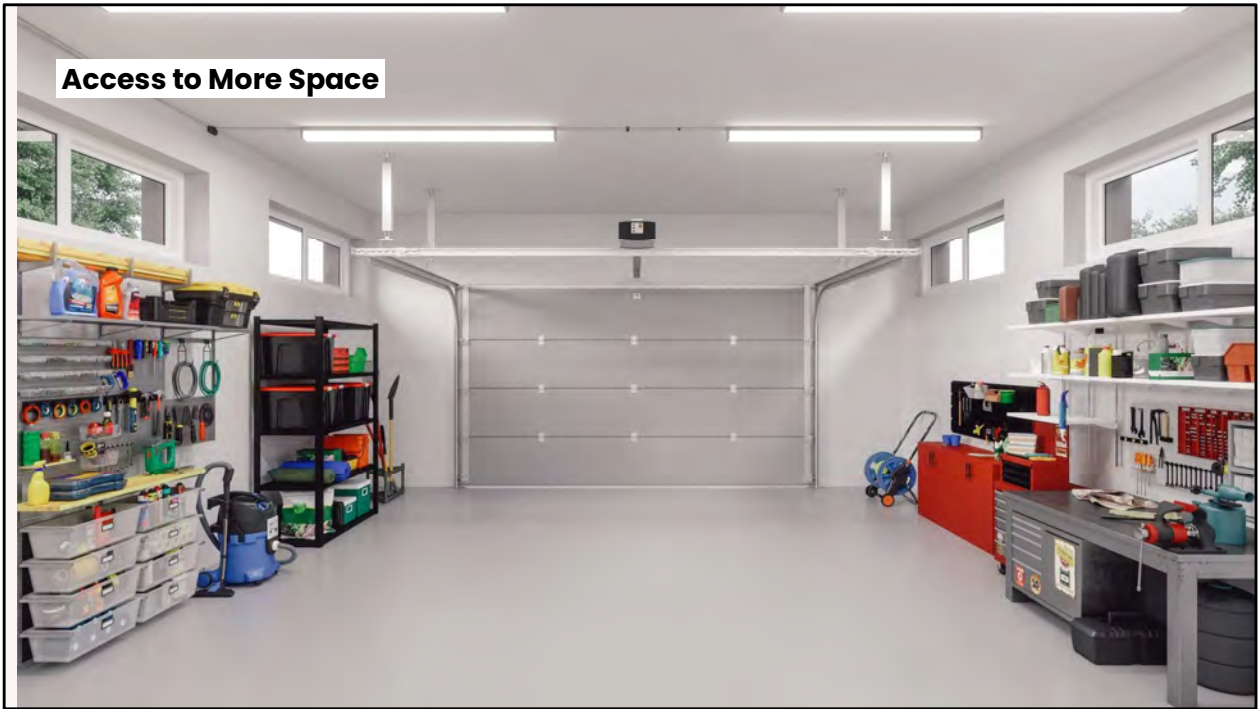
Wow, this looks really nice. I can tell this is outside because of the grass and trees and sky, but it also looks like the side of a house. There's an umbrella and some patio furniture and the weather looks really sunny and maybe warm. This looks like a big, open, comfortable space to hang out in when the weather is nice.

Access to More Space



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.

Access to More Space



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.



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's 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!

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."

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.

Why is food
important in
your life?



Last night, I
made chili,
chili, I got it

Rodney

**You have
the right
to...**



You have the right to...

Eat the food you like when and where you want to.

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.



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, 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.



Food

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.



Food

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?

Food



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?



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.

Food



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.

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 would like to eat something else."

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

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

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

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

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.

**You have
the right
to...**



You have the right to...

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

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 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.



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.



Visitors

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 in to 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.



Visitors

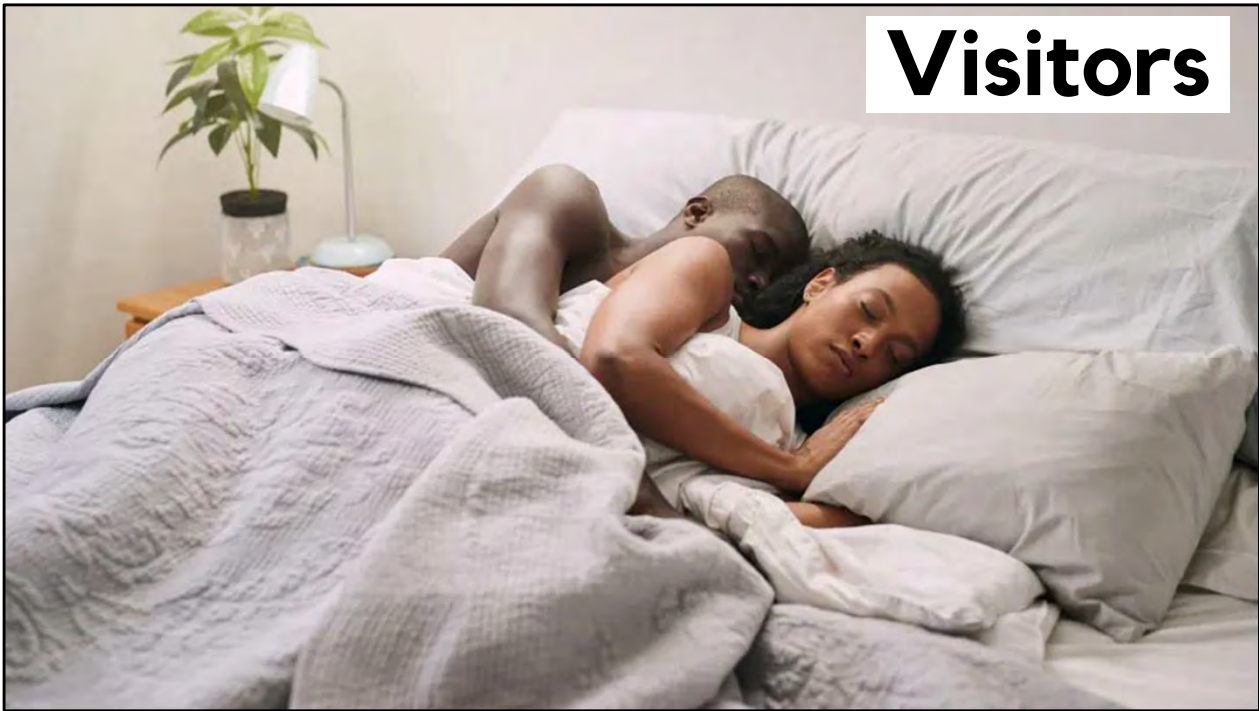
I see two people sitting on a couch inside. They look like they're enjoying their time together--it looks like both of them are actually laughing. One of them is holding a dog and the other one is also petting or touching the dog. I wonder how they know each other and what they're talking about.

Visitors



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 blow-up mattress. It starts flat and gets blown up like a pool toy or a balloon. I stayed on one of these at my friends house when they didn't have a guest bed for me to stay on.

Visitors



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.

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

"I want to have _____ come over."

"My visitor will be coming over at noon."

"I want _____ to spend the night."

"I want alone time with my visitor."

"I don't feel comfortable having a visitor right now."

"How can we make my visitor feel more welcome?"

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?

What can you do?



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?

What can you do?

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

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

Where could you start?

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.

Where could you start?

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

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.

What's Next



Advocate for yourself

Communicate what
you want to the
people around you.



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.




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

You can
advocate for
anything we
talked about
today.



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



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



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



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

DDS:

Email: HCBSregs@dds.ca.gov

Office of the Ombudsperson:

Email: Ombudsperson@dds.ca.gov

Phone: [877-658-9731](tel:877-658-9731)

Advocacy Information:

www.dds.ca.gov/consumers/advocacy-information/



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 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.



Questions, Answers, Comments?

We would love to hear from you!



Thank You for joining us today!

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

affecttheverb.com/

Thank you for joining us 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.