HCBS Settings Rule Provider Training

Agenda

- Institutional & Non-institutional Settings
- Non-Institutional Settings Policies & Practices
- HCBS Settings Rule, Influence
- Educational Opportunities
- Observations & Compliance Opportunities
- Person-Centered Focus
- Review
- Q&A

Institutional & Non-institutional Settings Policies and Practices

Institutional Settings

- Facility providing inpatient institutional treatment
  - Confined setting

Non-Institutional Settings

- Facility providing services that lack an institutional foundation
  - Unconfined setting

Non-Institutional Settings
Policies & Practices

- Locks
  - Bedroom/Bathroom locks
- Visitors
  - No restrictions
- Access to food
  - Alternative meal choices
- Medicine Distribution
  - Private

HCBS Settings Rule & Influence

What is the HCBS Settings Rule?

- Home and Community Based Serivces (HCBS)

- Issued in 2014 by the federal Centers for Medicare and Medicaid Services

- Ensures that all HCBS settings are integrated in, and support full access to the greater community

- The opportunities and experiences offered to individuals using HCBS should be empowering

Influence of HCBS Settings Rule

- Policy, practices and procedures
- Mindset and operations
- Individual Rights:
  - Privacy
  - Respect
  - Autonomy

Influence on Services

- Person-centeredness
- Supports: Personal, Respite, Transportation, etc.,
- Honor and be responsive to:
  - Culture
  - Identities
  - Beliefs
- Reflective of population

Influence on Services

- The HCBS settings rule challenges providers to think about their services in the following ways.

- Do/Are your services:
  - Reflective of your population?
  - Promote inclusive decision making?
  - Offer educational opportunities?
  - Foster dignity and respect?

Influence on Direct Care Staff

- Are your Direct Care Staff ready for the Settings rule?
  - Have they been trained?
  - Do they feel supported by leadership?
  - Are they ready to/prepared to advocate for the individuals they serve?
  - Do they understand their responsibility and know how to report concerns?

Educational Opportunities

- National Alliance for Direct Support Professionals (NADSP)
- Division of Aging training opportunities
  - Part 1 – Settings Rule 101 for Admin & Direct Support Professionals
  - Part 2 – Community Integration
  - Part 3 – Person Centered-Service Plans

Observations & Compliance Opportunities

CMS Observations

- HCBS compliance opportunities observed from the Center for Medicare & Medicaid Services include but are not limited to:
  - Staff Training
  - Informed decision making
  - Optimizing independence and life choices

Evaluator Observations

- Evaluator compliance opportunities include but are not limited to:

  - **Visiting Hours**

    - Visitors at any time

  - **Community Integration**

    - Football games, Concerts, Volunteer Support, etc.

Evaluator Observations

- Evaluator compliance opportunities include but are not limited to:
  - **Caseworker Outreach**
    - Access to Caseworker information
  - **Person-Centered Service Plan Insight**
    - Quarterly check-in, Training

Person-Centered Focus

What is Person-Centeredness?

- **Driven by the individual**
  - Goals, Values, Preferences
- **Collaboration**
  - Explore!
- **Ultimate Empowerment**
  - Confidence in autonomy
  - Person-centered language

Person-First Language

Use	Instead of…
Person in recovery	Alcoholic
At risk for falls	A falls risk
Person, individual, member, consumer	Patient (outside of a healthcare encounter)
Martha has Type 2 Diabetes	Martha is a diabetic

Desired Outcomes of Person Centeredness

- **Foster engagement**
  - Contributes to goal-setting efforts
- **Improve quality of services**
  - Encourages health equity
- **Holistic Outlook**
  - Captures whole experience

Bringing it all together

Training Resources

HCBS Overview:

https://youtu.be/xnbtb5Jpz7c

HCBS Provider Requirements for Residential Setting:

https://youtu.be/sjy334aMXXk

National Alliance for Direct Support Professionals:

https://nadsp.org/

Rights Restrictions & Modifications:

https://youtu.be/Vg5DA_ouOwY

Supports for Community Participation:

https://www.medicaid.gov/sites/default/files/2019-12/supports-for-community-participation-final.pdf

Thank you!

Questions & Answers

Sources

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