

# PARENT CONNECTIONS NEWSLETTER

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## Why am I receiving this newsletter?

This newsletter will provide information on the changes to the way some DSPD waiver services are delivered. Stay tuned! More newsletters will follow with additional information.

Whether your individual is on the DSPD waitlist or is currently receiving services, you will want to be fully informed so you can support your individual in living his or her **best life possible**.

*The world of disabilities is an alphabet soup.*

## What is DSPD?

Do you ever hear people throwing out terms and acronyms but you have no idea what they are talking about? DSPD is one of those many acronyms; DSPD stands for Division of Services for People with Disabilities.

## So, what exactly is the Division of Services for People with Disabilities?

The Division of Services for People with Disabilities (DSPD) promotes opportunities and provides supports for people with disabilities to lead self-determined lives by overseeing home and community-based services for more than 5,000 people who have disabilities. Support includes community living, day services, and supported employment services.

Funds are appropriated by both the federal and state government through Medicaid and a Medicaid match program. DSPD uses those funds to oversee programs that allow people with disabilities access to the community, to be employed and to lead meaningful lives. There is an eligibility process which begins with intake, and a waiting list where those with the highest needs are provided services first.

DSPD offers an array of waivers, depending on the type and severity of the disability. Services are provided with each waiver, designed to enable the person with a disability to live as independent and self-directed a life as possible.

If you are not currently connected with DSPD, you can do so by accessing their website:

<https://dspd.utah.gov>. There you will find information and links to intake forms and services offered through each waiver. The Utah Parent Center can help you through the process if needed.

## What is an HCBS Waiver?

HCBS, like DSPD, is one of those acronyms that keeps showing up in conversations. It stands for Home and Community-Based Services. A Home and Community-Based Services (HCBS) Waiver is a Medicaid program that provides assistance to support the individual and his or her caregiver in their **home** and **community** rather than in an institutional setting. In our state, DSPD operates three HCBS waivers that serve people with different disabilities including: intellectual or developmental disabilities, brain injury or physical disabilities.



States can offer a variety of services under an HCBS Waiver program, providing a combination of standard medical and non-medical services. Standard services include but are not limited to: case management support, personal care services, home health aide, adult day programs, residential and respite care.

States can also propose other types of services that may assist in diverting and/or transitioning individuals from institutional settings into their homes and community.

### **What is the HCBS Settings Rule?**

*How will it impact my family member with disabilities?*

In 2014, Congress passed a rule that is intended to improve supports inclusion and integration of people with disabilities in the community.

***People will not lose access to services and supports in their individual plan because of the HCBS changes.***

The HCBS Settings Rule, is a federal policy change to make sure that people with disabilities have the kind of services they want in their communities. The Settings Rule requires that the places where people receive Medicaid HCBS services offer full access to the benefits of community life. These services were discussed in the newsletter section "What is an HCBS Waiver?".

The final rules, which apply to all of the DSPD Waivers require that services:

- Be integrated in and help provide full access to the greater community;
- Improve self-determination and independence in making life choices;
- Be chosen by the individual from among residential and day options, including settings that are not only for people with disabilities (called "non-disability specific settings");
- Make sure of the right to privacy, dignity, respect, and freedom from coercion and restraint;
- Provide an opportunity to work in a typical job in the community (called "competitive integrated employment");
- Provide people with an option to choose to live in their own unit or bedroom in the place where they live (called a residential setting); and
- Make sure there is a choice of services and providers.

Under the Settings Rule, individuals receiving services get to control where they live, whether they live with someone, how they earn money, and where they work. They get to control what they do during the day and who they spend time with.

The Person-Centered Support Plan (PCSP) is the driver that outlines what services should be provided to ensure the individual with a disability is supported to lead his or her life the way he or she wants.

The HCBS Settings Rule reminds people that everyone has rights, including individuals with disabilities. People receiving services have the right to:

- **Privacy**
- **Dignity**
- **Free from Coercion**
- **Free From Restraint**
- **Respect**

These rights must be protected in the places providing HCBS services.

Providers are striving to make the needed changes to be HCBS Settings Rule compliant. Change is hard - it is hard on the providers, on the individuals they support and on the families of those individuals. Change is also good as it can lead to growth and to new opportunities. It can lead to positive changes in the communities we all live in and positive changes to society as a whole.



**If your family member is currently on an HCBS Waiver, or on the waitlist for one, you will want to familiarize yourself with the HCBS Settings Rule which outlines the criteria settings (i.e. providers, or the places those providing services to individuals with disabilities provide services) must meet to be considered Home and Community Based settings.**



Utah  
Parent  
Center

Special needs,  
extraordinary potential

[www.utahparentcenter.org](http://www.utahparentcenter.org) 1-800-468-1160

## What is Utah Parent Center's role in implementing the HCBS Settings Rule?

The mission of the Utah Parent Center (UPC) is to help parents help their children, youth and young adults with disabilities to live included, productive lives as members of the community. We accomplish our mission by providing:

**Accurate information**

**Empathetic peer support**

**Valuable training**

**Effective advocacy**

Our services are all based on the model of parents helping parents.\*



The Utah Parent Center sees the Home and Community-Based Services (HCBS) Settings Rule as directly supporting our mission, by encouraging individual choice and integration into the community. Therefore UPC will provide:

**Accurate Information** - We have written this newsletter as a means of providing accurate information to parents and families, and will send out newsletters quarterly focusing on the HCBS Settings Rule and how it impacts individuals and families.



**Our goal is always:**  
**How can we help parents help their children live included, productive lives as members of the community.**

**Empathetic Peer Support** - A new position has opened at Utah Parent Center -- Person-Centered Support Plan (PCSP) Consultant. The Person-Centered Support Plan (PCSP) is the driving force for the services received in the HCBS Settings Rule, but many parents and families are not sure what it is or how to develop a well-written plan.

Lisa Wade, our new PCSP Consultant, is tasked with the responsibility of educating and training families about the PCSP process. She will also provide support and consultation to families in need of PCSP assistance. She can be reached by email at [lisa@utahparentcenter.org](mailto:lisa@utahparentcenter.org), or by calling the Utah Parent Center 1-800-468-1160. Lisa is the parent of an adult with disabilities who receives DSPD services. She has been involved in developing PCSPs for many years.

**Valuable Training** - Lisa will be providing training on the PCSP process as part of the HCBS Settings Rule. The training will be provided at various locations throughout the state. Watch for a schedule of when she will be coming to your area. The training may be made available online as well as via UPC social media. Check the [Utah Parent Center website](http://UtahParentCenter.org) for more information.

**Effective Advocacy** - As part of our advocacy work, the UPC has been involved in the process of implementation of the HCBS Settings Rule for years. We have provided feedback to the Statewide Transition Plan and been at the table in focus groups to discuss various aspects of the Settings Rule. We continue to meet with stakeholders throughout the state on how individuals and families are and will be impacted by the transition to meet Settings Rule requirements.



**Contact Lisa Wade, Person-Centered Support Plan Consultant,** at the Utah Parent Center for individual assistance and group training.

[lisa@utahparentcenter.org](mailto:lisa@utahparentcenter.org)

801-272-1051 or 1-800-468-1160

\*The term parent is broadly defined to include anyone serving in that role.