



Home and Community Based Services (HCBS) December Agenda Item

4 Key Principles Essential for Compliance with the HCBS Final Rule:

Choices

Choice is the right, power, or opportunity to choose; option.

Rights

A person's right is that which is morally, legally, or ethically proper.

Opportunities

An opportunity is a good position, chance, or prospect, as for advancement or success; "a set of circumstances that makes it possible to do something".

Integration

Integration means to give or cause to give equal opportunity and consideration to.

Choice

Choice is the right, power, or opportunity to choose; option.



A young woman with developmental disabilities attends a Zumba class regularly, 2-3 times per week, she is thought of as an example of integration.

However, this may or may not be the case, depending on whether it was the individual's personal **choice** to participate in the class, or whether it was the care giver's choice to take Zumba classes and bring the individual along. If it is the young woman's choice to take the class, then it is integration. If the young woman is there only because her care giver attends, this is not her choice and she needs to be given other options.

Individual's need to:

- Know that they are allowed to make decisions/ choices
- Understand pros and cons (informed choice)
- Be allowed to learn from bad decisions

"Life presents many choices, the choices we make determine our future."

-Catherine Pulsifer