



## 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".

### Community Integration

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

## Home and Community Based Services (HCBS) July Agenda Item

### *Ways to cope with Stress when Integration is limited*



As we are experiencing ongoing changes due to the current pandemic, individuals may be having a difficult time adjusting as the opportunities for integration and socializing in-person are very limited. Many restaurants and other services are closed and we are advised to follow the "safer at home order." Social distancing may be advised for safety precautions but it is different than social isolation as there are alternative ways to stay connected to others. It is important to support individuals during these times and having dialogue to keep people informed as to why these changes are needed.

Some providers are utilizing this great tool which is a monthly calendar with ideas of activities that can be done at home and that can support individuals in doing things that are meaningful to them, while staying safe. Our *Person Centered Thinking Mentor Trainer*, Liz regularly shares this calendar with staff and families.

#### ***Here are just a few ideas that can be done from home:***

- Make a list of 3 things that you can feel hopeful about
- Notice something positive to come out of a difficult situation
- Ask for help from a love one or colleague
- Make a list of things that you're looking forward to
- Eat food that makes you feel good and really savour it
- Find the joy in music today; sing, play, dance or listen

***For more information and obtain a copy, please visit:***  
<https://www.actionforhappiness.org/jump-back-july>

Please discuss this item with your team, and assign a note taker to compile questions, concerns or thoughts about the information above. Please provide to **Maribel Garcia** at [margarcia@elarc.org](mailto:margarcia@elarc.org) by 8/30/2020. Thank you.