

# HOME AND COMMUNITY BASED services

## Getting the Community Life You Want

As a person who receives Home and Community Based Services (HCBS) funded by Medicaid, you have the right to live the kind of life you want. It's important that you are able to be active and included in your neighborhood and local community alongside people without disabilities.

Cardinal Innovations wants to help you make sure that the services you receive provide opportunities for **integration and access to your community, choice, individual rights, and independence**. As you read this material, think about the services you receive, where you receive them and who provides them.

### 1. Integration

- I am as active in my community as I want to be.
- I control my own life.
- I have access to transportation if I need it.
- I have the opportunity to interact with people who are not paid to support me.

### 2. Choice of Where You Live, Work and Play

- I am regularly offered a variety of choices (not just two options).
- I can choose from different work options.
- I can choose to participate in new or different community activities.

### 3. Right of Privacy, Dignity and Respect

- I am respected and free to make my own choices.
- I have the right to talk on the phone, read my mail and visit with others privately.
- I have the right to refuse medication.
- I have the right to receive education about results of my choices.

### 4. Making Life Choices

- I can choose my friends, my religion, who I vote for, etc.
- I can choose my schedule, daily activities, and location of activities.
- I am able to function as independently as I want.
- I have the support I need to make my own decisions.
- I have the same degree of choice as everyone else.
- My rights that are important to me are supported.

### 5. Choosing My Own Schedule

- I have the right to make my own schedule.
- I have the right to plan my meals and activities and decide when they occur.
- I can choose "family style" or "individual style" meals and activities.
- I can choose my own wake and sleep schedule.
- I have my own daily, weekly, and monthly calendar and meal plan.

### 6. Choice of Businesses and Staff Selections

- I can choose my barber, grocery store, restaurant, movie, etc.
- I have an opportunity to meet staff before they are selected.

### 7. Home and Work Space

- I have full access to my home and work area.
- I can easily get around my home and work area.
- I can ask for changes to my home and work area to meet my physical needs.

### 8. Privacy

- I have privacy in my sleeping and living unit.
- I can close and lock my bedroom door.
- I can arrange my furniture.
- Areas in the home are kept private as needed.

## 9. Housing Rights

- I have the same rights and responsibilities as any other renter or homeowner.
- I have the right to know what may lead to discharge or eviction.
- The landlord must abide by the rental agreement made with me.

## 10. Keys

- I have a key to the home or there is a plan in place for me to learn how to use one.

## 11. Roommates

- I get to choose my roommates and/or housemates.

## 12. Home Décor

- I can choose how to decorate my home (i.e. paint color, furnishings, pictures, etc.).

## 13. Visitors

- I can choose who visits me and who I visit.
- I can interact with my friends as I choose.
- I can help create house rules about visitation.

## 14. Individual Plans

- My plan includes necessary supports to make sure I remain safe.

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If you feel that any of these items are not being met, or you have questions about them, we want to help.

Cardinal Innovations is here to assist you. Our staff can help you find out what your rights are and what may cause your rights to change so you can plan for the future. If you have questions or want to talk about your services, contact your care coordinator or call us any time at 1.800.939.5911.

This document is a guide for members and families of Cardinal Innovations and should not be used in place of any NC DHHS documents or assessment tools.

To access all HCBS Final Rule resources, visit: <http://www2.ncdhhs.gov/hcbs/index.html>.