

MY CHOICE MY WAY



Participant Fact Sheet

September 2017

Access to Food

Authority: 42 CFR 441.301 (c)(4)(vi)(C)

Can I choose what I want to eat and when?

Yes. This new federal rule states that you have the freedom and support to have access to food at any time.

Why is this important to me?

If you live in a provider-owned, controlled, or operated residential setting you may have access to food at any time. You are not limited to specific meal times. Access to food includes when and where you would like to eat and choices of foods you want to eat.

For all provider owned, controlled, or operated residential settings:

- Providers must make efforts to provide meals that meet community standards for home-based meals.
- Providers must consider the culture and preferences of the individuals in the setting.
- Providers do not have to provide food items that are very costly or difficult to prepare.
- Providers do not have to provide limitless supply of food snacks or other items around the clock.

Providers are expected to support you with your access to foods. Your assessed support needs, preferences, and goals will guide the support you receive.

Examples of support to you may include:

- Providing alternative food choices when the main meal option is not preferred, or when you do not eat at a standard meal time (such as reheatable meals, or meals to go like bag lunches).
- Assisting you with healthy eating choices without controlling or discounting your preferences.
- Assisting with budgeting and shopping so you may have personal foods.
- Assisting you to safely store personal foods, such as snack items.

The new rules do not mean you have access to full dining services or meal preparation at all times. However, providers do have to help you identify which items you want available in shared kitchens or designated storage spaces so you may access food at any time.

There may be times that your assessed needs provide reasons to consider some limitations to having access to food at any time. Limitations will not be used without your (or your authorized representative's) informed consent. Limitations will only be used when there is a health or safety risk and shall be documented in your person-centered plan.

For more information about Hawaii's transition plan, please contact us below.

Hawai'i Department of Human Services, Med-QUEST Division
My Choice My Way, HCBS Transition Plan

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