Medicaid 101
Home and Community-Based Services:
Person Centered Thinking- Choice and Balance

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Our Goal Is "Belonging to community"

What's Important TO

- Learning how people want to love their life

- Includes feeling satisfied, content, comfort, fulfilled, and HAPPY
  - Relationships (people to be with)
  - Status and control (valued role)
  - Rituals and routine (cultural and personal)
  - Rhythm or pace of life
  - Things to do and places to go (something to look forward to)
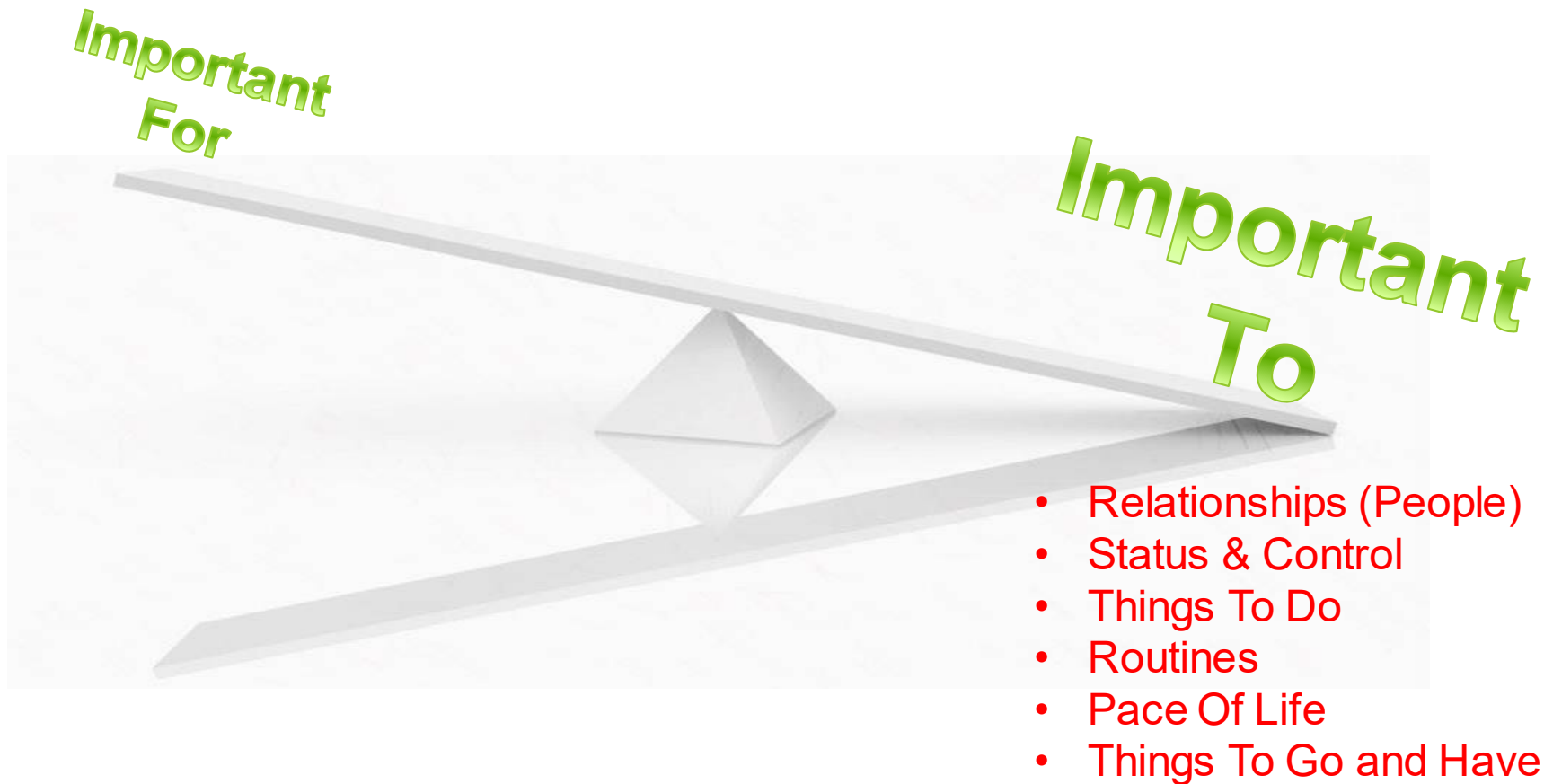 - Things to have

Within context, **Important** <u>FOR</u>

- What others see as necessary to help the person
  - Being valued (social rules, laws)
  - Be a contributing member of their community (citizenship)

- Issues of health
  - Prevention of illness
  - Treatment of illness/medical conditions
  - Promotion of wellness (diet, exercise, sobriety)

- Issues of safety
  - Environment
  - Well being (physical, emotional)
  - Free from fear (threats, abuse)

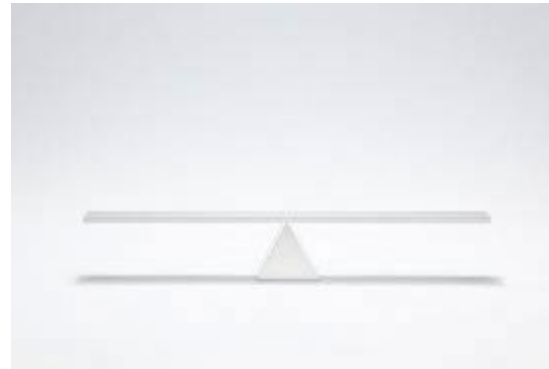# Health & Safety Dictate Lifestyle

Important For

Important To

- Health & Safety
- Being Valued

All Choice, No Responsibility

Important For

Important To

- Relationships (People)
- Status & Control
- Things To Do
- Routines
- Pace Of Life
- Things To Go and Have

Balance

Important For

- Health & Safety
- Being Valued

Important To

- Relationships (People)
- Status &Control
- Things To Do
- Routines
- Pace Of Life
- Things To Go and Have

Choice and Balance

As we think about choice, we can see

- All choice is irresponsible (happy and dead)
- And dictating lifestyle is unacceptable (alive and miserable)

- Good support means finding the balance

  - We all have a right to make choices, even bad choices
  - We are paid to "help people stay safe"
  - Finding the balance can create conflict

Choice has Boundaries

- All choice includes responsibilities

- The question is always: where should the boundaries be drawn?
  - The answer is impacted by many factors
    - Imposed by society (laws, expectations/values)
    - My Values (what is/is not ok for me and those I trust)
    - Ripple effect (once choice created boundaries on other choices)
    - Resource driven (how much time/money available)
    - Risk involved

  The difference is when the boundaries are set for the convenience of the system therefore limiting choices that meet the person's desires:

  Visiting hours, substitute caregivers available, house rules, etc.

Do the boundaries we impose on choice work – do they support "both/and"?

- What is the best balance for each person between "to" and "for"?

- Do we keep in mind that it changes –
  ◦ If we are successful, the person takes increasing responsibility.

Creating that Balance

- If something *important **for** us* is *not important **to** us*, we have no interest in doing it

- If something is *important **for** us* and is also *important **to** us*, we will do it

- If it is *important **for** us* and to someone else who is *important **to** us*, we will take efforts to make it happen

Meeting CMS Expectations

- Community integration

- Independence in making life choices

- Access to food

- Visiting hours for families/friends

- Freedom to decorate and furnish

- Privacy in own bedroom, choice of roommate