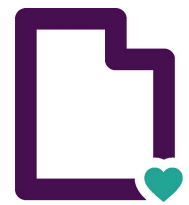


Settings Rule for Home and Community Based Services

For individuals, families, and caregivers



Utah Department of
Health & Human
Services

What is the Settings Rule?

The Settings Rule is a federal requirement that defines where and how services are provided which are paid for by the Home and Community Based Services (HCBS) Medicaid Waivers.

The Settings Rule was created because individuals with disabilities wanted more choice and control over where they live, work, and socialize. Examples of settings are:

- Day programs
- Group homes
- Assisted living facilities
- Worksites, or other places where HCBS services are provided

An important concept in the Settings Rule is community inclusion and integration. This is the opportunity for individuals receiving HCBS to live in and have full access to their community, to the same extent as those individuals not receiving HCBS, while being valued and treated with dignity and respect. Bringing people and activities from the broader community into the setting instead of supporting you to access the broader community does not meet the requirements of the HCBS.

Community refers to physical places in and around where you live, work, or socialize. Community can also refer to a group of people who share similar interests with you, engage in the same activities, or come together for social connection.

If you live in a group home or assisted living facility, you have the right to:

- Privacy in your room or personal space.
- Lockable doors that only you and appropriate staff have keys to.
- A choice of roommates.
- Freedom to furnish and decorate your sleeping or living units.
- Freedom and support to control your schedules and activities.
- Access to food at any time.
- Have visitors at any time with the option for private visits.
- A home that is accessible to you.

Contact information & resources

Submit any questions to: HCBSSettings@utah.gov

Additional information: <https://medicaid.utah.gov/ltc/hcbstransition/>

What does the Settings Rule mean for me?

The Settings Rule is all about you! As a person receiving HCBS, you have the right to privacy, dignity, respect, and freedom from coercion and restraint. For example:

- Your personal information or schedule is not posted in a general open area (medications, diet restrictions, personal care, etc.).
- Personal assistance is provided to you in private.
- Supports and plans to address behaviors are specific to you and do not restrict the rights of everyone in the setting.

It means you can:

- Access and be a part of the community you live and work in, the same as people who do not have a disability do.
- Have opportunities to control your spending money.
- Find jobs and work at places in the community with people who do not have a disability.
- Make life choices, such as engaging in legal activities (like voting, consuming alcohol, watching R-rated movies, going to a club or bar, etc.) and activities that match your skills, abilities, and interests.
- Choose and control your services and supports, and who provides them.
- Live your best life!

The Settings Rule is implemented through person-centered planning

You are the expert of your own life. Person-centered planning helps you and your family communicate your preferences, personal interests, and goals with those who support you. They will also help you plan what you need to live your best life.

Required for Medicaid HCBS Waiver funding

All HCBS Medicaid Waiver providers must be compliant with the Settings Rule to receive Medicaid HCBS Waiver funding.