



# Community Integration: for the HCBS Settings Rule



# Objectives

- Understanding of what community integration is
- Connect community integration to the HCBS Settings Rule
- Understand the value of community integration
- Acknowledge community integration opportunities
- Support an individual's right to self-advocate



# What is Community Integration?



# What is Community Integration?

**Community:** A unified body of individuals with common interests, characteristics, histories', etc.

**Integration:** The process of becoming part of a group of people

**Community Integration:** is the opportunity to live in the community and be valued for one's uniqueness and abilities, like everyone else.

# Purpose of Community Integration



- Contributes to the well-being of individuals
- The opportunity to live like everyone else!
- Access to the full spectrum of opportunities
  - Social
  - Educational
  - Professional



# Applying the Settings Rule & Maintaining Dignity of Risk



# The Settings Rule

- Created in 2014 by the Centers for Medicare & Medicaid Services
- Focuses on providing care and services
  - Person-centered
  - Personal Care
  - Community Integration
- Maintain respect, **dignity**, and privacy



# Informed Decision-Making

- Based on facts and information
- One-on-one touch bases
- Activities for practice

# Dignity of Risk

- Dignity – Everyone is born with it!
- Afforded through risk-taking





# Maintaining Dignity of Risk

- Continuous growth and development
  - Person-Centered Service Plans
- Appropriate protections
  - Modifications
  - Education & training
- Balance
  - Positive-risk taking



# What Happens without Community Integration?



# What Occurs Without Community Integration

- Isolation and Disconnect
  - Gradual Motivation Reduction
- Decline in Physical and Mental Health
- Decrease in Sharing Life Experiences
- Individuals Identity Weakens



# Areas of Community Integration



# Rural Communities

- **Social cohesion**

- Familiarity
- Trust

- **Community**

- What's available?
  - Corner store, school events, community events, 4-H clubs, farms
- Access to community
  - Transportation
  - Ability to accommodate
    - Trouble shooting concerns from within your team



# Reverse Integration

Merge individuals with outer community

- Activities match unique interests
  - Arts and crafts
  - Card/board games
- Educational initiatives
  - Technology – Stay connected!
  - Library activities
  - Cooking



# Civic Engagement

- Political Campaigns: phone calls, voting site staff, groups, canvassing
- Community work: volunteer/paid work, polling sites, running for council seats
- Public Affairs: Informed on national/local news, laws/policies affecting the aging community, or personal interest.



# Dimensions of Wellness

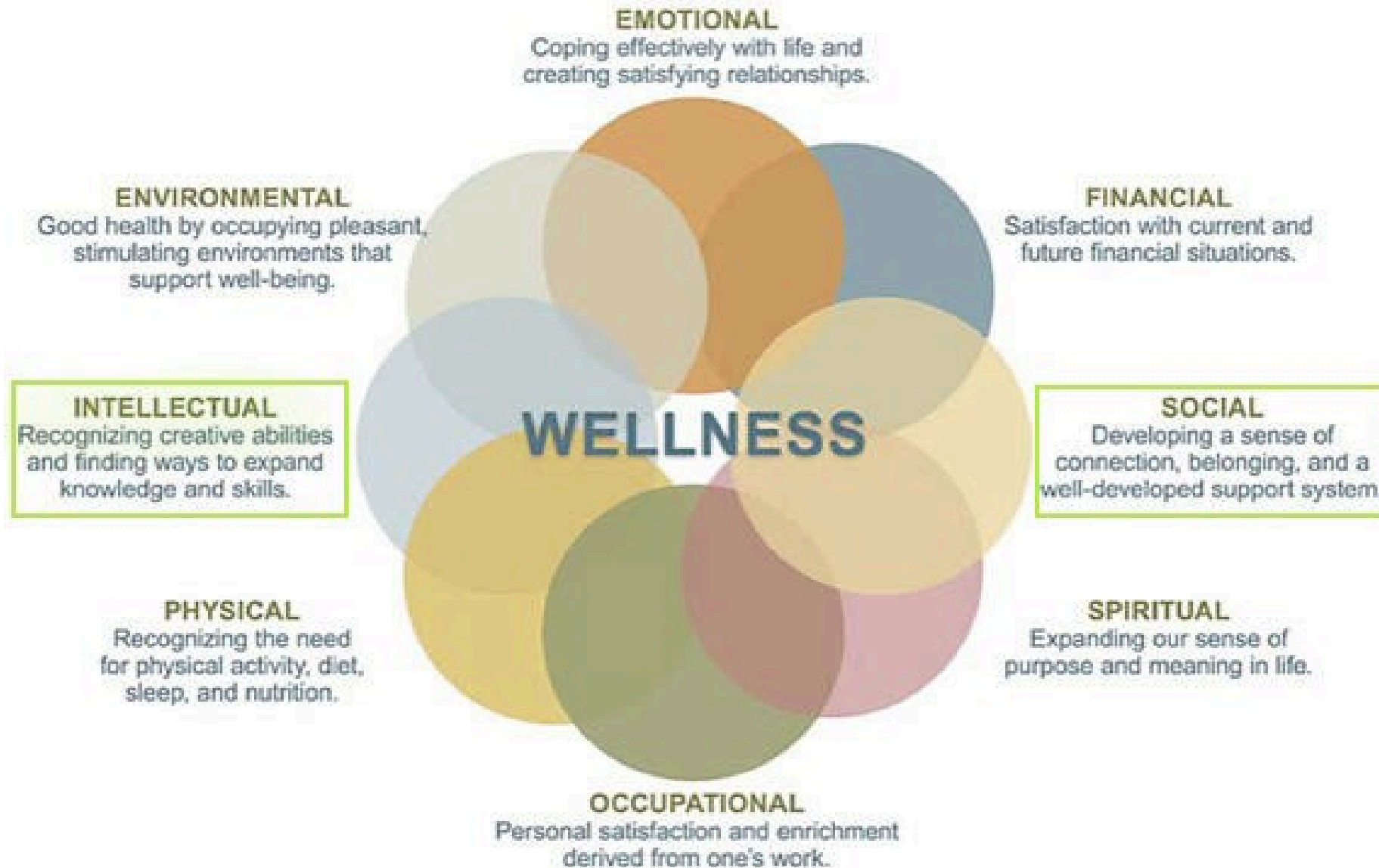
## Health

- State of being
- Absence of disease or stress

## Wellness

- State of living a healthy lifestyle
- Multidimensional and holistic







# Intellectual Wellness

Recognizing one's creative abilities and finding ways to expand knowledge and skills

- Activities that foster curiosity and keeps one mind engaged and active
  - Book clubs
  - Game clubs
  - Community discussions



# Social Wellness

Having healthy relationships with friends, family, and the community

- Activities that foster connection, belonging & support systems
  - Pen pal programs
  - Wellness programs
  - Virtual chats, town halls, volunteer opportunities, etc.,
- Allow individuals to choose the amount and type of participation at social events



# Community Inclusivity

- How do you provide awareness?
  - Training your staff
  - Ask, how welcomed do all residents feel?
- How informed are you of diverse activities?
  - Holidays, specific historical dates, festivals, community groups, etc...
- Who are the diverse groups we need to be aware of?
  - Gender, cultural, race, disabilities, religious, and sexual orientation



# Diversity Awareness

- Gender: how one may identify & activities not limited to one gender
- Cultural: traditions, celebrations, expressions, and do's & don'ts
- Race: connected to culture, family involvement, & discrimination awareness
- Disabilities: before aging & advancement due to aging
- Religion: watch out for stereotypes, make connections locally, & family involvement
- Sexual Orientation: learn how they identify, partnership equality, less family involvement



# Self Advocacy



# Self Advocacy

- Partner with the individuals you serve and then learn:
  - Knowledge & skill level to navigate the community
  - Who are their support networks?
  - Adaptive support tools
  
- What community activities do they value?



# Final thoughts





# Question & Answers



# Resources