

# Conversation Guide



## HCBS REQUIREMENT #4: RIGHT TO BE INDEPENDENT

**“Let’s look at when a beer, an ice cream cone, and a foul ball gave Steven the opportunity to be independent.”**

### Welcome!

We will be using Tri-Counties Regional Center’s HCBS Final Rule: The Animated Series videos, as conversation starters to look at real life situations through different perspectives. We will then have the opportunity to break into small groups to talk about how HCBS Final Rule Requirements affect people in their day-to-day lives.

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## Introductions: Why We’re Here (~10 minutes)

Share your name and what drew you here to this conversation.

## Conversation Agreements: How We’ll Engage (~5 minutes)

- **Be curious and listen to understand.** Conversation is as much about listening as it is about talking. You might enjoy exploring how others’ experiences have shaped their values and perspectives.
- **Show respect and suspend judgment.** Try to truly listen, without interruption or crosstalk
- **Notice where we agree as well as any differences.** Look for areas of agreement or shared values that may arise and be curious of beliefs and opinions of others.
- **Be authentic and welcome that from others.** Share what’s important to you. Speak from your experience. Be considerate of others who are doing the same.
- **Be purposeful and to the point.** Do your best to keep your comments brief. Be conscious of sharing airtime with other participants.
- **You are responsible for the quality of your participation.**

## Conversation Rounds: What We’ll Talk About (~5 minutes)

### HCBS Requirement #4: Right to Be Independent

People with disabilities have the right to make their own choices about their life. They choose: Where to go; How to spend their day; and Who their friends are.

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## Round One: Getting to Know Each Other (~10 minutes)

Share your thoughts on **one** of the following questions.

- What does “independence” mean to you?
- If you could do anything with your day, what would you do?

## Round Two: Exploring the Topic of the Day Part 1 (~15 minutes) HCBS Requirement #4 Right to Be Independent

Watch video:

[HCBS Requirement #4 Right to Be Independent](#)



**Person Receiving Services Point of View**

**Step into the role of Steven:**

Share your thoughts on **one** of the following questions.

- How did Steven feel in this situation?
- What was important to Steven at the baseball game?
- What did you notice about Steven’s decisions?

## Round Three: Exploring the Topic of the Day Part 2 (~15 minutes)

Watch video:

[HCBS Requirement #4 Right to Be Independent for Service Providers](#)



**Service Providers’ Point of View**

**Step into the role of Venus:**

Share your thoughts on **one** of the following questions.

- How did Venus feel in this situation at the baseball game?
- What were Venus’ responsibilities in supporting Steven?
- How did Venus support Steven to make choices responsibly?

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## Round Four: Possibilities (~10 minutes)

Share your thoughts on the following question.

- What are some other ways Venus could have used her own judgement and creativity in supporting Steven?

## Round Five: What can I do? (~15 minutes)

Share your thoughts on **one** of the following questions.

- How do I support independence and safety at the same time?
- How do I advocate for my independence?
- How does independence look different for each of us?
- What gets in the way of supporting people's independence?

## Closing Round (~5 minutes)

What is one thing you appreciated about our conversation today?

If you would like more information about the HCBS Curious Conversations email [hello@helensandersonassociates.com](mailto:hello@helensandersonassociates.com)

This guide is based on Living Room Conversations. To learn more about Living Room Conversations go to [livingroomconversations.org/get-involved/](http://livingroomconversations.org/get-involved/)

# Top Tips for Hosts



## Interested in hosting a Curious Conversation? Here are some tips to get you started.

- Before you start, test the videos to make sure they are working.
- If you are hosting a group of 10 or less do introductions all together, if hosting a group larger than 10 do this in breakout rooms or tables with 4-5 people.
- Conversation agreements will set the tone of our conversation-read them aloud.
- Invite each group to choose a:
  - Facilitator to keep the conversation going.
  - Timekeeper to keep track of time and gently let people know when their time is up.
- Animated Videos will be shown to everyone together.
- Each Conversation Round will be done in small groups of 4-5 people in breakout rooms or at tables.
- During the Closing Round thank everyone for joining and ask everyone to share 1 thing they appreciated about the conversations they had.
- Remind people of when the next Curious Conversation will take place.

*“Whoever comes is the right people.  
Whatever happens is the only thing that could have.”*  
~Open Space Technology

If you would like more information about the HCBS Curious Conversations  
email [hello@helensandersonassociates.com](mailto:hello@helensandersonassociates.com)