

# Conversation Guide



## HCBS REQUIREMENT #5: CHOOSING SERVICES AND SUPPORTS

“Steven and Dexter learned about choosing services and supports from a kale salad, a cup of ramen, and debatably Kevin Costner’s best film.”

### 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.

---

## 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 #5: Choosing Services and Supports

People with disabilities get to decide who their service providers and staff are. They choose who supports them and they can change providers if they want.

# Conversation Guide



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

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

- What do you like to do in your free time?
- What qualities would you want in someone supporting you?

## Round Two: Exploring the Topic of the Day Part 1 (~15 minutes) HCBS Requirement #5 Choosing Services and Supports

Watch video:

[HCBS Requirement #5 Choosing Services and Supports](#)



### Person Receiving Services Point of View

#### Step into the roles of Steven and Dexter:

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

- How do you think Steven and Dexter felt in this situation?
- How did Steven and Dexter express their choices and preferences?
- What was important to them about their supports?

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

Watch video:

[HCBS Requirement #5 Choosing Services and Supports for Service Providers](#)



### Service Providers' Point of View

#### Step into the role of Lucas and Marsha:

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

- How do you think Lucas and Marsha felt?
- How did Lucas and Marsha respond to Steven and Dexter?
- How did Lucas and Marsha figure out what was Important To and For Steven and Dexter in how they wanted to be supported?

# Conversation Guide



## Round Four: Possibilities (~10 minutes)

Share your thoughts on the following question.

- What are some ongoing benefits to Steven and Dexter switching staff?

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

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

- How can I make certain that what is Important To and For people is being considered in the way support is happening?
- How do I advocate for myself to have what is important to me?
- How do I support people to have what they need to have the life that they want?
- How do I go about matching people who receive services with supporters based on their values, interests, and personality traits?

## 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)