

# Conversation Guide



## HCBS REQUIREMENT #8: SCHEDULE AND ACCESS TO FOOD

“Take a minute to see how an inspired piece of art, a Volkswagen bus, and a cabinet full of ramen helped the residents of Sunny Oaks all get to their special events.”

### 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 #8: Schedule and Access to Food

People with disabilities have the freedom and support to control their own schedules and activities. They should also have access to food at anytime.

# Conversation Guide



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

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

- How does it feel when your plans get interrupted?
- How do you feel when someone else picks a restaurant you don't like?

## Round Two: Exploring the Topic of the Day Part 1 (~15 minutes) HCBS Requirement #8 Schedule and Access to Food

Watch video:

[HCBS Requirement #8 Schedule and Access to Food for People Choosing Services and Supports](#)



### Person Receiving Services Point of View

#### Step into the roles of Steven, Maya, Dexter, and Lorenzo:

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

- How do you think everyone felt when Nova announced they were all going bowling?
- What do you think they felt when Nova supported their individual activities?
- How did the group support each other to do the things they wanted to do?
- How did Dexter feel when he saw the cupboard full of his favorite ramen noodles?

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

Watch video:

[HCBS Requirement #8 Schedule and Access to Food for Service Providers](#)



### Service Providers' Point of View

#### Step into the role of Nova:

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

- How did Nova respond when the group told her they did not want to go bowling?
- What did Nova do to support the group to solve their own problems?
- How did Nova support the group's access to and choice of food?

# Conversation Guide



## Round Four: Possibilities (~10 minutes)

Share your thoughts on one of the following questions.

- What idea did Nova have for the future?
- What else could Nova do to encourage **the group** to problem solve when things like this come up?

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

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

- What can I do to support people to make their own choices and be involved in problem-solving?
- What can I do to advocate for my choices and be involved in problem-solving?
- How can I intentionally provide opportunities for people to make decisions for themselves ?

## 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)