

Home and Community-Based Services (HCBS) Rules CONCEPT FORM

Vendor number(s)	HS1101
Primary regional center	San Andreas Regional Center
Service type(s)	Adult Residential Facility with In-home Day Program
Service code(s)	Specialized Residential 113, In-home day program 109
Number of consumers currently serving and current staff to consumer ratio.	5
Have you or the organization you work with been a past recipient of HCBS Funding?	No
Please provide a brief description of the service/ setting that includes what a typical day consists of and how services are currently provided; include barriers to compliance with the HCBS rules.	There are 5 individuals in the home that require assistance with ADLs and restricted health conditions. 3 of the 5 individuals utilize a wheelchair whenever they are out of bed. This home also provides in-home day program to 3 of the individuals. Do to their medical needs, they are not able to attend an outside day program.
Identify which HCBS federal requirements this concept addresses that are currently out of compliance.	Federal requirement #8, #9, #10
Narrative/description of the concept; include justification for the funding request and explain how the concept would achieve proposed outcomes.	With this proposed concept we hope to provide individuals the freedom and support to control their own schedules and activities. Currently consumers restricted to wheelchairs cannot be safely and comfortably transferred from wheelchair to common area seating. Consumers have expressed their desire to not be confined to their wheelchair when meeting friends/family and would like to utilize the couch or recliners for closer physical seating to their friends, family, and peers. Consumers also desire to not be confined to their wheelchair when pursuing daily activities in the common areas.
Please describe your person-centered approach ¹ in the concept development process; how did you involve the individuals for whom you	Helping Hands believes that everyone can exercise choice and control over their life. We encourage and assist consumers to engage in meaningful activities and relationships. We support and respect their choices and actively help them achieve their goals. Using active

¹ A person-centered approach emphasizes what is important to the individual who receives services and focuses on personal preferences, satisfaction, and choice of supports in accessing the full benefits of community living. For more information regarding person-centered practices, please visit www.nasdds.org/resource-library/person-centered-practices.

**Home and Community-Based Services (HCBS) Rules
CONCEPT FORM**

provide services?	listening and positive language we encouraged consumers to participate in activity planning.
Does the concept address unmet service needs or service disparities? If so, how?	Yes, the purchasing and installation of a Guldmann ceiling mounted hoist lift will allow wheelchair restricted consumer to freely transfer from wheelchair to a more comfortable seating in common areas of the home.
Estimated budget and timeline; identify all major costs and benchmarks — attachments are acceptable.	Guldmann ceiling mounted mechanical lift, \$10,000 (for 10 ft x 10 ft room) Installation fee: \$1500
Total requested amount.	\$ 11,500.00
What is your plan for sustaining the benefits, value, and success of your project at the conclusion of 2018-19 HCBS Funding?	The individuals will use the equipment on a daily basis. They will be able to use common areas and be able to utilize comfortable accommodations and not be confined to their wheelchairs. There will be scheduled maintenance and checks of the equipment to ensure sustainability.

Home and Community-Based Services (HCBS) Rules CONCEPT FORM

Vendor number(s)	HS1102
Primary regional center	San Andreas Regional Center
Service type(s)	Adult Residential Facility with In-home Day Program
Service code(s)	Specialized Residential 113, In-home day program 109
Number of consumers currently serving and current staff to consumer ratio.	4
Have you or the organization you work with been a past recipient of HCBS Funding?	No
Please provide a brief description of the service/ setting that includes what a typical day consists of and how services are currently provided; include barriers to compliance with the HCBS rules.	There are 4 individuals in the home that require assistance with ADLs and restricted health conditions. 1 of the individuals utilize a wheelchair whenever they are out of bed. This home also provides in-home day program to 2 of the individuals. Due to their medical needs, they are not able to attend an outside day program. 3 of the individuals are considered overweight and has been advised by their primary care physician to exercise regularly. The individuals have vocalized their preference to exercise at home rather outside the home.
Identify which HCBS federal requirements this concept addresses that are currently out of compliance.	Federal requirement #4, #8, #9,
Narrative/description of the concept; include justification for the funding request and explain how the concept would achieve proposed outcomes.	The setting optimizes, but does not regiment, individual initiative, autonomy, and independence in making life choices, including but not limited to, daily activities, physical environment, and with whom to interact. Consumers currently cannot exercise in their location and environment of choice. Consumers have expressed desire to freely exercise in the comfort of their own home and with peers that they are familiar with. Currently consumers restricted to wheelchairs cannot be safely and comfortably transferred from wheelchair to common area seating. Consumers have expressed their desire to not be confined to their wheelchair when meeting friends/family and would like to utilize the couch or recliners for closer physical seating to their friends, family, and peers. Consumers also

Home and Community-Based Services (HCBS) Rules CONCEPT FORM

	desire to not be confined to their wheelchair when pursuing daily activities in the common areas.
Please describe your person-centered approach ¹ in the concept development process; how did you involve the individuals for whom you provide services?	Helping Hands believes that everyone can exercise choice and control over their life. We encourage and assist consumers to engage in meaningful activities and relationships. We support and respect their choices and actively help them achieve their goals. Using active listening and positive language we encouraged consumers to participate in activity planning for the future use of the exercise equipment
Does the concept address unmet service needs or service disparities? If so, how?	Yes, the purchasing of exercise equipment will help consumers achieve their individual program plan (IPP) goals of weight management and health. The purchasing and installation of a Guldmann ceiling mounted hoist lift will allow wheelchair restricted consumers to freely transfer from wheelchair to a more comfortable seating in common areas of the home.
Estimated budget and timeline; identify all major costs and benchmarks — attachments are acceptable.	Treadmill: \$2500 Elliptical Machine: \$2500 Stationary Bike: \$1000 Guldmann ceiling mounted mechanical lift, \$10,000 (for 10 ft x 10 ft room) Installation fee: \$1500
Total requested amount.	\$ 17,500.00
What is your plan for sustaining the benefits, value, and success of your project at the conclusion of 2018-19 HCBS Funding?	The individuals will use and have access to the equipment on a daily basis. The individuals can freely choose when to exercise and who to exercise with. The value and benefit of the equipment is the weight loss and optimal well-being the individuals will acquire with regular exercise. The individuals will use the lift equipment on a daily basis. They will be able to use common areas and be able to utilize comfortable accommodations and not be confined to their wheelchairs. There will be scheduled maintenance and checks of the equipment to ensure sustainability.

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Home and Community-Based Services (HCBS) Rules CONCEPT FORM

Vendor name	Helping Hands RCH (HS1101) Helping Hands RCH 2 (HS1102) Helping Hands RCH 3 (HS1115)
Vendor number(s)	HS1101, HS1102, HS1115
Primary regional center	San Andreas Regional Center
Service type(s)	Adult Residential Facility with In-home Day Program
Service code(s)	Specialized Residential 113, In-home day program 109
Number of consumers currently serving and current staff to consumer ratio.	13
Have you or the organization you work with been a past recipient of HCBS Funding?	No
Please provide a brief description of the service/ setting that includes what a typical day consists of and how services are currently provided; include barriers to compliance with the HCBS rules.	There are 13 individuals between the 3 homes that require assistance with ADLs and restricted health conditions. 9 of the 13 individuals utilize a wheelchair whenever they are out of bed. This home also provides in-home day program to 9 of the individuals. Due to their medical needs, they are not able to attend an outside day program. Multiple outings are scheduled for these individuals during the week. Unfortunately, each home has only 1 wheelchair accessible van and can accommodate only 2 wheelchairs at a time. The individuals prefer to go out of the home all together as a group, but this request cannot be accommodated. There is not enough wheelchair accessible transportation. With an extra van between the 3 homes, more wheelchaired individuals can go out on community outings with their peers at one time.
Identify which HCBS federal requirements this concept addresses that are currently out of compliance.	Federal requirement #1, #4, #8, #9, #10
Narrative/description of the concept; include justification for the funding request and explain how the concept would achieve proposed outcomes.	Community Integration and regular access to community is difficult and could compromise safety due to insufficient wheelchair accessible transportation. The homes need an extra wheelchair accessible van to share between the 3 homes. Consumers look forward to community integration activities such as visits to parks and recreation, restaurants, shopping, etc. and it is difficult to meet this

Home and Community-Based Services (HCBS) Rules CONCEPT FORM

	<p>requirement when the van is being used to transport clients to their many medical appointments. Secondly, one home has 4 consumers that utilize a wheelchair and the van can only accommodate 2 wheelchairs at a time. Many times the 4 consumers would like to go on community outings together. The additional van with wheelchair lift is necessary to support the consumer's desire for accessing the community.</p>
<p>Please describe your person-centered approach¹ in the concept development process; how did you involve the individuals for whom you provide services?</p>	<p>Helping Hands believes that everyone can exercise choice and control over their life. We encourage and assist consumers to engage in meaningful activities and relationships. We support and respect their choices and actively help them achieve their goals. Using active listening and positive language we encouraged consumers to participate in activity planning for the future use of the extra wheelchair accessible van.</p>
<p>Does the concept address unmet service needs or service disparities? If so, how?</p>	<p>Yes, the purchasing of an additional wheelchair accessible vehicle would enable consumers to freely access community settings. Currently, available vans are being used for transportation to medical appointments during in-home day program hours. Also, with the use of 2 vans for a community outing, the individuals can enjoy an outing as a group with their peers.</p>
<p>Estimated budget and timeline; identify all major costs and benchmarks — attachments are acceptable.</p>	<p>Mid-roof van with ADA compliant wheelchair lift \$52,000</p>
<p>Total requested amount.</p>	<p>\$ 52,000.00</p>
<p>What is your plan for sustaining the benefits, value, and success of your project at the conclusion of 2018-19 HCBS Funding?</p>	<p>The individuals will use the van on a daily basis. They will be able to engage in meaningful activities outside of their home with their peers. They will have the ability to schedule their preferred activities without the restraints of accessible transportation. Regular auto checks and maintenance will be scheduled for the van.</p>

¹ A person-centered approach emphasizes what is important to the individual who receives services and focuses on personal preferences, satisfaction, and choice of supports in accessing the full benefits of community living. For more information regarding person-centered practices, please visit www.nasdds.org/resource-library/person-centered-practices.