

# Alo Consultation

## HCBS and Your Rights - Frequently Asked Questions (FAQs)

### **Q. What are HCBS Rights?**

**A.** Home and Community-Based Services (HCBS) Rights are the rights of people who receive services from the regional center and have an intellectual and/or a developmental disability. These rights have to do with choice, community, employment, relationships, visitors, food, and more! It is critical that the people you support learn about these rights!

### **Q. Can extra staff come to also be a part of the training?**

**A.** No, we ask that the space taken up by support staff is limited to only whoever is needed for someone with a disability to attend. For example, if someone receiving services needs 2 staff people in order to keep them safe and help them during the training, 2 staff people are welcome. If someone receiving services doesn't need any staff people to keep them safe or help them during a training, then we ask for no staff people to attend. This training is specifically designed for people who have a disability and who receive services from HRC and not for the people who work with them or support them.

### **Q. Some of the people I support are diabetic or have other dietary needs. Can you accommodate this?**

**A.** Yes, we will do our best to accommodate any dietary needs. Please let us know what the specific need is. Our staff can help talk through a solution with you so everyone has access and is included.

### **Q. We really want to come but we have lunch or somewhere we need to be right afterward, can we leave early if we need to?**

**A.** Yes, you can leave early. But if at all possible, try and stay through the entire event and plan to have lunch somewhere nearby. This is a very special event and we want folks to be able to learn about all of their rights.

### **Q. Will there be enough food for staff?**

**A.** Unfortunately, no. Because this is a training for people receiving services from the regional center and not for the staff that support them, food and drink are reserved for attendees and not for staff. Support staff should plan on bringing their own food and drink.

### **Q. What is the parking and drop-off situation at Goodwill SOLAC?**

**A.** There will be an easy drop-off spot in front of the entrance. There will be cones and someone will be outside guiding drivers so they can drop off folks there. There is plenty of parking onsite, behind the drop-off area. Look for the parking signs with arrows.

### **Q. I support people who may have a hard time understanding the workshop. Can they still attend?**

**A.** Yes, this workshop is for everyone regardless of their diagnosis, communication style, or anything else. All people receiving services are welcome. If a person needs interpretation and/or translation services, please let us know as soon as possible.

### **Q. Do we have to RSVP to attend?**

**A.** Please do your best to RSVP so that we can anticipate how many chairs, tables, food, and to provide.

### **Q. Are all three of these workshops the same content? Are these workshops the same as the workshops that took place in October and November?**

**A.** Yes, we are holding multiple sessions of the same workshop, HCBS and Your Rights. The topics covered and materials provided will be the same at every workshop.

### **Q. Can someone attend if they have already been to one of these workshops?**

**A.** Yes, people are welcome to attend multiple times! Some people find the repetition of attending multiple sessions to be helpful in absorbing the information.