

CURIOUS CONVERSATIONS

Talking about things that matter

Join us as we look at how HCBS requirements can be put into action using real life scenarios and different perspectives, with the help from a few fun new friends.

(Courtesy of TCRC HCBS Final Rule: The Animated Series)

Jan - Mar 2026



What are Curious Conversations?

Curious Conversations bring people with different experiences and perspectives together to discuss topics they might not usually talk about. They provide a safe space to learn with and from one another. Each session will focus on a different HCBS requirement, using Tri-Counties Regional Center's HCBS Final Rule: The Animated Series videos to spark conversations.

What will we do together?

- We will host 90 minute conversations in a welcoming Zoom environment where we respect, listen to and learn from one another.
- We will offer an optional 30-minute post session discussion to show you how to host your own Curious Conversation about HCBS requirements with friends, co-workers, and families.
- We will take turns talking in small groups to share, learn, and be curious.
- No preparation is necessary.
- Certificate of Completion is available for those who attend all 10 topics.
- If you are unable to attend please cancel your registration by emailing kristi@helensandersonassociates.com so someone else may attend.

Who are Curious Conversations for?

- Service providers, People with intellectual/developmental disabilities, Family members, Regional center staff, and any interested community members.

Dates and Times:

Jan. 13 - March 17, 2026

Tuesdays

9:00 - 10:30am Via Zoom

[CLICK HERE](#)

[Register for this series](#)

Jan. 15 - March 19, 2026

Thursdays

1:00 - 2:30 pm Via Zoom

[CLICK HERE](#)

[Register for this series](#)

Questions? Contact Kristi@helensandersonassociates.com

Topics we will be discussing

HCBS Requirement #1: Access to Community



HCBS Requirement #6: Tenant's Rights



HCBS Requirement #2: Choice of Setting



HCBS Requirement #7: Privacy at Home



HCBS Requirement #3: Right to Privacy



HCBS Requirement #8: Schedule and Access to Food



HCBS Requirement #4: Right to be Independent



HCBS Requirement #9: Right to Visitors



HCBS Requirement #5: Choosing Services and Supports



HCBS Requirement #10: Accessibility



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