

## New Provider Settings Quiz

### DSPD

#### HCBS Settings Rule New Settings Training & HCBS Settings Rule Transformation

1. The HCBS Settings Rule established the following (choose all that are correct):
  - a. New settings must be in compliance with the rule on the day services are first provided
  - b. States must demonstrate compliance with the rule by March 17, 2022
  - c. The mandatory requirements for the qualities of home and community based services (HCBS) settings for all HCBS Medicaid Waiver services
  - d. Settings that are not HCBS (nursing facilities, institution for mental diseases [IMD], intermediate care facility for individuals with intellectual disabilities [ICF/IDD], hospitals)
  - e. Settings with the effect of isolating individuals from the broader community of individuals not receiving HCBS are presumed not to be HCBS
2. **Some** of the main components of the HCBS Settings Rule include (choose all that are correct):
  - a. Community Inclusion; individuals are integrated in and have access to the greater community to the same degree as individuals not receiving Medicaid HCBS
  - b. Individuals are provided with privacy, dignity, and respect
  - c. Individuals are required to follow set schedules initiated by the staff/provider
  - d. Individuals have the independence to make life choices (such as they are allowed to engage in age-appropriate activities in a manner consistent with those not receiving Medicaid HCBS)
  - e. Settings located in rural areas are automatically presumed as isolating to HCBS beneficiaries
3. Which of the following **may be** an indicator that the setting has the effect of isolating individuals (choose all that are correct)?
  - a. Individuals have limited opportunities for interaction with the broader community
  - b. The setting is physically located separate and apart from the broader community and does not facilitate the opportunity to access the broader community
  - c. The setting has designated visiting hours.
  - d. Individual choice is restricted regarding service and supports and who provides them
  - e. The setting provides opportunities to seek employment and work in competitive integrated settings, engage in community life, and control personal resources
4. Which of the following are **some** indicators that the setting is compliant with the Settings Rule qualities (choose all that are correct)?
  - a. Individuals are attending classes in the community (e.g. exercise, cooking, art, etc.)
  - b. The setting brings members of the community into the setting (reverse integration)
  - c. The setting has a formal process in place for individuals to create their own schedule
  - d. When a group of individuals go out to lunch together, individuals handle their own purchases
  - e. Individuals requiring similar supports are grouped together to make it easier for staff

5. There are situations where modifications or restrictions are put into place. Which of the following is true (choose all that are correct)?
- All modifications or restrictions must be justified and documented in the person centered support plan; a diagnosis is not sufficient documentation to justify a modification or restriction
  - Modifications or restrictions can be used for the convenience of staff as long as it is documented properly
  - Informed consent must be documented
  - There must be a way to circumvent the restriction for other individuals in a group setting
  - Restrictions or modifications can be implemented uniformly across the setting or for a group of individuals in the setting or as “house rules”
6. Which of the following are **some** examples that are compliant with the Settings Rule (choose all that are correct)?
- An individual is told they have to leave their home each day from 8am to 10am so the house can be cleaned
  - An individual reports they would like to move into their own apartment. The provider explains what other options are available at other settings the provider controls but does not genuinely explore other options outside the provider’s own services.
  - When staff wants access to a room to clean, they knock, unlock door, and enter room.
  - An individual does not feel like eating what is being provided for a meal. They choose to come home after the scheduled dinnertime and cook their own meal in the kitchen.
  - An individual does not like the way staff do their laundry; they choose to do their own laundry on their own schedule.
7. What are some promising practices for providers? (choose all that are correct)
- Provider assists an individual in learning the bus route from the individual’s home to their favorite store.
  - Provider coordinates a regular volunteer activity at an animal shelter for individuals who enjoy interacting with animals.
  - Provider connects an individual who enjoys painting to a local gallery where they can interact with other artists.
  - Provider helps an individual learn how to send text messages on their cell phone.
  - Provider develops an advisory group, including individuals they serve, in order to assist in designing new service models and strategies.
8. An individual expresses the desire to get their driver's license and drive. This is something you are unsure the individual will be able to accomplish. Which of the following would meet the Settings Rule and ensure you are balancing the preservation of safety with the dignity of risk?
- You assist the individual by helping them to obtain information about the process required in learning how to drive and getting their license. You make sure they understand how difficult this will be for them and how unlikely they are to meet their goal. You convince them to choose an easier, more realistic goal to work on.
  - You tell the individual that it is unrealistic for them to get their driver’s license and explain that is not a goal that you can support them in.
  - You assist the individual by supporting them to obtain information about the process required in learning how to drive and obtain a driver’s license. You help them to gather information, explore their options, and understand what is required to meet their goal. Then you allow the individual to choose what steps to act on (or not).

9. An individual has Prader-Willi syndrome, a genetic condition in which chronic overeating is a common feature. This individual has recently gained weight, and has been diagnosed with obesity, hypertension, and diabetes. This individual has demonstrated that they are unable to regulate their food intake and there is a history of the individual stealing food from the other individuals in the setting. Which of the following restrictions would meet the Settings Rule?
- All the food in the setting is locked up. Individuals are allowed to bring their own food/snacks; when they arrive, they are required to give their food to staff to lock up. All individuals in the setting have to ask staff when they want to access any food.
  - The snack cupboard and refrigerator is locked. They both have a lock that requires a code. If other individuals in the setting choose to keep their food locked in the snack cupboard or refrigerator, they are given the code to the locks if they want it or they can choose to ask staff for access.
  - All food in the setting is kept in a locked room that is accessible with a coded lock. Individuals are not allowed to bring their own food/snacks, the program provides all food. Individuals without a restriction can have the code to have access to food throughout the day or they can ask staff.
10. An individual lives in a residential setting where his room, which includes a bathroom, is considered his private living space. There are two other individuals who receive services who also have their own private living space. Which of the following privacy examples would meet the Settings Rule?
- The individual's room door locks but he never uses the lock and has never been given a key because he likes his door to be open. His bathroom door does not lock; he has stated he is fine with not being able to lock his bathroom door.
  - The individual has a key to his room. He is able to lock his room as he chooses. His bathroom door has a lock on it as well. Locks comply with ADA and the international fire code.
  - There is a lock on both the room and bathroom door. The individual cannot use the bathroom door lock because it requires a grasping motion he is unable to complete independently so he does not use the lock.