



# Your Right to a Community Life

## Home- and Community -Based Settings (HCBS) Final Rule

Many people with disabilities do not have the opportunities to be active members of their neighborhoods and local communities.

To make sure that Home and Community-Based Services (HCBS), also called waiver services, and the places where they are provided are truly part of the community, the federal HCBS Settings rule was created. The rule is designed to make sure that the services you receive provide the opportunity for:

### **Integration and Access to the Community**

Integration and access to the community means that you have the same chances to be active and an included member of your neighborhood and community as anyone else. You should have the chance to:

- Find a job working alongside all other community members.
- Participate in local activities.
- Access waiver services in your community.

### **Choice**

Choice means that you can select the MaineCare services and supports that you need, as well as who provides them and where you receive them. You should have options to live and receive services in places that are for people with and without disabilities.

### **Individual Rights**

Individual rights include privacy, dignity and respect, and freedom from someone forcing you to do something or restraining you. Some of the individual rights you should have are:

- To be able to lock your doors.
- To use the phone when you want.
- To come and go as you please.
- To eat what you want, when you want, and where you want.
- To have time alone when you want.

### **Independence**

Independence means that you are in charge of making decisions about your life and what you want to do. These decisions include your daily activities, your surroundings, and the people you interact with. Some examples of independence are:

- Setting your own schedule.
- Choosing where you want to go.
- Making your own decisions about how to spend your money.

Ask your family, friends, case manager, or others that you know well to help you understand these rights if needed. You can learn more by going to <https://www.maine.gov/dhhs/oads/hcbs/index.shtml>.