




## TITLE: Five Valued Experiences

**SUBTITLE:** Supporting your team in aligning person centered practices with the HCBS Final Rule

**SUGGESTED TIME:** 48 minutes

**MATERIALS NEEDED:** Five Valued Experiences Activity Packet for each team member, blank paper or large post-it paper, pens






LENGTH	TITLE	ACTIVITY	WHAT YOU CAN SAY
2 min	<b>Welcome</b> 	Connecting your team to the purpose of today's video  <b>HOW TO DO IT:</b> <ul style="list-style-type: none"> <li>Gather your team around a screen so they can see and hear the video.</li> <li>Print the Five Valued Experiences Packet for each team member.</li> </ul>	"Many of you have heard about the HCBS Final Rule and person-centered practices. There are certain requirements that are being asked of us as an organization and of you as someone providing support.  It is important that we are all on the same page regarding our understanding of the Final Rule and the practices we can utilize to support people in living their best lives.  Today, we will watch a video on summarizing the HCBS Final Rule and a framework that will support us in supporting people to have a sense of belonging and community."
9 min	<b>Play Video</b> 		
10 min	<b>Group Discussion</b> 	Identify opportunities where your team can help your organization focus on being more person-centered than it is today.  <b>HOW TO DO IT:</b> <ul style="list-style-type: none"> <li>Pause the video at <b>9 min 39 sec</b></li> <li>Facilitate a round, creating an opportunity for everyone to give at least one example.</li> <li>Capture ideas on a large poster paper or where everyone can see their ideas displayed.</li> </ul>	"It is important that everyone has an opportunity to share, as each of you has your own perspective and experiences we can learn from.  Let's do a round, giving everyone the opportunity to share at least one way we can shift to be more person-centered. Please remember this is not to say we are doing anything wrong; this is a great opportunity to share what changes we can make to better support you and the people we serve.  Who would like to go first?"  "Thank you for learning into the conversation! Now, let's think about what we can do to make this happen!"



*Have an example prepared just in case your team is quiet at first*

*This is a nice opportunity to discuss how people can move the initiatives forward, acting on what you hear.*

*When having this discussion record the action step, who is responsible, by when, and asking what support team members need to make it happen.*

<p><b>12</b> min</p>	<p><b>Play Video</b> </p>	
<p><b>8</b> min</p>	<p><b>Self Reflection</b></p> 	<p>Reflect on your feelings when the Five Valued Experiences were present and absent.</p> <p><b>HOW TO DO IT:</b></p> <ul style="list-style-type: none"> <li>• Pause Video at <b>22 min and 47 sec</b></li> <li>• Using page 7 in the activity packet, give 5 minutes for team members to journal</li> <li>• Debrief with your team</li> </ul> <p><b>After 5 minutes</b></p> <p>“Can everyone please take out page 7 in your workbooks? We will take about 5 minutes to think about when each of these valued experiences was present or absent in our lives and how it made us feel. Please use the activity sheet to capture your emotions. After 5 minutes, we will share as a team.”</p> <p>“Would anyone like to share what they wrote with the team?”</p> <p>“Thank you all for sharing. As we can hear, the Five Valued Experiences aren’t just essential for the people we serve but for all of us. We all want a sense of belonging and membership.</p> <p>So, how can we support those that we serve in having these experiences? Let’s continue the video and start thinking about what we can do.”</p>
<p><b>5</b> min</p>	<p><b>Group Discussion</b></p> 	<p>Brainstorm ideas to ensure the Five Valued Experiences are present in the lives of those we support.</p> <p><b>HOW TO DO IT:</b></p> <ul style="list-style-type: none"> <li>• Pause the Video at <b>24 min 31 sec</b></li> <li>• Use page 8 in your workbook to capture notes or a large sheet of paper to capture the team’s collective thoughts.</li> </ul> <p>“So now the fun part!</p> <p>What can we commit to doing as a team or individually to ensure the Five Valued Experiences are present in the lives of those we support?</p> <p>We can do a round or start popcorning ideas.”</p>
<p><b>FACILITATOR Tip(s)</b> </p> <ul style="list-style-type: none"> <li>• <i>Be sure to capture people’s ideas. It is also essential to validate and thank people for their contributions as they share ideas!</i></li> <li>• <i>Create a plan with your team on how to move forward with their ideas. Identifying supports needed and when you plan to follow up.</i></li> </ul>		
<p><b>2</b> min</p>	<p><b>What’s Next</b></p>	<p> <b>SUGGESTED NEXT VIDEO:</b> Gifts and Capacities</p>