

HCBS COMMUNITY OF PRACTICE



SESSION TOPIC: Five Valued Experiences – Contribution and Belonging

WELCOME TO YOUR HCBS COMMUNITY OF PRACTICE

From Paper to Practice

The purpose of the Home and Community Based Services Final Rule (HCBS Rule) goes beyond regulation; it's a commitment to supporting people to live the lives that they want for themselves, with the support they need, in their own communities.

The intention of this Community of Practice is to work together to best support people to live a life of their choosing. Together we will learn from our experiences, share our successes, and collaboratively work through barriers that arise. This collective effort will help staff do their best work, strengthen our community, contribute to more person-centered services and enhance the lives of people we support.

During our time together this community will be introduced to different philosophies, skills, and tools to develop a shared understanding of person-centered approaches and learn how they can be applied to creatively align with and implement the HCBS quality standards.

As you continue to support people to live vibrant and fulfilling lives within

their communities, it is essential that we identify what experiences and accomplishments will increase their sense of freedom, membership, and belonging. In this session you will be introduced to the **Five Valued Experiences** by John and Connie O'Brien. The experiences highlighted today will support others in developing a sense of belonging, emphasizing each person's unique talents and capabilities.



FIVE VALUED EXPERIENCES

All citizens have better life chances, and everyone's world grows more interesting, when communities offer rich opportunities for people to have these five valued experiences.

Belonging in a diverse variety of relationships and memberships.

Being respected as whole persons whose history, capacities and futures are worthy of attention and whose gifts engage them in valued social roles.

Sharing ordinary places and activities with other citizens, neighbors, classmates, and co-workers. Living, working, learning, and playing confidently in ordinary community settings.

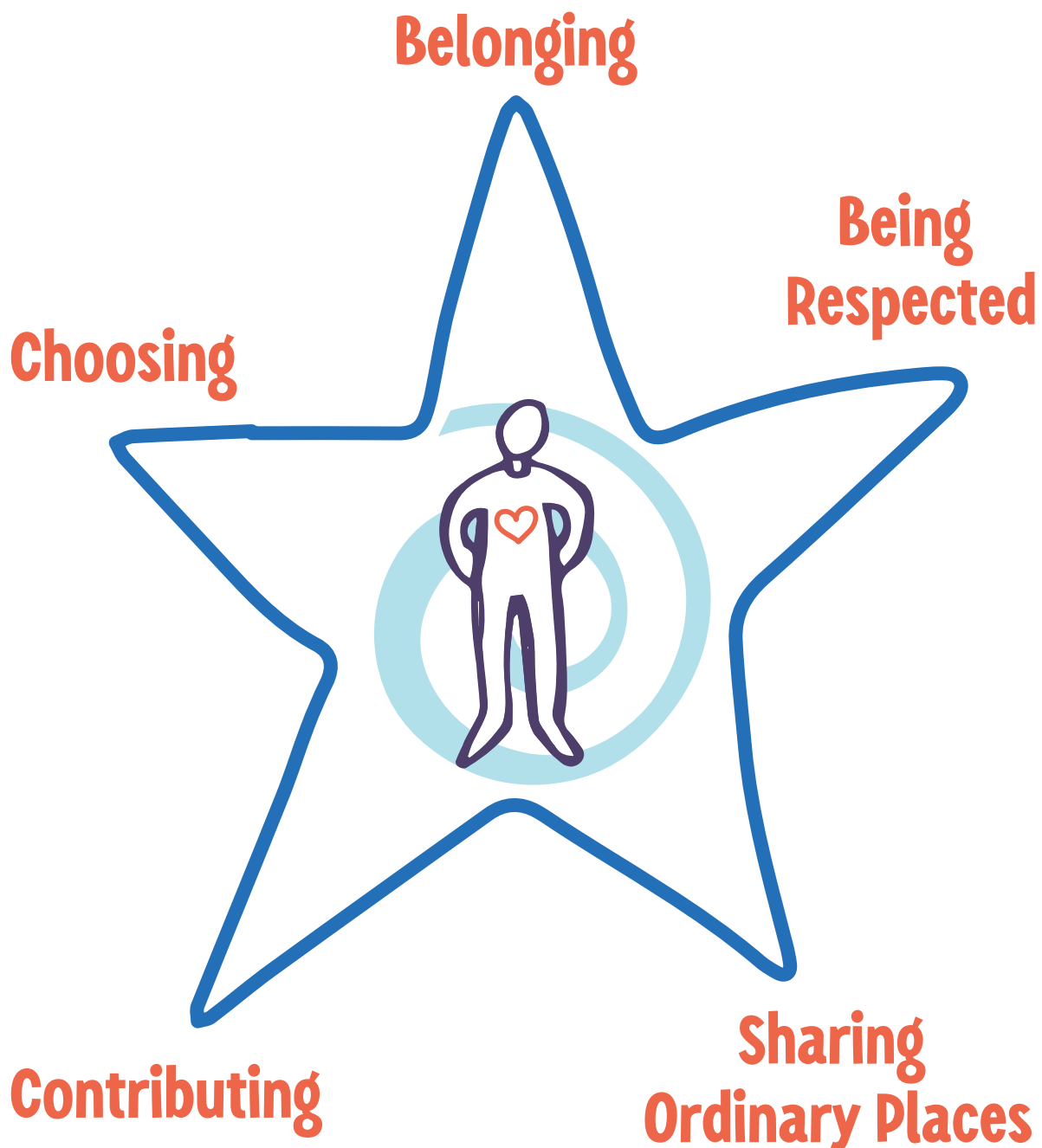
Contributing by discovering, developing, and giving their gifts and investing their capacities and energy in pursuits that make a positive difference to other people. There are gifts of being and gifts of doing: contributions can include interested presence as well as capable performance. Contributions may be freely exchanged or earn pay.

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– JOHN O'BRIEN




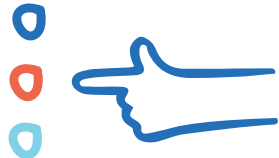

Choosing what they want in everyday situations in ways that reflect their highest purpose. Having the freedom, supports, information, and assistance to make the same choices as others of a similar age and learning to make wiser choices over time. Being encouraged to use and strengthen voice regardless of mode of communication, clarify what really matters, make thoughtful decisions, and learn from experiences.

FIVE VALUED EXPERIENCES



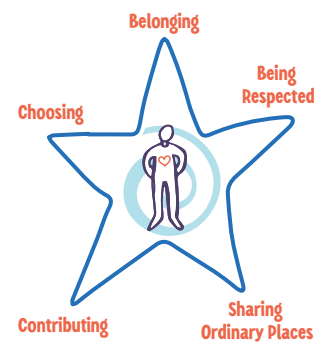
Adapted from John O'Brien & Beth Mount. Make a difference: A guidebook for person-centered direct support. inclusion.com.

GROUP DISCUSSION

Valued Experience	Share a time when this valued experience was present in your life. How did you feel?	How do you feel when this experience is not present in your life?
<p>Belonging</p> 		
<p>Being Respected</p> 		
<p>Contributing</p> 		
<p>Choosing</p> 		
<p>Sharing Ordinary Places</p> 		

REFLECTION

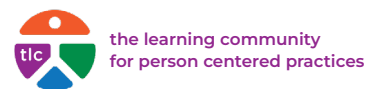
How can we ensure the Five Valued Experiences are present for the people we support?



Acknowledgements

Thank you to all who share a commitment to building a community where everyone can thrive.

This HCBS Community of Practice is made possible by funding from the Department of Developmental Services and the collaboration of the following organizations.



Explore Community of Practice resources at Helensandersonassociates.com