



Jan – May 2025

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)



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.

What will we do together?

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. We'll explore real-life situations, discuss how the requirement affects us, and share different perspectives. Afterward, we'll break into small groups to discuss what worked, what didn't, and what more could be possible. In the final 30 minutes, participants will also receive a conversation guide and a script to host their own Curious Conversations about HCBS requirements with friends, family members, and co-workers.

Who are Curious Conversations for?

- Service providers
- People with intellectual/developmental disabilities
- Family members
- Regional center staff
- Any interested community members

How do they work?

- We will host one conversation in a welcoming environment where we respect, listen to and learn from one another.
- Pick and choose the topics that interest you, there is no set order.
- We will meet via zoom for 90 minutes with an optional 30-minute post session discussion to show participants how to host a similar 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.
- If you are unable to attend please cancel your registration by emailing kristi@helensandersonassociates.com so someone else may attend.



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Jan – May 2025 The HCBS Final Rule and You

Click below to register

You can pick and choose the topics that interest you.

HCBS Requirement #1: Access to Community



JAN 13
MON
1:30 pm-
3:30 pm

FEB 24
MON
9:00 am-
11:00 am

MAR 24
MON
1:30 pm-
3:30 pm

APRIL 29
TUES
10:00 am-
12:00 pm

HCBS Requirement #2: Choice of Setting



JAN 15
WED
1:30 pm-
3:30 pm

FEB 27
THU
2:00 pm-
4:00 pm

MAR 31
MON
1:30 pm-
3:30 pm

MAY 6
TUES
10:00 am-
12:00 pm

HCBS Requirement #3: Right to Privacy



JAN 21
TUES
1:30 pm-
3:30 pm

MAR 3
MON
9:00 am-
11:00 am

APR 7
MON
1:30 pm-
3:30 pm

MAY 13
TUES
10:00 am-
12:00 pm

HCBS Requirement #4: Right to be Independent



JAN 22
WED
1:30 pm-
3:30 pm

MAR 6
THU
2:00 pm-
4:00 pm

APR 14
MON
1:30 pm-
3:30 pm

MAY 20
TUES
10:00 am-
12:00 pm

HCBS Requirement #5: Choosing Services and Supports



JAN 27
MON
1:30 pm-
3:30 pm

MAR 10
MON
9:00 am-
11:00 am

APR 21
MON
1:30 pm-
3:30 pm

MAY 27
TUES
10:00 am-
12:00 pm

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The HCBS Final Rule and You

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HCBS Requirement #6: Tenant's Rights



JAN 29
MON
1:30 pm-
3:30 pm

MAR 13
THU
2:00 pm-
4:00 pm

APR 28
MON
1:30 pm-
3:30 pm

JUN 3
TUES
10:00 am-
12:00 pm

HCBS Requirement #7: Privacy at Home



FEB 3
MON
1:30 pm-
3:30 pm

MAR 17
MON
9:00 am-
11:00 am

MAY 5
MON
1:30 pm-
3:30 pm

June 10
TUES
10:00 am-
12:00 pm

HCBS Requirement #8: Schedule and Access to Food



FEB 5
WED
1:30 pm-
3:30 pm

MAR 20
THU
2:00 pm-
4:00 pm

MAY 12
MON
1:30 pm-
3:30 pm

June 17
TUES
10:00 am-
12:00 pm

HCBS Requirement #9: Right to Visitors



FEB 10
MON
1:30 pm-
3:30 pm

MAR 24
MON
9:00 am-
11:00 am

MAY 19
MON
1:30 pm-
3:30 pm

June 24
TUES
10:00 am-
12:00 pm

HCBS Requirement #10: Accessibility



FEB 12
WED
1:30 pm-
3:30 pm

MAR 27
THU
2:00 pm-
4:00 pm

JUN 2
MON
1:30 pm-
3:30 pm

JUL 1
TUES
10:00 am-
12:00 pm