

**Attainment  
Company**

[www.AttainmentCompany.com](http://www.AttainmentCompany.com)

**Home & Community-Based Resources**

# Meet our HCBS Experts

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[https://www.attainmentcompany.com/blog/  
practical-perspective-attainment-academy/](https://www.attainmentcompany.com/blog/practical-perspective-attainment-academy/)



# Home and Community Based Services (HCBS)

## Residential and Non-Residential Providers Medicaid Final Settings Rule must ensure:

- Integration and access to the community
- Employment and work in competitively integrated settings
- Gaining independence and developing independent living skills
- Individual initiative, autonomy, and independence

Attainment's **Home and Community-Based Solution** provides learning objectives and activities to develop needed skills for success in the community.



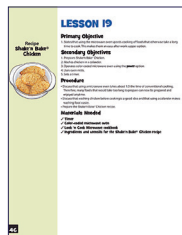
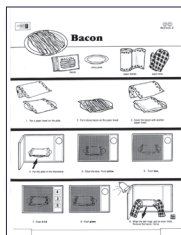
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# Attainment's HCBS

## Choose one or all four HCBS Solutions:

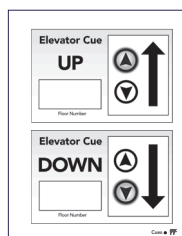
### HOME

Includes activities on cooking, menu planning, purchasing, personal care, living on your own, and social skills.



### COMMUNITY

Includes activities on accessing the community as a consumer, using cue cards, mobility training, financial literacy, safety skills, signs, and leisure time.



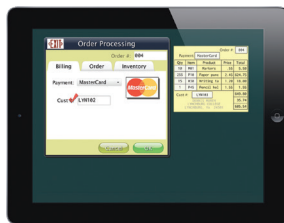
### HEALTH AND SOCIAL SKILLS

Includes activities on relationships, physical and mental health, healthcare access, healthy eating, wellness, lifestyle choices, and sexuality.



### PRE-VOCATIONAL

Includes activities on use of computers, data entry, employability skills, functional vocabulary, soft skills, and conversational skills.





# Implementing HCBS

**Ensures Quality Care  
for these four areas:**

**HOME**

**COMMUNITY**

**HEALTH AND SOCIAL SKILLS**

**PRE-VOCATIONAL**

Activities can be offered as workshops to residents, clients, or participants to develop skills towards independence and community inclusion. The workshop or session begins with instruction in the skill to be learned or practiced; then it is used in a variety of environments and settings. The activities can easily be partnered with each person's goals from their person-centered plans, too! The activities from each of the 4 Solutions provide real time, easy assistance to staff to help residents, clients, or participants' learn and practice a variety of skills to increase their independence and integration skills for supported living, entry level employment, and community inclusion. All activities and materials include community-based activities to gain real-life experiences.

**PLUS** provider inventories to demonstrate how your organization meets HCBS requirements!



# HOME SOLUTION

**Attainment's Home Solution** includes activities on cooking, menu planning, purchasing, personal care, living on your own, and social skills. The **Explore Personal Care Survival Guides** are gender-specific books that contain personal care activities. Activities are presented in a consistent sequence: photo preview, vocabulary, facts, step-by-step illustrations, and helpful tips. The **Living On Your Own Survival Guide** includes activities related to interpersonal skills and housekeeping chores. It features step-by-step activities to support people with disabilities as they navigate how to find a job, initiate and maintain relationships, and live in the community.

To encourage continual steps towards independence, the **Look 'n Cook Microwave** provide easy recipes, illustrated with picture directions, so even nonreaders can become successful cooks. Cookbook recipes include main dishes, side dishes, desserts, and more. **Home Cooking** features 38 healthy, easy-to-prepare recipes with laminated pages that are displayed in an easel binder. Each of the titles contains multiple activities that can be used to teach independent living skills in both facility-based and community-based settings. Begin instruction by simply preparing the planned activity. Follow each person's goals from their person-centered plans to develop instruction specific to that individual. A one-page **Tracking Success: Home Solution Checklist** will give goals to the providers for optimizing each individual's opportunities to flourish at home and in the community.

**Tracking Success: Home Solution Checklist**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Over Time: \_\_\_\_\_

Individualized objectives:

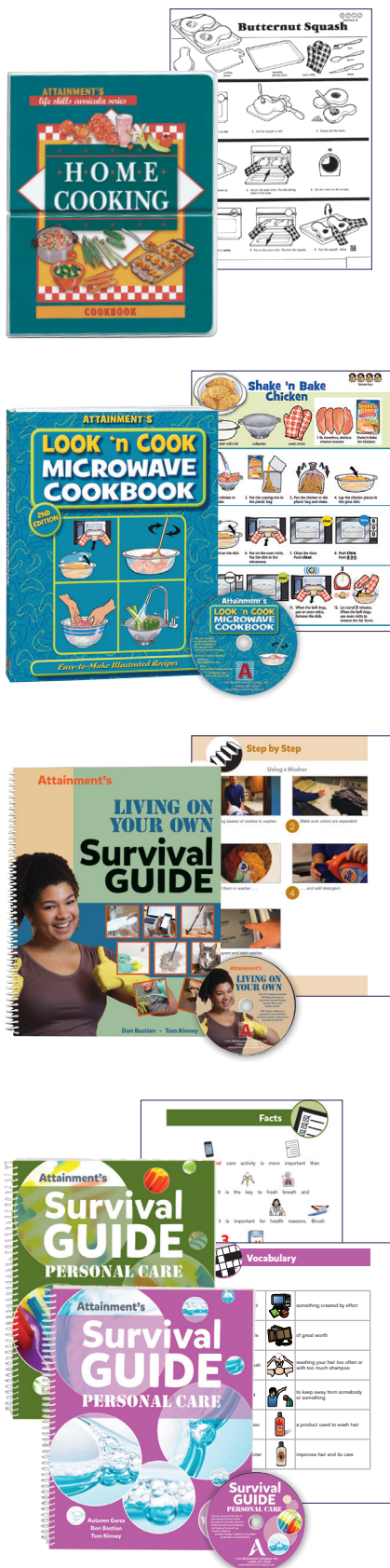
- Identify the skills to be taught.
- Ask what the individual already knows.
- Determine the objectives.
- Identify 1 step to be practiced for each activity.

Practice (do) Activity together

Be sure to keep notes on what

Practice skill in other settings with other staff, etc.

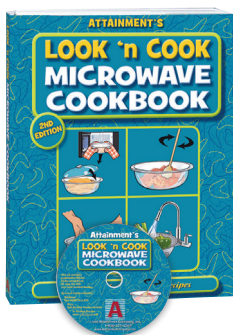
Additional notes:



**Home Solution HS-30D \$199.00**



# HOME SOLUTION



## Look 'n Cook Microwave Cookbook

The Cookbook provides recipes that combine packaged and from-scratch foods. Recipes are illustrated step by step, so even nonreaders can become successful cooks.

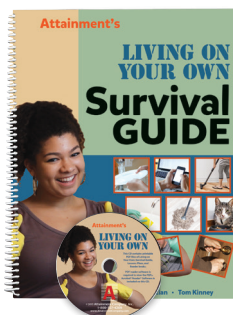
**Look 'n Cook Microwave Cookbook LC-M01D \$39.00**



## Home Cooking

Home Cooking Cookbook features 37 healthy, easy-to-prepare recipes. Pages are laminated and displayed in an easel binder.

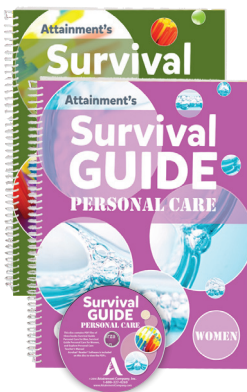
**Home Cooking Cookbook HC-00D \$49.00**



## Living On Your Own Survival Guide

The heavily illustrated Survival Guide features vocabulary, step-by-step sequences, comprehension activities, and photo essays featuring age-appropriate models for 34 activities.

**Living On Your Own Survival Guide LYO-R01D \$29.00**



## Explore Personal Care Survival Guides for Women and Men

Explore Personal Care teaches a wide range of independent living skills by focusing on a manageable number of activities: 35 for women, 31 for men.

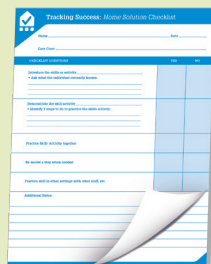
**Explore Personal Care Book & Cards Only—Women EX-PW01D \$42.00**

**Explore Personal Care Book & Cards Only—Men EX-PM01D \$42.00**

## Tracking Success: Home Solution Checklist

A one-page checklist will give goals to the providers for optimizing each individual's opportunities to flourish at home and in the community. It includes one tablet of 40 sheets.

**Tracking Success: Home Solution Checklist TS-H10D \$19.00**



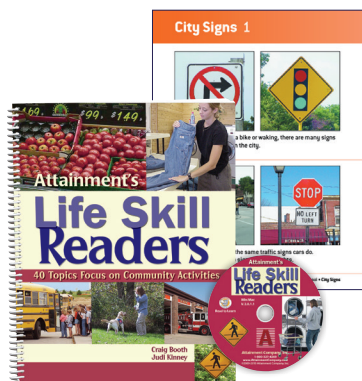
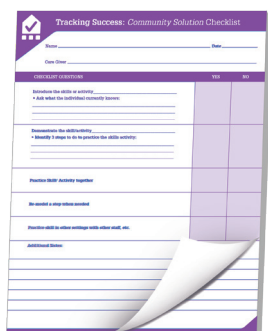
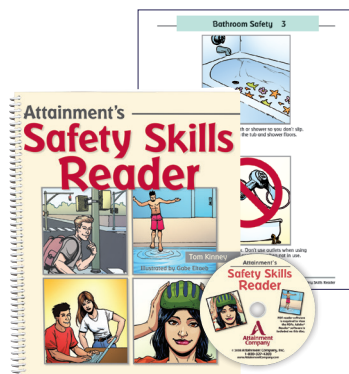
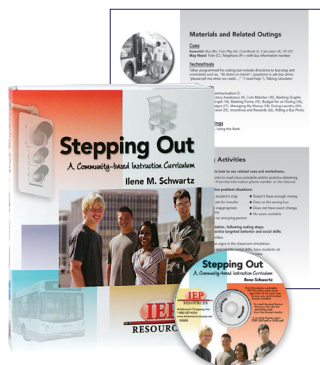
# COMMUNITY SOLUTION

Attainment's **Community Solution** includes activities on accessing the community as a consumer, using cue cards, mobility training, financial literacy, safety skills, signs, and leisure time.

**Stepping Out** provides community-based instruction to help people learn a balanced blend of skills, ranging from shopping to banking to doing laundry. A unique collection of 23 **Stepping Out Cues** helps individuals perform activities without prerequisite academic skills.

**Explore Your Community** focuses on 24 community-oriented activities with step-by-step photos along, with specific social skills. Activities are presented in a consistent sequence: getting started, 2-page essay, photo sequence, social skill training, comprehension, and a community-based extension.

Explore important home, community, personal, and recreational safety issues with the **Safety Skills Reader**, a collection of stories focusing on everyday concerns like internet use, pedestrian travel, and getting lost. Lastly, the **Life Skill Readers** features contemporary life skill themes in an easy-to-read, photo-illustrated format. An easy-to-use one-page tracking sheet, **Tracking Success: Community Solution**, is included to give providers benchmarks to highlight their success in providing community solutions to the people they serve. With this package, people with disabilities will continue to develop the skills necessary for independent living and community integration.



**Community Solution CBS-30D \$299.00**

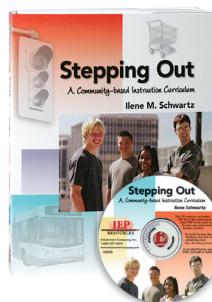


# COMMUNITY SOLUTION

## Stepping Out Curriculum

Activities range from shopping to banking to doing laundry—on planned, supervised outings. The Curriculum sets lesson plans for 19 standard outings, plus additional personalized activities. A unique collection of 23 Stepping Out Cues helps students perform activities without prerequisite academic skills. Use the cues as long-term adaptations or fade them as skills develop. Dozens of structured classroom activities prepare students for community experiences. Print out extra cues and supplemental material from the disc.

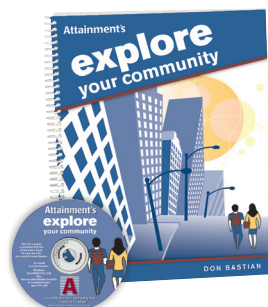
**Stepping Out Curriculum**      **ST-15D**      **\$159.00**



## Explore Your Community

The print component features a heavily illustrated Student Book with problem solving and comprehension quizzes. Activities are presented in a consistent sequence: anticipatory questions, vocabulary, 2-page essay, step-by-step photos, and specific social skills.

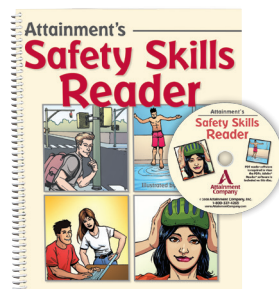
**Explore Your Community**      **EYC-01D**      **\$34.00**



## Safety Skills Reader

Explore important home, community, personal, and recreational safety issues. Graphic novel style drawings illustrate 26 stories written at a 3rd grade reading level. Focuses on everyday concerns like Internet use, pedestrian travel, and sports involvement. Stories end with study questions and basic vocabulary definitions.

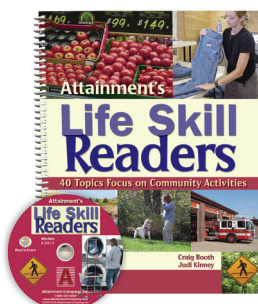
**Safety Skills Reader**      **SFR-02D**      **\$59.00**



## Life Skill Readers

Features contemporary life skill themes in an easy-to-read, photo-illustrated format. Presents 40 stories in six content areas: Community, Personal, School, Signs, Transportation, and Work. Each story is three to seven pages with study questions.

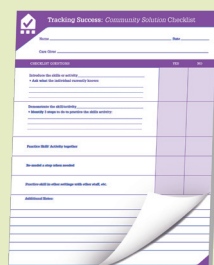
**Life Skill Readers**      **LSR-02D**      **\$59.00**



## Tracking Success: Community Solution Checklist

This one-page checklist gives providers benchmarks to highlight their success in providing community solutions to the people they serve. It includes one tablet of 40 sheets.

**Tracking Success: Community Solution Checklist**  
**TS-C10D**      **\$19.00**



# HEALTH & SOCIAL SOLUTION

Attainment's **Health and Social Solution** includes activities on relationships, physical and mental health, healthcare access, healthy eating, wellness, lifestyle choices, and sexuality. **Learn About Life** is an illustrated sex education and social skills program with straightforward, candid graphics and simple text. Effective for people with disabilities who do not understand euphemisms or veiled explanations, but need to know what's going on with their bodies, what is appropriate and how to stay safe. **Learn About Life** makes this task easier, for both the learner and the instructor. Six chapters include *Your Body-My Body*, *Being a Woman*, *Being a Man*, *Having a Baby*, *Be Safe* and *Relationships*. Each chapter provides up to eight activities, 40 in all.

Good health decisions are emphasized in the **Health Advocacy Program**. It is an objective-based tutorial to help providers teach health topics to adults with developmental disabilities. Health topics include healthy eating, exercise, relationships, stress, and medical issues like high blood pressure, diabetes, and depression. Photo-illustrated stories to help readers recognize how people feel during common life experiences are addressed in the **Focus on Feelings** book. Stories have simplified text, emotion photos, and comprehension exercises with an emotions dictionary. The one-page **Tracking Success: Social and Health Solution** targets providers' success in giving individuals with disabilities opportunities to make decisions as they pertain to one's health and social relationships.



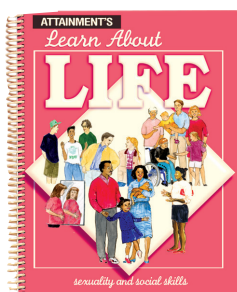
**Health & Social Solution**

**HSS-30D**

**\$299.00**



# HEALTH & SOCIAL SOLUTION



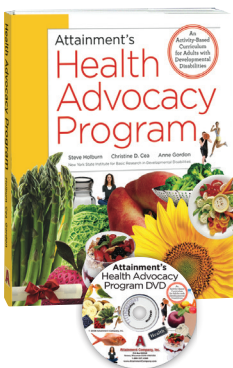
## Learn About Life

Offers illustrated, skills-based sex education and social skills for individual with limited reading skills. Chapters include Body-My Body, Being a Woman, Being a Man, Having a Baby, Be Safe, and Relationships.

**Learn About Life**

**LAL-10D**

**\$69.00**



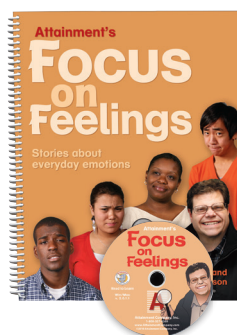
## Health Advocacy Curriculum

Health Advocacy Program consists of 20 one-hour activities, each with teacher scripts for discussions and hands-on activities with student worksheets. Covers healthy eating, exercise, relationships, sexuality, stress, and medical issues like high blood pressure, diabetes, and depression. The staff DVD shows the program in action. Supporting Healthy Lifestyles is an objective-based tutorial to help educators teach health topics to older students with developmental disabilities.

**Health Advocacy Curriculum**

**HAP-12D**

**\$179.00**



## Focus on Feelings

Features 19 photo-illustrated stories to help readers recognize how people feel during common life experiences. Stories have simplified text, emotion photos, and comprehension exercises with an emotions dictionary.

**Focus on Feelings**

**FF-02D**

**\$59.00**

## Tracking Success: Health & Social Solution Checklist

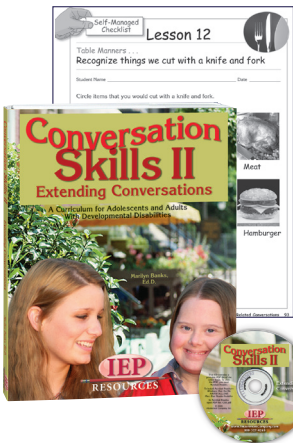
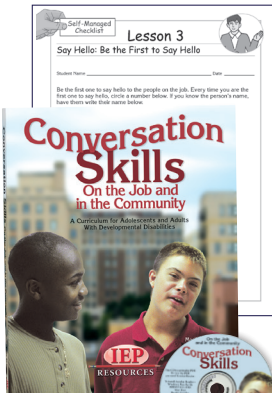
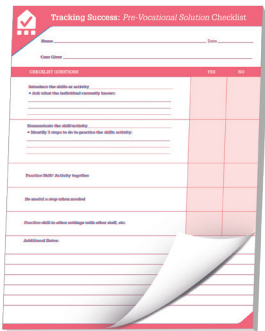
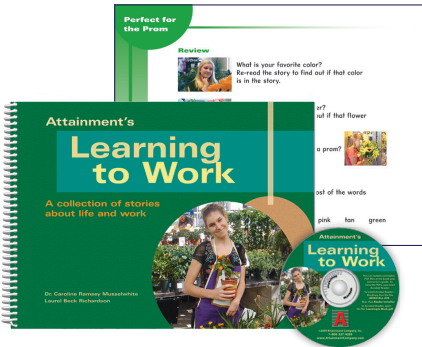
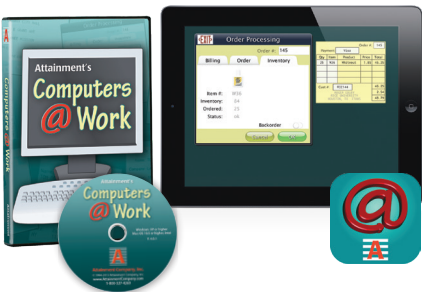
This one-page checklist targets providers' success in giving individuals with disabilities opportunities to make decisions as they pertain to one's health and social relationships. It includes one tablet of 40 sheets.

**Tracking Success: Health & Social Solution Checklist**  
**TS-HS10D \$19.00**



# PRE-VOCATIONAL SOLUTION

Attainment's **Pre-Vocational Solution** includes activities on use of computers, data entry, employability skills, functional vocabulary, soft skills, and conversational skills. **Computers at Work Software and iPad App** focus on actual computer skills that prepare users for office jobs. Both modules, *Order Processing* and *Data Entry*, challenge students to work independently for an hour or more while learning real office procedures. Work-themed stories are presented in a simple, consistent structure with repetitive phrases of text in the **Learning to Work** book. Photos correspond closely to story content with the primary characters showcasing people with disabilities in actual work settings, like a medical facility or a garden center. Prepare your clients for a job interview with our **Get a Job Curriculum**. Twenty sequenced activities touch several skill areas like personal appearance, knowing yourself, knowing your skill set, and asking appropriate questions. Coinciding nicely with the other resources in the pre-vocational strand, the **Conversation Skills Curriculum** features two books full of activities for how to initiate and maintain conversations on the job, at home, and with friends. Through the **Tracking Success: Pre-Vocational Checklist**, providers reflect on their ability to offer pre-vocational opportunities to their client base.



**Pre-Vocational Solution PVS-30D \$399.00**

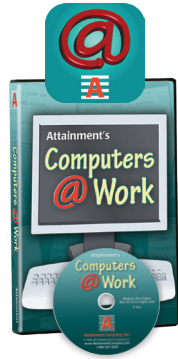


# PRE-VOCATIONAL SOLUTION

## Computers at Work Software and App

Focus on actual computer skills that prepare users for office jobs. Computers at Work, which includes Order Processing and Data Entry, challenges students to work independently for an hour or more while learning real office procedures. As skills improve, students progress from simple tasks to jobs common in today's workplace: entering orders, checking inventories, and determining payment methods.

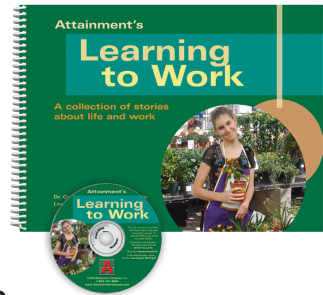
<b>Computers at Work Software</b>	<b>CW-07D</b>	<b>\$169.00</b>
<b>Computers at Work App</b>	<b>APP-CW-07D</b>	<b>\$60.00</b>



## Learning to Work

The 18 photo-illustrated stories are intended to be read with a partner—same-age peer, teacher, or parent. The work-themed stories feature a simple, consistent structure that uses repetitive phrases to help students focus on the text. Photos correspond closely to story content. The primary characters are people with disabilities shown in actual work settings, like a medical facility or a garden center.

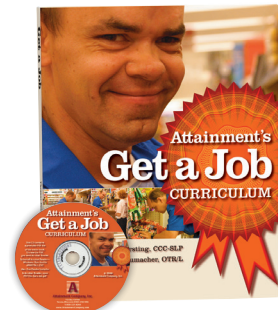
<b>Learning to Work</b>	<b>LTW-02D</b>	<b>\$59.00</b>
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## Get a Job Curriculum

The interview format models basic skills for success in the job interview as well as core skills for success in the work setting. The book has a sequence of 20 structured activities. Skill areas include personal appearance, knowing yourself, knowing your skills, and asking appropriate questions.

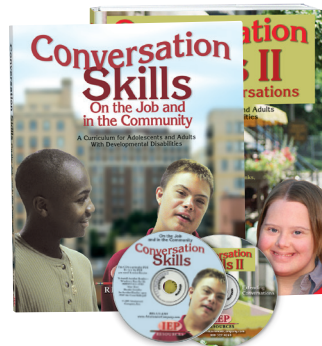
<b>Get a Job Curriculum</b>	<b>GJ-02D</b>	<b>\$29.00</b>
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## Conversation Skills Curriculum

Two books full of extensively field tested activities for conversations on the job, at home, and with friends in school. **Book I** includes 50 activities, each with an Objective Page for the provider and Self-Managed Assignments for individuals. **Book II** stretches the range of effective conversations acquired in the first volume.

<b>Conversation Skills Curriculum</b>	<b>CJ-05D</b>	<b>\$69.00</b>
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## Tracking Success: Pre-Vocational Solution Checklist

With this checklist, providers reflect on their ability to offer pre-vocational opportunities to their client base. It includes one tablet of 40 sheets.

<b>Tracking Success: Pre-Vocational Solution Checklist</b>	<b>TS-P10D</b>	<b>\$19.00</b>
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# Attainment's HCBS Solution Plus



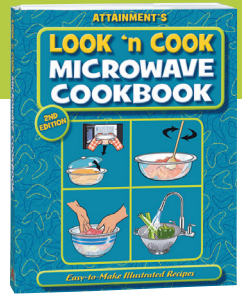
Attainment Company's HCBS Solution provides training and activities to support the expected outcomes of the HCBS Medicaid funded services for residential and non-residential programs. We developed four packages that address:

- Integration and access to the community
- Employment and work in competitively integrated settings
- Gaining independence and developing independent living skills
- Individual initiative, autonomy, and independence

## How to use our HCB Solution

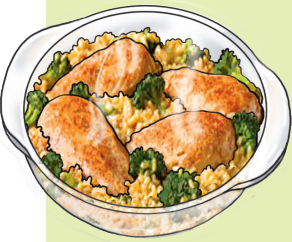
Activities can be used as classes offered for participants to develop skills toward independence and community inclusion. The class can begin with instruction to prepare for the planned activity. Follow each person's goals from their person-centered plans to develop instruction specific to that individual. The activities from each of the 4 books will provide the needed instruction to practice the skills needed for supported living, entry level employment, and community inclusion. The instructional materials include community-based activities to gain real-life experiences.

**Attainment's HCBS Solution Plus    HCB-30D    \$995.00**



## LESSON 16

### Recipe: **Chicken, Rice, and Broccoli Casserole**



## One-Dish Meal

### Primary Objective

1. States that the Chicken, Rice, and Broccoli Casserole recipe contains food from the meat and beans, grains, and vegetables groups.
2. States that the microwave is ideal for preparing a quick and easy one-dish meal.

### Secondary Objective

1. Prepares Chicken, Rice, and Broccoli Casserole.
2. Measures ingredients using color-coded measuring cups and spoons.
3. Operates a color-coded microwave oven.
4. Sets a timer.
5. Uses oven mitts.

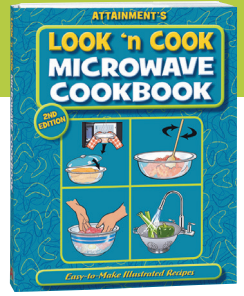
### Procedure

- Ask students to state which food groups are included in this recipe. Discuss that combining foods like this makes a meal quick and easy to prepare and also very nutritious.
- Have students locate other one-dish meals in the Look 'n Cook Microwave Cookbook.
- Prepare the Chicken, Rice, and Broccoli Casserole recipe.

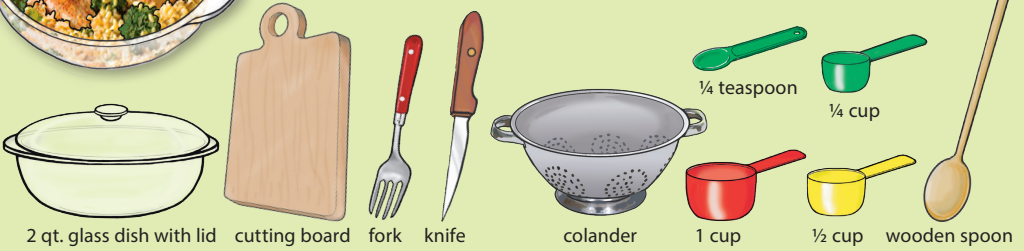
### Materials Needed

- ✓ **Timer**
- ✓ **Color-coded microwave oven**
- ✓ **Look 'n Cook Microwave Cookbook**
- ✓ **Ingredients and utensils for the Chicken, Rice, and Broccoli recipe**





## Chicken, Rice, and Broccoli Casserole



1. Cut the florets off the broccoli.



2. Measure 2 cups florets.  
Wash in the colander.



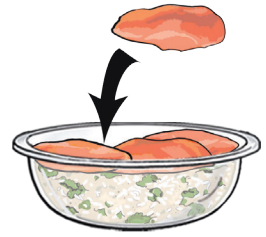
3. Put the broccoli in the glass dish.



7. Open the mushroom soup.



8. Add all the soup and stir with the wooden spoon.



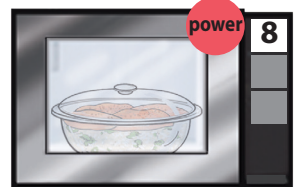
9. Put the chicken breasts on top of the mix.



13. Close the door.  
Push **clear**.

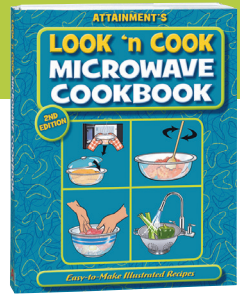


14. Push **time**.  
Push **2 7 0 0**.



15. Push **power**.  
Push **8**.

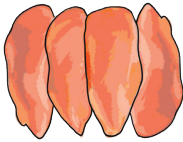
# FREE Activity



Serves four



oven mitts



4 skinless, boneless  
chicken breasts



rice



fresh  
broccoli



10 $\frac{3}{4}$  oz.  
mushroom soup



paprika



pepper



4. Add  $\frac{1}{2}$  cup and  $\frac{1}{4}$  cup rice to  
the dish.



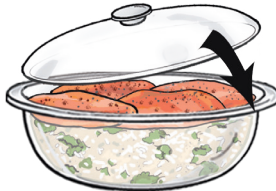
5. Add 1 cup water.



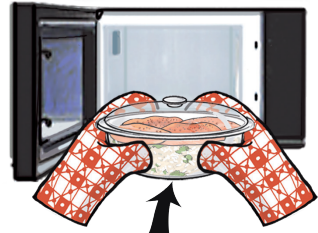
6. Add  $\frac{1}{4}$  teaspoon pepper.  
Add  $\frac{1}{4}$  teaspoon paprika.



10. Sprinkle with paprika.  
Sprinkle with pepper.



11. Put the lid on the dish.



12. Put on the oven mitts. Put the  
dish in the microwave.



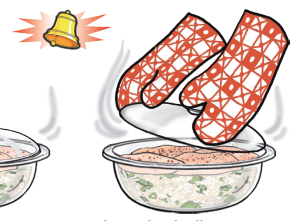
16. Push **start**.



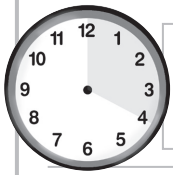
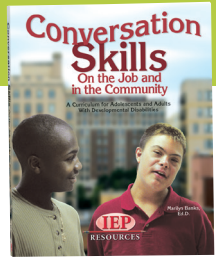
17. When the oven beeps,  
put on the oven mitts.  
Remove the dish.



18. Let stand **3** minutes.



19. When the bell rings,  
put on the oven mitts.  
Remove the lid.  
Serve.



Time  
Allotted:  
20  
minutes

## Lesson 3 Objective

### Say Hello: Be the First to Say Hello

#### Week 3 — Day One

##### Rationale:

People with disabilities are often shy and lack the self-confidence to approach others and greet them. They are often “acted upon” in conversation and have learned to be passive or responsive to the greetings of others.

##### Objective:

Students will build on lessons 1 and 2 by each being the initiator of greetings to people to give them a chance to practice their newly acquired skills. The more greetings they make, the better it is. They need all the practice they can get! This will help to make them stand out at work and in the community. If they remember the names of the people they met, that is a bonus, but the objective now is to get as much practice as possible in being the first to say hello.

##### Methods:

The teacher asks students to practice being the first to say hello to classmates. They may expand on the hello (e.g., how are you?) but first need to go down the line and be the first to say hello to each classmate.

##### Extra Practice:

After everyone has had a chance (about 5 minutes), have students go down the hall of the building initiating hellos to all they meet. **This is difficult, especially if you have students who have a stuttering problem.** Please be patient and allow students to go at their own pace. Some might not do it and that is okay. This should be fun and not a chore. Commend all as they try or succeed. Even a good try is a success. **Try it yourself sometime. If you come within 10 feet of a person, be the first to say hello and you will find out how often we miss doing that.**

##### Assignment Sheet:

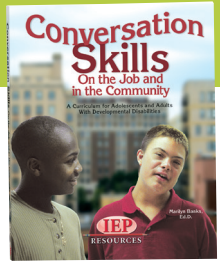
After guided practice and role-playing, have students sign and date the assignment sheet. Go over the assignment thoroughly and make sure students have pencils to carry with them and that they understand where to mark numbers of greetings. Greetings are especially important for the students with severe disabilities. They can do this, too, with training. If they can say hi, that is sufficient. If they have an augmentative communication device, program it and have them press the button for the greeting. Ask others who are around them if they used the greeting (e.g., bus drivers, other teachers, community helpers).

#### Week 4 — Day One

##### Debriefing Session:

Students report about their week of being the first to say hello. Excitement should be high since this was a one-word exercise! The teacher gives positive feedback as each one reports experiences, successes, and fears. All should clap as each gives report. These sessions are very important because emotions are running high by now. Everything is voluntary and non punitive. Students who forget to use the sheet should not be marked down. They will catch up as the momentum builds! Remember, everyone should have at least one circle on the sheet from the introductory practice. Students are encouraged to keep practicing in coming weeks as they meet new people. **Initiation is the key!**





## Self-Managed Checklist

# Lesson 3



## Say Hello: Be the First to Say Hello

Student Name \_\_\_\_\_ Date \_\_\_\_\_

Be the first one to say hello to the people on the job. Every time you are the first one to say hello, circle a number below. If you know the person's name, have them write their name below.

I said hello first:

1   2   3   4   5   6   7   8   9   10

Names of people I said hello to:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_



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