



Eric Holcomb, Governor
State of Indiana

Division of Disability and Rehabilitative Services
402 W. WASHINGTON STREET, P.O. BOX 7083
INDIANAPOLIS, IN 46207-7083
1-800-545-7763

TO: Bureau of Disabilities Services Waiver Providers, individuals, and families
FROM: Shelly Thomas, Outcomes Management Director, BDS
RE: BDS Training Materials for Restrictions and the Settings Rule

The Bureau of Disabilities Services is committed to supporting our provider network in working toward a true person-centered system which empowers individuals to live their best lives. BDS also expects providers to work towards a true person-centered system which empowers an individual to direct their services to the greatest extent possible.

As part of that commitment, BDS hosted three identical web-based trainings focused on Restrictions.

Participants learned about:

- What does the HCBS settings rule have to say about restrictions?
- Defining modifications and restrictions.
- The role of services, the need for assessment, and how free will and choice impact the rewards and restrictions that are put into place.
- Nothing about Me; Without Me: The importance of individuals leading the decision-making process for services, supports, and restrictions.
- The importance of Restrictions having time limits and the role data driven decision making has in the planning process.

A recording of the training is available [here](#) and the PowerPoint is available [here](#)

If you have questions, need additional resources, or support, or have suggestions for additional training, please contact us at BDS.Help@fssa.IN.gov. We look forward to continuing to educate and inspire providers to empower individuals to live, love, learn, work, play and pursue their dreams.