



## *Moms In Motion*

Helping to improve family quality of life is our reward!

August 2014

*(Early Edition)*

(800) 417-0908

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### A Note From the Founder



I hope this latest installment of our newsletter finds you all healthy and happy and enjoying your summers!

There are three main topics I want to draw your attention to in this edition:

**1. The IFSP program** - Moms In Motion has been made aware that applications for [IFSP](#) will become available August 1. We are sending out our August newsletter early because we want our community to be aware of and prepared for this opportunity.

**2. Employment Opportunity within Moms In Motion** - We are also asking you to help us fill a need. We are looking for an amazing person to join our team of service facilitators in the Fairfax area. If you or someone you know is right for the position, please [see below](#) for more information.

**3. Need for Advocacy/State Budget Issues** - We have a new state budget in Virginia. Please see Lucy Beadnell's comments and call to action [below](#).

## Changes To... & Reminders

### **Individual Family Support Program (IFSP) - Up to \$3,000/year for needs for individuals on the wait lists for the ID or DD Waivers**

The purpose of this fund is to assist individuals on the wait lists for the ID or DD waivers and their families to support them in their community as they wait for their ID/DD "slot" to be funded.

Applications will be mailed to those on the wait list on **August 1, 2014**. The application will be posted on the [DBHDS website](#) the same day. Click on DEVELOPMENTAL DISABILITIES on the left side of the website, then Individual and Family Support Program to access the application on AUGUST 1, 2014. The link for the application will simply state "IFSP Application". If you do not receive an application in the mail by September 5, 2014, please print a copy. Do not depend on mail delivery.

The IFSP will now have two funding periods, September 15 - Period 1, and March 15 - Period 2, of each year. Funds for the program will be divided equally between these two periods. Families are eligible for up to \$3000.00 of supports and services between these two funding periods. The September funding period is the beginning of each year's fund distribution. Click [here](#) for more information.

If you are not on a wait list, please visit these pages to see if they are appropriate for you and how to apply for the [ID](#) or [DD](#) Waivers. Not sure which one is right for you? See Moms In Motion's document: [Which Waiver Wait List Should I Be On?](#) If applying for the ID waiver, your local CSB will provide case management. If applying for the DD waiver, Moms In Motion can fill the role of case manager in any locality (even if we are not "on the local list.")

### **DMAS's Financial Eligibility (\$\$\$) for Children on Medicaid Waivers**

The Virginia Department of Medical Assistance Services (DMAS) has made a change to the financial eligibility considerations for children who use Medicaid Home and Community-Based Waivers. The basic change is that the child may have only \$1,000 of resources and assets to be eligible for Medicaid Waivers (there are spend-down options). In the past, the resources and assets of children who use Waivers were not considered. To see more detailed information click [here](#).

### **Virginia Waiver Reform**

Recently the Virginia Department of Behavioral Health and Developmental Services released a draft [Waiver Redesign Recommendations](#) presentation during a Waiver redesign public meeting. This presentation outlines how the waivers will be combined and restructured into two different waivers: a comprehensive waiver and a supports waiver.

## PPL's Hire Packets & Options for Completing Attendant Applications



- PPL's attendant package has been changed to require the initials of the attendant on all five pages of the "Agreement Between Consumer & Attendant." Therefore, if you have a packet printed out, do not use the agreement in it currently. You can download the new agreement from [our site](#).
- It is preferable to complete an attendant application and have PPL send a pre-populated packet to you using instead of completing a blank hire packet. There are three ways to do this:
  1. Submit a completed [Hard Copy](#) attendant application.
  2. Complete the application [On-Line](#) (look to the right under "Resources").
  3. There is now a call in option (866) 259-3009!!! :-)

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## Maximizing Your Benefits

### Money Follows the Person (MFP) - For individual's transitioning out of a hospital, nursing facility, etc. after a stay of at least 90 consecutive days.

In 2008, Virginia created [Money Follows the Person](#), which provides extra supports and services to Virginians who choose to transition from long-term institutions into the community. MFP's vision is to create a system of long-term supports where funds "follow the person" from the facility to the community by covering extra service needs during the transition process. MFP provides options for community living to participants who live in nursing facilities, long-stay hospitals, and ICFMR facilities-Intermediate Care Facilities for Individuals with Intellectual Disabilities/Mental Retardation and Related Conditions. You must be eligible for Medicaid to utilize MFP.

### Housing Eligibility Expanded for DD Waiver Population



Rental Choice VA, this [program](#) is a housing assistance subsidy for people to move to smaller, individual homes and out of congregate or institutional settings. [Frequently Asked Questions](#)

### Woman, Infants & Children Program - WIC

If your child is eligible for Medicaid and has a nutritional risk he/she may qualify to receive WIC benefits. WIC covers basic nutrition needs (milk or formula, bread, cereal, fruits/veggies, etc) for children ages 0-5. To access this resource, contact your [local health department](#) and ask to make a WIC appointment.

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# Advocacy

## Last-minute Budget Slashes Funding

An update from Lucy Beadnell, Arc of Northern VA Advocacy Director

After various setbacks, Virginia ended up with a budget crafted at the last minute that slashed funding for programs all over the state. We received 115 ID Waivers for the year, but 90 are set aside for people leaving state institutions. That leaves just **25** to support the **4,210** people on the waiting list as of June 2014. The DD Waiver only received **15** slots this year for more than **1,400** people in need. The plan to move disability waivers into managed care continues to move forward despite any real plans on how that may affect services. Save January 26 on your calendar and plan to join us on the free bus to Richmond to meet with our legislators and tell them that we cannot have another year like this one. We intend to make 2015 a much better year for the community, but **we need your help** in Richmond to make that happen.

## disAbility Law Center of Virginia's "Office Hours"

An attorney from the [disAbility Law Center of Virginia](#) will be at The Endependence Center, Inc. in Norfolk, Virginia every other month to talk to you by appointment, about issues related to discrimination as it relates to your disability. They will not discuss such issues as, family law, medical malpractice, custody issues, etc. Appointments must be scheduled. Contact Rena Lewis for more info 757-351-1578  
rlewis@endependence.org

## New Home & Community-services Rule

Big changes are coming soon. The Centers for Medicare & Medicaid Services issued [requirements](#) on how community living is defined. This will mean providers may have to make changes to how they deliver services.

## "JP's Law" in Virginia

["JP's Law"](#) is effective in Virginia. People have the choice to indicate Autism or Intellectual Disability on their IDs and Driver License.

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## PPL



## Public Partnerships Updates

PPL's recent changes:

- Change to hire packet - Attendant must initial each page of the employment agreement.
- Call option for applications - (866) 259-3009.
- Attendants who "Hard Fail" Background Checks will no longer be able to employer hop. - Some individuals who know they have a background that will hard fail will hop from one new employer to another getting paid for their work until the results of their newest background check are sent to the new employer when they are then forced to stop working. PPL will keep a "Hard-Fail List" and these people will only ever be paid for their work up until the first

return of their background check. This is a great idea and improvement.

- Attendant Direct Deposit/Debit Card processing. If the Attendant does NOT return an EFT Form (Direct Deposit) with their Attendant packet, they are automatically enrolled with the Debit Card as an electronic payment method must be chosen upon processing of the Attendant packet.

## Payroll Schedules for 2014-2015

[A - Central VA & Tidewater](#)

[B - Northern VA, Piedmont & Southwest](#)

## Hiring a New Attendant?

Use [PPL's online application](#) to get a pre-populated hire packet sent to you.

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## Waivers

### Medicaid - Need assistance completing an on-line Medicaid Application?

Contact [Virginia CommonHelp](#) on-line or via phone (855) 635-4370 x1. Don't forget - annually you will be contacted by DSS to provide an update on financials, etc. Be sure to complete it and send it back in a timely manner.

### All Waivers Reminder!

If you have stayed in a Hospital more than 30 days or an inpatient rehabilitation center/nursing facility for 1 or more days - let your service facilitator know! Your community based approvals have been interrupted (you are still eligible, no screening required) and need to be restarted - an immediate visit with your Service Facilitator upon discharge is highly recommended. Keep us in the loop.

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## Spotlight On

### Partnership for People with Disabilities

[Partnership for People with Disabilities](#) founded in 1985, is a university center for excellence in developmental disabilities located at Virginia Commonwealth University in Richmond. The Partnership has more than 80 staff members which include family members, people with disabilities, and university students. The Partnership for People with Disabilities strives to build family network supports to further strengthen community inclusion for all.

Jack Brandt is a Disability Policy Specialist at Virginia Commonwealth University with the Partnership for People with Disabilities. Jack believes that it is crucial



to have a diverse workforce with everyone contributing.

In addition to working for the Partnership for People with Disabilities, Jack has served and is currently serving on numerous committees and advisory boards. His memberships include, the President's Committee for People with Intellectual Disabilities and State Employment Leadership Advisory Committee.

Jack is also an accomplished artist at [Shadows of Groovin' Colors](#) who has "found opportunities to use his artwork to advance his advocacy and to encourage other individuals with disabilities to fully develop their abilities and pursue their dreams."  
(excerpt from: Virginia Board for People with Disabilities)

## **Camp Virginia Jaycee, Inc.**

This [camp](#) is a non-profit organization, provides a recreational and educational experience for individuals with autism or an intellectual disability.

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## **Moms In Motion in the Community**

### **New Moms In Motion Team Member Needed!**

Moms in Motion is looking for an exceptional individual to represent us as a Service Facilitator in the Fairfax County area.

Requirements Include:

- Minimum of undergraduate degree (any field) and relevant experience.
- Understanding of disabilities and how they impact quality of life.
- Demonstrating a positive regard for individuals and their families and person centered planning.
- Understand the EDCD, ID & DD Waivers and the services each provides.
- Persistence
- Objectivity
- Ability to work independently.
- Technical: able to navigate Internet, MS. Excel, MS. Word, Adobe Acrobat, etc.

Responsibilities Include:

- Conducting client assessments and preparing plans of care.
- Communicating in a timely manner with clients and team members via phone/email/face-to-face visits.
- Entering visit data.
- Sharing resources.

If you are interested, please call (800) 417-0908 choose prompt 3, then 1.

**Thank you for believing in us!**

Moms in Motion would like to express our

appreciation to the following organizations and individuals who have shared Moms as a resource with families they know. Thank you to:



- [East Coast Rehab](#) - A Durable Medical Equipment Provider whose mission is "to treat each customer with honesty and integrity, respecting their individual needs and desires; Provide each customer with the proper equipment promptly at a fair and reasonable price; Service our customer's equipment quickly with the least cost and chair downtime possible."
- [Down Syndrome Association of Greater Richmond](#) - "The Down Syndrome Association of Greater Richmond is a 501(c)3 nonprofit organization that strives to improve the quality of life for individuals with Down syndrome and their families by providing access to current and accurate information on Down syndrome and by fostering programs that focus on education, community services, public awareness, medical issues, research, advocacy, legal issues and parenting." Check out their [upcoming events!](#)
- [Lutheran Family Services of Virginia](#) - A community provider of many services who's mission is "Lutheran Family Services of Virginia expresses God's love by providing services and assistance to empower communities, families and individuals in their journey to well-being." Check out their educational programs for families with children who have autism, [Essential Pieces](#).
- Many Friends in the community helping families access services including: Heather Arbeen, Anna Long, Kristy Kane, Jennifer Shull and Ellen Barren.

## **What people are saying about Moms In Motion:**

6.26.14 - "...this has been a very difficult time and without Joy and her patience and tenacity, I am not sure I could have come out of it ...It is such a comfort that because of your mission to employ "people like us" as mothers of children with special needs, that when I got mad and sad and frustrated - Joy knew to listen and then take action."

## **Events**



[Introduction to Verbal Behavior: Teaching Communication Skills to Children with Autism & Other Developmental Disabilities](#)

Presenter: Dr. Vincent J. Carbone  
September 19 & 20, 2014 9:00 a.m.  
- 4:00 p.m. George Mason  
University Prince William Verizon  
Auditorium.

Moms in Motion is proud to be a patron of Down Syndrome Association of Greater Richmond ([DSAGR](#)) [Step Up for Down Syndrome!!!!](#)

## **Tools You Can Use**

[Intro to Virginia Medicaid Waivers](#)  
Video by Moms in Motion

[Frequently Asked Questions](#)  
Regarding consumer Directed Services by Moms in Motion.

[How to Fill Out a Hire Packet](#)  
Video by Moms in Motion.

## **Finding Attendants**

[The Arc of Northern Virginia](#) has put together an [incredible document](#) to introduce individuals to consumer direction. Starting on page 8 of the document, there are very valuable insights into finding and managing qualified care

~5th Annual Step Up for Down Syndrome Night  
Saturday, September 13, 2014  
~ 8th Annual Step Up for Down Syndrome 5K & Family Festival  
October 11, 2014

[Opening Doors Through Partnerships](#) Fauquier County Public School's conference for families and professionals supporting people with disabilities. Free resource fair and a keynote speaker. 27 September 2014 - 10:00 to 3:00

providers. (Remember they are located in Northern VA, so the reimbursement rate is only relevant to NVA.)

[Precious Time](#) is a pediatric respite care program that serves families who have children with special needs ages birth - 18. JMU Nursing students are assigned to a family and they come into the home to spend time with the child (or children) in order to give the caregivers a break.

[General Strategies to find attendants:](#)

- Relevant departments of local colleges.
- Your local department of social services likely has a list of people interested in working as attendants.
- Utilize sites such as:
  - Care.com
  - Craig's List
  - SitterCity

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Connect with us:



Moms in Motion is a Service Facilitation provider for Medicaid CD-PAS (EDCD, ID & DD Waivers) enrollees and a Case Management provider for DD Waiver enrollees.

We are honored to serve Virginians with disabilities and their families.

[MomsInMotion.Net](http://MomsInMotion.Net)

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