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Moms In Motion

Helping to Improve Family Quality of Life is Our
Reward!

October 2014

(800) 417-0908

MomsInMotion.net

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A Note From the Founder

Happy Fall and Happy Anniversary to Moms In Motion!
I am very proud to share with you that September marked our
5 YEAR ANNIVERSARY

of providing service facilitation and advocating for individuals with disabilities!
Boy have we grown in size, depth and experience. Thank you to all of you
for choosing us to be your provider and to those of you who recommend
us to others.

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

1. Moms In Motion is welcoming an new Chief Operations Officer (COO) - Joy

Spencer - Joy has been with Moms In Motion
(Moms) for three and a half years and has most
recently worked in the capacity as Division Manger of
the Richmond and Virginia Beach areas. Joy has



built a very strong team in her division over the years to serve the families we
support. She also always has great ideas on how to improve our systems and
services and works to implement them. Oh, and she LOVES what she does! We

are looking forward to seeing the positive impact this new appointment has on our company's delivery of services to you. One of the first things she will do is create a satisfaction survey, so be sure your Service Facilitator has an up-to-date e-mail address and phone for you in our WISE system.

2. Employment Opportunities within Moms In Motion - Please help us fill a need. We are looking for amazing compassionate people to join our team of service facilitators in various areas throughout the state. If you or someone you know is right for the position, please [see below](#) for more information.

3. October is National Disability Employment Awareness Month & Disability History and Awareness Month - See our advocacy section [below](#).

4. Commonwealth Coordinated Care Demonstration Project (CCC) - Virginia has recently begun a demonstration project for individuals receiving long-term care services via the EDCCD waiver and Medicare. Please [see below](#) for how this might impact you or your loved one. If you receive any documentation regarding this program, it's imperative that you read it and understand it. Being enrolled in CCC can impact your personal care services and requires action!

In this Newsletter

- [Waivers](#)
- [Maximizing Your Benefits](#)
- [PPL - Waiver Fiscal Agent/"Bookkeeper"](#)
- [Advocacy](#)
- [Spotlight On...](#)
- [Moms In Motion in the Community](#)
- [Events & Tools You Can Use](#)

Waivers

Sign Up for Electronic Updates on Virginia's Waiver Redesign Initiative An email address has been established by the Virginia Department of Behavioral Health & Developmental Services for providers, families and individuals with disabilities interested in getting electronic updates on Virginia's Waiver Redesign Initiative. If you would like to join this listserve, all you have to do is send an email to waiverupdates@dbhds.virginia.gov and provide your email address in the body of the email (it is not required, but feel free to also briefly note if you or a family member is on the ID or DD Waiver, on a wait list for the ID or DD Waiver, etc). For more information, see: [My Life, My Community](#) - Virginia Waiver Reform.

Commonwealth Coordinated Care Demonstration Project (CCC)

Who Does It Affect? Potentially affects Individuals who are enrolled in the Virginia EDCCD Waiver and are eligible for Medicare at the same time

(Dual Eligible). Must be over 21, not have another medical plan and be in one of the many demonstration areas.

What is it? A demonstration project "to test a new model for providing Medicare-Medicaid enrollees with a more coordinated, person-centered care experience. Under the Demonstration, Virginia and CMS (Centers for Medicare and Medicaid Services) will contract with Medicare-Medicaid Plans (MMPs) to coordinate the delivery of and be accountable for covered Medicare and Medicaid services for participating Medicare-Medicaid enrollees."

Why? "Improving the care experience for low-income seniors and people with disabilities who are Medicare-Medicaid enrollees - sometimes referred to as "dual eligible individuals" - is a priority for CMS. Currently, Medicare-Medicaid enrollees navigate multiple sets of rules, benefits, insurance cards, and providers (Medicare Parts A and B, Part D, and Medicaid).

Many Medicare-Medicaid enrollees suffer from multiple or severe chronic conditions and could benefit from better care."

When & Where? The project is being rolled out in [Phases by Enrollment Regions](#). For a map of affected areas, [click here](#).

Phase 1 Regions include cities in the Tidewater and Central Virginia & Richmond areas.

- **Tidewater:**
 - Voluntary Enrollment began in March.
 - **Automatic Enrollment began May 1.**
- **Central VA & Richmond:**
 - Voluntary Enrollment began in March.
 - Automatic Enrollment began June 1.

Phase 2 Regions include the Northern Virginia, Roanoke and Charlottesville areas.

- Voluntary Enrollment began in May.
- **Automatic Enrollment began August 1.**

What does all this mean?

If you choose to enroll, you will be moved from your current model of Fee-for-Service to the Capitated Model. See below for explanations of the two:

1. **Managed Fee-for-Service Model** in which a state and CMS enter into an agreement by which the state would be eligible to benefit from savings resulting from initiatives designed to improve quality and reduce costs for both Medicare and Medicaid; and
2. **Capitated Model** in which a state and CMS contract with health plans or other qualified entities that receive a prospective, blended payment to provide enrolled Medicare-Medicaid enrollees with coordinated care.

For more information, please see the following websites;

Virginia's [Medicaid's CCC Site](#)
Federal Government's Site: [CMS.gov](#)

If You Would Like to Not be Automatically Enrolled, you Must Act.

**To "Opt Out" you must call Maximus
(855) - 889-5243.**

All Waivers Reminders

- 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 and need to be restarted (you are still eligible, no new screening required). An immediate visit with your Service Facilitator upon discharge is needed. Keep us in the loop:-)
- Annually you will get a request from Department of Social Services (DSS) to Update your financial information. Always respond to DSS communications quickly.
- Respite:
 - Is appropriate when there is an unpaid primary caregiver who lives in the home with the individual receiving services.
 - Is a maximum of 480 hours per fiscal year per enrollee. Virginia's fiscal year runs from 7/1/2014-6/30/2015. Track what you've used since 7/1/2014, 480-hours used is what you have left until 6/30/2015.

Maximizing Your Benefits

HIPP For Kids

Don't forget, if you have an employer sponsored insurance and Medicaid, Medicaid may potentially reimburse you for your premium payments via their Health Insurance Premium Payment for Kids programs (HIPP & HIPP For KIDS). For instance:

- A family of four has a monthly premium for insurance via mom's employer of \$300/month.
- One of the children is a Medicaid Waiver recipient.
- Medicaid may reimburse all or a portion of mom's premium payment to assist mom in keeping the family plan so that Medicaid can remain the secondary insurance for the child enrolled in Medicaid.

See their website and ask your Service Facilitator/Case Manager for more information.

Free Incontinence, Diabetic and Wound Care Supplies

Don't forget as a Medicaid recipient you are likely eligible for these supplies. ***If you have a child over 3 years old who still needs diapers you are likely eligible for this.*** Contact [Home Care Delivered](#) to get started. (800) 867-4412.

Transportation Provision or Reimbursement

Transportation provision or reimbursement for non-emergency Medicaid related transportation is available via LogistiCare for FFS enrolled individuals (MCO enrollees must work with their MCO - Most individuals on waivers are on FFS Medicaid). For FFS enrolled individuals, Logisticare can:

- Coordinate transportation to and from your appointments.
- Or reimburse you/your personal driver for travel to and from Medicaid appointments.

To be reimbursed, travel must be pre-approved. Call LogistiCare to set your initial trips (866) 386-8331. After that, you can utilize their [LogistiCare Online System](#). See their flyer [here](#).

PPL



Updated Policy - Non-utilized Attendants

PPL has updated their policy regarding attendants who have not submitted time sheets for a client for 12 months. In these instances PPL will discontinue the association between the aide and the consumer.

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.

Advocacy

The Arc of the United States

The Arc of the US advocates for the rights and full participation of all children and adults with intellectual and developmental disabilities. Each state has local chapters you can volunteer to change the lives of our loved ones with disabilities.

- [The Arc's Action Center](#) - Find out what disability related issues Congress is focused on, find Action Alerts and look up your elected officials here.
- [The Arc's Resources](#) by category, type, material, issue, and action.

October is.... National Disability Employment Awareness Month & Disability History and Awareness Month

National Disability Employment Awareness Month (NDEAM) is an opportune time to educate Americans about disability employment issues and celebrate the many and varied contributions of America's workers with disabilities.

".... advancing disability employment is about much more than just hiring. It's about creating a continuum of inclusion. And the first step on this continuum is expectation." says Assistant Secretary of Labor for Disability Employment Policy Kathy Martinez. Tweet about it! #NDEAM

- [Moms in Motion's Employment Resource Page](#)
- [Library of Congress - National Disability Employment Awareness Month](#)

In 2009, the Virginia Senate designated the month of October as Disability History and Awareness Month in Virginia.

By learning about the largest minority group, (people with disabilities) it will most likely lead to respect, compassion, understanding and breaking stereotypes about people with disabilities. Also, it will promote inclusion and improve disability employment rates.

What is your school doing to mark Disability History and Awareness Month? Tweet about it! #DHAM

[Disability History and Awareness Month Resource Page](#)

Resource Center for Supported Decision Making From Jonathan Martinis, Legal Director of Quality Trust for Individuals with Disabilities

[Quality Trust for Individuals with Disabilities](#) has been awarded a federal grant to serve as the National Resource Center for Supported Decision Making. Working with incredible organizations and individuals, we will lead and coordinate local, state and national efforts to promote Supported

Decision Making and other alternatives to guardianship that empower people with disabilities and older Americans to make their OWN decisions and chart their OWN life path.

The National Resource Center will continue the work started by the Jenny Hatch Justice Project, serving as an integrated and interdisciplinary advocacy, resource, outreach, and research center dedicated to protecting and advancing EVERYONE's right to make their own choices, without the "need" for guardianship.

Our website will be located at www.SupportedDecisionMaking.Org and launch soon (that address currently links to the Jenny Hatch Project site). Thanks to everyone who has supported and accompanied us on this journey.

The Virginia Board for People with Disabilities's 2014 Assessment of the Disability Service System in Virginia

For those engaged in understanding and improving Virginia's supports and services for individuals with developmental and other disabilities, this is an essential reference with data and descriptions of many of the programs and services administered, funded, provided, or licensed by the Commonwealth of Virginia.

This year there are two separate volumes-Volume 1 is a 68-page document, Key Findings and Board Recommendations, plus the 500 page Volume 2, available [online](#) as an accessible PDF file (preferred distribution method). Both documents are available on CD upon request at (800) 846-4464 or send an email to info@vbpd.virginia.gov if unable to access online.

Inclusive Services - Volunteer Opportunity

[The Joseph P. Kennedy, Jr. Foundation](#) is seeking professionals, family members, or people with disabilities who are working or volunteering in the field of inclusive services and supports for people with intellectual and developmental disabilities (ID/DD). The purpose of the one-year fellowship is to prepare both early career and seasoned leaders to excel in the public policy arena in their home state or nationally. [Applications](#) are accepted online until 5:00 pm EST October 30, 2014. If you have questions, please contact Steven M. Eidelman at Eidelman@jpkf.org

Survey from The Virginia Board for People with Disabilities

People with disabilities, family members, concerned citizens, care providers, and policymakers-we need your help! Have you taken 10 minutes to fill out the Board's survey? We want your input to know how we're doing, so please take time to complete it online.

The survey is available on the home page of www.vaBoard.org (in the slider on the right) or by typing www.vbpdinput.com into your web browser. If you have trouble accessing the survey or need a printed copy, please dial 800-846-4464 or send an email to info@vbpd.virginia.gov with your contact information so we can assist you.

Action Alert! Restraint and Seclusion in Virginia Classrooms

Your input is needed immediately! Speak up for students across the Commonwealth. Tell Virginia to adopt safeguards to protect children in school.

The Virginia Commission on Youth is studying the use of restraint and seclusion in public schools. On September 16, they released their recommendations on restraint and seclusion. Members of the Commission on Youth may vote on recommendations as soon as October 20, so they need to hear from you now!

[More details](#)

Spotlight On...

Virginia Board for People with Disabilities

Since 1992, [Virginia Board for People with Disabilities \(VBPD\)](#) serves as the Developmental Disabilities Planning Council under state and federal Acts. The Board work for the benefit of individuals with DD and their families to identify needs and help develop policies, programs and services that will meet these needs in a manner that respects dignity and independence. It also works to eliminate barriers to full inclusion in all facets of community life. Family members, parents and individuals with disabilities serve of the board for four year terms. The Governor of Virginia appoints board positions.

Two training opportunities though Virginia Board for People with Disabilities; [Partners in Policymaking & Youth Leadership Forum](#).



Assistive Technology Funding through United Cerebral Palsy and Easter Seals

Assistive Technology may be available to some of the residents of Virginia through UCP and Easter Seals UCP NC & VA, Inc. (ESUCP).

*Please Note: We are sorry, Special Assistance is ****NOT**** available - (through ESUCP NC & VA) -to residents of the following Virginia Counties: Prince Charles, Loudoun, Fairfax, Arlington, and Prince William.

The UCP Bellows Fund is a national program operated by United Cerebral Palsy (UCP) that provides funds to individuals with disabilities for assistive technology equipment. Individuals can apply through their local UCP affiliate: <http://nc.eastersealsucp.com/> the affiliate submits an application on behalf of an individual to the UCP national office. Applications are reviewed for funding by the Bellows Committee.

Some examples of what this AT funding may cover:

- Down syndrome - Orthotics
- Agenesis of Corpus Callosum - Adapted Trike
- I/DD, Deaf - Electronic sign language interpreter
- Infantile Spasms - iTalk communication
- Cerebral Palsy (C.P.) - AFOs, Parallel therapy bars, Wheelchair gloves, Battery Charger for power w/c, Convoid Stroller, Tilt in space bath chair
- Orthopedic - AFO's

- I/D.D. - Proloqu2Go App.
- Seizures, physical - Weighted blanket, hip helpers
- Tetrasomy 18p - Sensory Integration, safety, positioning equipment,
- Conductive Hearing Loss - Hearing Aid co-pay
- Severe I/DD = Communication device co-pay

[More Information](#)

Faison Residence

Faison currently has 3 exciting opportunities for adults with developmental and/or intellectual disabilities! [Faison Residence](#) offers state-of-the-art support to individuals wishing to live semi-independently in their own apartments. Trained staff members will be available on-site 24 hours a day to assist individuals in their own apartments with every day activities. Located near the Willow Lawn shopping center, they are close to shopping centers, restaurants, clinics, and hospitals. Their extended family-teaching model offers individuals with more intense needs the opportunity to live with a family teacher who will provide services to individuals as a part of their family. Their adult day program is a community-based program that teaches skills to prepare adults to increase their independence in their homes, communities, and job sites.

Get Active - Sport League

[C.A.T.S.](#) is a sports league for children with developmental disabilities designed to improve the quality of life through team sports participation. Through weekly engagement in games; players will gain confidence, social skills, gross motor skills, behavior skills, and the opportunity to be part of community-based settings. Games are played on the weekends at the various indoor sports facilities and community centers in Northern Virginia.

Moms In Motion in the Community

New Moms In Motion Team Members Needed!

We reimburse competitively and based on the amount of work completed. These positions are very flexible in that if you would like to do this, but can only take on 10-40 hours/week, we can probably find a good balance for you, our families and us :-). We are looking for exceptional individuals to represent us as Service Facilitators in the following areas:

- Fairfax
- Loudoun
- Fredericksburg
- King George
- Blacksburg
- Radford
- Hampton/Newport News
- Gloucester/Middle Peninsula
- Dinwiddie
- etc.

Requirements Include:

- Preferred 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 the appropriate prompt for your region of interest.

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:



- [Grafton](#) - "Grafton provides a continuum of services to children, youth and adults including applied behavior analysis, early intervention, psychiatric residential treatment facilities, a short-term stabilization program, special education programs, community-based group homes, intensive outpatient program and outpatient services."
- [Infant Toddler Connection](#) - "Welcome to the Infant & Toddler Connection of Virginia Web site. I am glad you stopped by to visit. The Infant & Toddler Connection of Virginia provides early intervention supports and services to infants and toddlers from birth through age two who are not developing as expected or who have a medical condition that can delay normal development. Early intervention supports and services focus on increasing the child's participation in family and community activities that are important to the family. In addition, supports and services focus on helping parents and other caregivers know how to find ways to help the child learn during everyday activities. These supports and services are available for all eligible children and their families regardless of the family's ability to pay."
- [Pediatric Partners for Attention and Learning](#) - "We are a non-traditional, multiple disciplinary practice which specializes in ensuring that children, young adults and adults afforded every opportunity to reach their full potential academically and socially." Providing Medical, Cognitive, Assessment Testing, Behavioral Coaching, Behavioral Health Counseling.
- And many other friends in the community helping families access services.

What people are saying about Moms In Motion:

7.10.14 - "I want to Thank You and your Team for everything!!! You guys are GREAT!!!! And an excellent support system and tell us where to go to get the help we need!!! Thank You, Amy, Debbie, Heather Janelle etc. If it was not for you guys saying contact VOPA/ DLCV, "x" would not have a workable IEP in place!!!... So Thank You!! You guys relieve stress in so many ways and I just wanted to share that!! Your team goes above and beyond the job of just doing EDCD waivers!!" - THIS IS OUR REWARD!

Events



[Down Syndrome Association of Northern Virginia 2014 Buddy Walk](#)

Moms in Motion is proud to have been a sponsor! October 5, 2014

[Infant Toddler Connection's Webinar on Improvements to Virginia's Early Intervention Program](#)

October 7, 1pm
Webinar - [Click Here](#) to Register

[Exceptional Families \(EFMP\) Resource Fair](#) Moms in Motion will be there! Must have a Military ID to get in. Community Information & Resource Tables. Speakers - "managing behaviors" by Dr. Jason Gerber and "IEPs and Advocacy" by Ms. Cheryl Ward.
October 8th, 9-1pm.
1575 Gator Blvd, Va Beach VA

[Wings for All](#) A free airport rehearsal program at Dulles International and Ronald Reagan National Airports.
November 1st and Nov 8th 2014.

[The 20th Circle of Support Conference](#) Moms in Motion will be there! Sponsored by The Arc Greater Prince William / INSIGHT. Speakers Dan Keplinger, and Dr. Carol Schall.
November 8th, 8am - 3:30pm
Woodbridge, VA

[The Arc of Northern Shenandoah Valley Sprout Film Festival](#) Moms

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

[A Virginia Statewide Directory](#) is now available for people who would like to become a Consumer-Directed Assistant and for people who need a Consumer-Directed Assistant. People wanting to become assistants can list their skills, availability, location, and contact information. People with disabilities that need assistants can search for a person to work with them that matches their needs.

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

General Strategies to find attendants:

- Relevant departments of local colleges.
- Your local department of social services likely has a list of people interested in

In Motion is a proud sponsor of the:
 "Fourth Annual Sprout Film
 Festival... This year promises to be
 an incredible event, featuring new
 and exciting films starring
 individuals with intellectual and
 developmental disabilities. We are
 expanding the festival to
 Shenandoah County and will also
 silent auction items and raffles!
 November 11-14
 Winchester and Shenandoah
 County Areas

- working as attendants.
- Ask your school's paraprofessionals.
- [Virginia Employment Commission](#)
- Utilize sites such as:
 - Care.com
 - Craig's List
 - SitterCity

[The Collaborations Conference \(employment\)](#) Hosted by a partnership between the Virginia Rehabilitation Association (VRA), the Virginia Association of Community Rehabilitation Programs (vaACCSES) and the Virginia Association for Persons in Supported Employment (VA-APSE).
 November 16-18
 Hilton Virginia Beach Oceanfront

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.

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