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Moms In Motion

Helping to Improve Family Quality of Life is Our
Reward!

December 2014

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A Note From the Founder

I hope this latest installment of our newsletter finds you well during the holiday season! We have very exciting news in that we have created a video to introduce families to the consumer direction programs rules, forms, processes, etc. If you'd like to brush up on details of the program, or will be starting CD services shortly, please take time to watch the [Video!](#)

In November, we celebrated **National Caregiver's Month** to give thanks to the many caregivers that work tirelessly to provide exceptional care to loved ones. This is why Moms in Motion is committed to supporting you in your efforts. Please [see below](#) to see how others are supporting caregivers.

A BIG thank you to Ivy Kennedy and Allison Chapman, our Newsletter Editors (among other titles) for all their hard work on our newsletters :-)
We've gotten great positive feedback on their work in this effort!

In addition, I would like to introduce a new section to our newsletter focusing on what you and your Service Facilitator should be discussing

this period. See below for more details.

In this Newsletter

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What You and Your Service Facilitator Should be Discussing

1. Are you enrolled in Commonwealth Coordinated Care (CCC)? If so, which Managed Care Organization (MCO) are you using? (at every visit)

- CCC is an optional program for individuals who are served by both Medicare and Medicaid and meet other requirements. If you are enrolled, please let us know as you enroll, change MCO's or opt out. We have to get your hours re-authorized in each case.

2. Any medical and/or functional changes (at every visit).

- It is important keep your service facilitator informed of any changes, big or small. This includes changes in medications, behavior, orientation, diagnoses, or abilities. Keeping this information up to date will ensure you and your loved ones are receiving the highest quality care.

3. Who are your attendants and are they getting paid (at every visit)?

- Please be sure to update your service facilitator immediately if your attendants are not getting paid and you have not had luck troubleshooting with PPL. The quicker we can work together to get this corrected, the better for all involved :-)

4. Have there been any recent hospitalizations (at every visit)?

- **If you have stayed in a hospital for more than 30 days or an inpatient rehabilitation center/nursing facility/mental health facility for 1 or more days**, your services could be interrupted. This is why it is important to keep your service facilitator in the know. Please note ER visits do not count as hospitalizations, but are helpful to mention as part of the medical updates.

Waivers

Health and Acute Care Program (HAP) - Many of you have gotten notice that you are being transitioned from the Fee-For-Service (FFS) model for your acute and primary care needs to a Managed Care Organization (MCO) model. This will affect any individual who does not

have managed care exclusions (ie. have a primary insurance plan other than Medicaid).

- This means that you will need to utilize providers enrolled in the MCO you are enrolled in to provide your acute and primary medical services.
- This does not change your consumer directed long-term care Waiver services. Nothing at this time indicates that there would be a change how your personal care and respite hours are approved and managed.
- This is different from the Commonwealth Care Coordination (CCC) program.

Applied for a Waiver? Denied? Here's info on the Appeals

Process. If you are found to be ineligible for a waiver by a screening team, you can appeal the decision. Look at the end of your decision letter for details on the appeal process. Keep in mind:

1. This process must be started within 30 days of receipt of written notice of the decision.
2. Appeals are based on the information presented at the screening. Thus, if circumstances have changed, then a re-screening verse an appeal would be appropriate.
3. You cannot appeal a decision you do not have written notice of, so make sure to get decisions in writing from the appropriate personnel. - ie, do not take a denial over the phone, you must be fully screened and receive an official letter of denial.

Maximizing Your Benefits

Northern Virginia Autism Society Mini-Grant Opportunity

The Autism Society of Northern Virginia just completed their 10th Annual Walk for Autism to raise money for their mini-grant opportunity. To utilize this amazing resource, you must be a member of the organization, etc. All applications must be received in their entirety by January 1, 2015. [View application here to determine eligibility.](#)

Upcoming Changes to MEDICAID WORKS

Medicaid Works is a work incentive program offered by Virginia Medicaid for people with disabilities who are employed or want to go to work. If you have Medicaid, this voluntary option allows you to work, earn more money, and still keep Medicaid. Mike Klinger's summary of the [new changes](#) effective November 1, 2014. Department of Medical Assistance Services (DMAS) Medicaid Works [page](#).

PPL



Check out our: [PPL & Aides Resource Page](#)

Check out their:

- [Consumer Directed Service Resource Page](#)
- [On-line Timesheet Tutorial](#)

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

National Caregivers Month

The Administration for Community Living's blog recognized caregivers this November, and continues to provide helpful programs to help support caregivers throughout the year. [Administration for Community Living Caregiver Support](#)

Update on Virginia's Mental Health and Developmental Disabilities Services

The Virginia Department of Behavioral Health & Developmental Services (DBHDS) Commissioner initiated a transformation process that includes a comprehensive review of the state behavioral health and developmental services system. This effort will focus on access, quality, stewardship of resources, and accountability. This transformation process is grounded in the principles of recovery, resiliency, self-determination, and wellness for everyone we serve. The ultimate goal is to become a model system and to achieve DBHDS' vision of "A life of possibility for all Virginians".

[System Transformation Initiative](#) - November 2014 Report by Debra Ferguson, Ph.D The Commissioner of Virginia Department of Behavioral Health & Developmental Services.

Proposed Waiver Rates: Comment until December 15

As part of Medicaid waiver redesign, DBHDS has reviewed the rates paid to providers of waiver services. DBHDS is working with its consultant, Burns & Associates, Inc., proposed rate models have been developed for public review and input. These models can be found on the DBHDS [website](#) and there's an excellent [PowerPoint](#). Keep in mind, the changes to rates do not include changes to rates for Personal Care, Respite and Companion services. You can address our feelings about that as well.

What do you think about provider rates? Virginia Department of Behavioral Health & Developmental Services (DBHDS) wants to know!

Send your comments by December 15 to

WaiverRates@burnshealthpolicy.com

Health and Wellness: Physical Activity for People with Disabilities

The latest issue of Elevate Health discusses barriers, strategies, success stories, and resources to promote more inclusive exercise and recreational activities. [A Report](#) From The President's Council on Fitness, Sports & Nutrition.

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 Virginia Board for People with Disabilities report also has information on Managed Care Organization MCO)

National Resource Center for Supported Decision-Making

A letter from Jonathan Martinis of Quality Trust for Individuals with Disabilities

November 13, 2014

Friends,

I am writing to give you an update on the new National Resource Center for Supported Decision-Making.

In September, Quality Trust was awarded a grant from the federal Administration on Community Living to create a technical assistance and training center focused on helping older adults and people with disabilities exercise their Right to Make Choices - their right to make their own decisions and direct their own lives to the maximum of their ability, free from overboard or undue guardianship. Soon, we will launch our website: www.SupportedDecisionMaking.org (there is currently a beta site up) that will allow you to connect with experts, receive and request research, education, advocacy, and training, and share stories of successes and challenges. [Read More...](#)

Spotlight On...

Judy S. Sorrell, M.Ed., CBIS

Judy is the Director of Community Engagement at [Commonwealth Autism](#). After serving for 34 years as director of the Shenandoah Valley Regional Program for Special Education, Judy joined our staff in July 2014. A 1975 graduate of James Madison University (JMU), Judy earned her Master's Degree from JMU in 1976, in the area of Learning Disabilities. She has Virginia license in several areas of general and special education and public school administration.

Judy is well known across the state for her



leadership in creating systems change, especially for students with Autism Spectrum Disorder. She received the James T. Micklem Award for her leadership in the field of special education administration. In 2013, Judy was recognized by Education Week as one of the top fifteen school leaders nationwide in the annual Leaders to Learn From report.

During her career, Judy has presented at local, state, national, and international conferences and has served on task forces and committees at all levels of government.

Special Help And Respite Exchange (SHARE) Network

A network of families and friends sharing services and equipment for those who have special needs. The [SHARE Network](#) was originally founded in 1999 by Chava Cannon after she had difficulty finding equipment and services for her son. This website is a place where equipment can be exchanged, a place where people in the same situation can help link each other to services, and a resource place to find information.

Virginia Power Soccer Association

Finally, competitive sport for power wheelchair users! Power Soccer promises to open the door to competitive sports for power wheelchair users in Virginia and around the world. Power soccer is the first competitive team sport designed and developed specifically for power wheelchair users. Join a team or become a coach for [VPSA](#).

Moms In Motion in the Community

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:



- [Lutheran Family Services](#)- "The people of Lutheran Family Services help children in foster care find temporary or permanent families, we strengthen families so that they remain strong and intact, we help individuals with intellectual and developmental disabilities live and thrive in their communities, we help children with emotional and behavioral challenges succeed academically, and we assist older adults and caregivers in a time of life transition."
- [National Counseling Group](#) - "NCG, Inc. is a private group of therapists and counselors dedicated to providing comprehensive community-based, outpatient services, therapeutic day treatment and therapeutic foster care to individuals and families throughout the commonwealth of Virginia. Our staff are professionally trained and widely recognized in the provision of community-based mental health and substance abuse services. The collective experience of

NCG's leadership team spans the public and private sectors and is the inspiration behind the implementation of compassionate and specialized care provided in Virginia."

- And many other friends in the community helping families access services.

Moms in Motion was a proud Sponsor!

We were honored to support [Lutheran Family Services of Virginia](#)'s [Bag & Basket Bingo](#) in Gainesboro Winchester on November 8, 2014.

What people are saying about Moms In Motion:

11.8.14 - At The Arc of Greater Prince William's Circle of Support Conference. "Moms in Motion explains waivers better than anyone on the planet!"

10.13.14 - Mrs. Landers of Tidewater Autism Society and a Sales Manager for WTKR News Channel 3 gives rave reviews of Moms in Motion.

Events



[Independent Living Day at Virginia's General Assembly](#)

Groups from Centers for Independent Living (CIL) across the state will be traveling to Richmond to speak with Legislators about disability issues that will be effected by the budget. January 21, 2015 in Richmond, VA

[Determined to Succeed: Preparing for Postsecondary Education and Employment](#) Webinar will share guidance, tools, and resources on the importance of self-advocacy and transition planning. December 2, 2014 2pm-4pm.

[Guide to Virginia Medicaid Waivers](#)

Moms in Motion will be there! ID, DD, EDCD Waivers? Wait lists? What do they all mean? Review the different waiver options and services available through Medicaid for residents of Virginia with special needs. Learn how to apply for each type of waiver, waiting list, and supplementary funding. Guía de Servicios de

Tools You Can Use

[Why, When, and How Can I Get the IEP Revised?](#)

Consenting to an IEP does not mean you are stuck with it - or that it will be appropriate for an entire year.

[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](#)

Exención de Medicaid (Presented in English and Spanish) December 1, 2014 7:30pm-9:00pm Vienna, Virginia.

[First Steps in Future Planning: Letters of Intent and Future Planning](#) During this free webinar, you will hear about a chapter of The Arc of Virginia that is doing excellent work in helping families plan for the future. An attorney from Hook Law experienced in special needs planning will provide an overview of financial planning and discuss the importance of establishing a special needs trust. December 10, 2014 at 2pm.

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

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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