



Moms In Motion

Helping to Improve Family Quality of Life is Our
Reward!

February 2015

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A Note From the Founder

Happy New Year!

I hope 2015 is off to a great start for you all!

As we start a new year we look forward to all the changes and growth to come. I am so very happy to report that on a look back, I can see where Moms In Motion has made a difference in so many families' lives. I know this is one thing that will not change in the future. We will continue to strive to make **helping to improve family quality of life our reward and our highest priority.**

A story shared with me by one of our team members highlights the impact we have on families.

"[x] came to us as a DD Waiver Wait List intake with no medicaid so it should have been a one-time meeting. In conversing with his family they told me that they had inquired about the EDCD Waiver but had been turned down. Upon Asking more questions I realized they had not actually been screened for the EDCD Waiver. Meeting with him it was apparent to me that he would arguably qualify for the

EDCD Waiver.

It was a big deal to the family because they needed to get him a new cochlear hearing aide and it was going to cost about \$6,000.

I took the time during our DD wait list intake explaining the process for the EDCD screening and what they were looking for using my smartphone and the Moms In Motion website. The family called and requested a screening the next morning. Shortly after he was screened and approved for the EDCD Waiver.

His new hearing aide is now on the way and will be completely covered. The family is also very pleased with the effect that the consumer directed services is having on his attitude and independence.

At our last meeting I directed her to the link for HIPP for kids to work on with her HR rep at her job. I talked to her tonight and she has that mostly done. The best part is she is glad to be learning so many new things that she can use to help other families get the help they need. :)" - Our superstar Division Manager, Brett Wills.

Looking for Spanish Speaking Team Members:

Moms In Motion has seen the need for hiring Spanish speaking team members for along time. We will actively pursue filling this need to better serve this portion of our community. If you or someone you know would be a good fit, please visit our [Job Opportunities](#) page on our website and contact us! Thank you :-)

- **Family Resource Specialist - Serve the entire state from your phone!**
- **Service Facilitators - Looking for 1 (more) in all of our divisions.**

In this Newsletter

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What You and Your Service Facilitator Should be Discussing

1. **New for this period:**

1. **IFSP** - See [Maximizing Your Benefits](#) Section
 2. **Turning 18** - We have an amazing [resource page](#) for young adults on our website. All of these issues and more are addressed there. If your child is turning 18 or just turned - it's a must read!
 - o Important steps to take to make sure there is no lapse in your waiver services. - You must get a disability determination to keep your waiver!
 - o Applying for SSI
 - o Potential Legal Issues - Supported Decision Making vs. Guardianship vs. Power of Attorney.
1. **At every visit:**
 1. **Are you enrolled in Commonwealth Coordinated Care (CCC)? If so, which Managed Care Organization (MCO) are you using?** - 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 and every case.
 2. **Any medical and/or functional changes.** - It is important to 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?**
 - 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?** - 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

Waiver Redesign Update

Virginia Department of Behavioral Health and Developmental Services presents the proposed waiver redesign that would affect the ID, DD, and Day Support Waiver individuals that would realign them to three separate waivers that would support BOTH ID and DD individuals and would desirably, have a single eligibility criterion. The [DBHDS Presentation](#) goes in depth explaining a variety of proposed changes to existing services.

A [report](#) of the Independent Reviewer on Compliance with the Settlement

Agreement, UNITED STATES v. COMMONWEALTH OF VIRGINIA
(otherwise known as the DOJ Agreement to close Virginia's institutions)
for the period April 7, 2014 through October 6, 2014.

Proposed Medicaid Budget Amendment and How It Could Affect You

On Wednesday, December 17, Governor McAuliffe released his proposed budget bill for the Fiscal Year 2015 and Fiscal Year 2016.

Below we will highlight the unintended impacts on waiver services and how it impacts families, but also how you and others can take action to contest this by writing a letter to your Senate and House of Delegate representation addressing the following concerns.

Primary Issues:

1. An EOR (employer of record) can only represent one or two family members who live with them. If your family has three children/adults or more on waivers who cannot be their own EOR, you cannot represent more than two of them under this part of the amendment and would have to find another EOR. In your correspondence, you can respectfully ask that this part of the amendment be dropped or an exception be written in for those with multiple family members.

2. An attendant cannot work for more than one EOR.

If your attendant works for you and another family, that would have to stop. If you have more than two loved ones in your home on waivers, the attendant can only work with the two listed with the EOR. You would have to find more attendants to fill the hours. If you share an attendant or are an attendant for more than one client, then you need to respectfully request a complete reconsideration of this part of the amendment, as it puts undue pressure on all families, both the client and the attendant. You need to state that many children/adults have attachment issues and it can take months or even longer for them to feel comfortable with a new attendant which causes stress in the family as the loved one acts out negatively such as....and name.

Another reason to have multiple attendants is when the client has extreme and dangerous behaviors, to be able to rotate attendants so no one gets burnt out (being bitten, pinched, punched, pushed, spat upon, etc.) and the ability to have shorter hours for more attendants helps you keep your child safe at home. Families will lose quality attendants as the attendant will look for other work to support their own families. Many attendants split their time between clients because children go to school and some adults attend day programs, which limits the number of hours they can work for that family. The attendant needs to be able to pick up hours with other clients to enable them to get at least 40 hours a week.

So, we are respectfully asking for this to be removed from the budget.

3. An attendant can ONLY work up to 56 hours a week, with overtime paid for over 40 hours. Many attendants work 60 hours or more in order to pay for their own families since the pay is so low. Northern Virginia pays \$11.47 an hour and ROS, Rest of State, pays \$8.86 an hour. Many fast food restaurants pay higher than this with less stress (client running away, trying to eat non-edible items, etc., and work hazards such as biting, hitting, spitting on, smearing feces all over, changing adult diapers, etc.).

List all the things your loved one/client does or problems they have. Some families have difficulty finding one attendant, much less several attendants to cover the hours available to the most challenging disabled. Explain how this might impact your family and respectfully ask for an exceptions clause that would authorize excessive overtime due to emergencies and other life issues, not being able to find more than one attendant, attendant has unique skills for the particular.

Some families live in rural areas where there are no other options for care available and need their attendants to be able to work as many hours as they are willing.

Finally, please end with something that says "IF these amendments go into effect, we might not be able to continue to care for _____ at home so please help keep these unintended consequences from happening to our family." Remember to put your full name, address and telephone number. This way, whoever you send this to will be able to confirm you are in their district and your response will be recorded.

Make Your Voice Heard:

Ask your attendants to write also as to how this would impact them. The time is VERY short as deliberations have begun!

After meeting with Senator Jill H. Vogel's assistant recently, below is the strategy for combating the unintended consequences of the new budget as it relates to waiver services. I warn you, it is long but please help out! Even if you are friend of a family with disabilities, please consider writing about the amendments that would unintentionally harm VA families and then tell how one or more of these budget proposals will negatively impact your family. [Read more](#) about these changes.

[Senate Contact List](#)
[Delegate Contact List](#)

Please send a copy of your letter or cc an email to:
CarolineR@momsinmotion.net

Maximizing Your Benefits

Individual and Family Support Program (IFSP) Updates

This is a first come, first served process - if your application is not postmarked on the first allowed date, your chances are VERY slim.

The Individual & Family Support Program is a result of the DOJ Settlement with the State of Virginia. 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 "slot" to be funded.

- According to Virginia Department of Behavioral Health & Developmental Services (DBHDS), the Individual and Family Support Program received approximately 3300 applications for the current round of funding. With the funding allotted to the program about 600 requests were granted. All persons who have been approved have been contacted.

- During the month of January, the 2700 applicants whose funding request has been denied due to lack of funding will receive a written response from the IFSP. The letter will direct everyone to access the DBHDS website, beginning March 6, on how and when to apply for the next round of funding.

The Arc of Virginia is hosting [Individual and Family Support Program \(IFSP\) and application process Q&A](#) March 10, 2015 at 1pm a representative from DBHDS who will be available to answer questions you may have about the Individual and Family Support Program (IFSP) and application process for the next funding period.

PPL



Check out Moms in Motions'

[PPL & Aides Resource Page](#)

Check out PPL's:

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

Payroll Schedules for 2015-2016

- [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

Developmental Disability Annual Advocacy Rally Day

Took place this year on Jan. 26 in Richmond Virginia. Keep this great event in mind to attend next year. You can still call your legislator and make a difference. See the Arc of Virginia's [Take Action page](#).

ABLE Act Passes house!

After a long wait, the Achieving a Better Life Experience, or ABLE Act passed in Congress in December, and the president [signed into law](#) on December 19, 2014. The ABLE act would allow individuals with disabilities to have tax-free savings accounts and allow them a new way to save money without risking their government benefits.

Under current legislation, many individuals with disabilities can only have

up to \$2,000 in assets and still be able to qualify for much needed government assistance. This legislation would greatly alter this allowing individuals, who were disabled before the age of 26, a chance to [save up to \\$14,000 annually](#) without being penalized as long as they are using it to pay for housing, transportation, education, and wellness.

From [National Disability Institute: ABLER Account Planning](#) - Ten Things You Must Know and Six Next Steps for 2015

Virginia's new autism insurance bill has been introduced in the House of Delegates

Your help is needed to ensure its passage this session. Please consider [writing your Delegates](#) in the General Assembly. Sponsored by Delegate Tag Greason, [HB 1940](#) would eliminate the age 6 cap on benefits under Virginia's current law. Delegate Greason sponsored the original 2011 law which made Virginia the 26th state to enact reform. Many families have been helped by this landmark legislation, but it's time to take the next step and ensure those diagnosed with autism in Virginia have access to medically necessary care no matter how old they are.

Show your support for Amendment DMAS Budget Item 301 #16 by being in Richmond February 3rd.

Achieving a Northern Virginia rate that is adequate requires your support! Join in and advocate for essential regional rates and resources. Unfunded mandates and the difference in costs in Northern Virginia are critical barriers to delivering services. Best estimate is that unfunded mandates are 30% or more, the rate gap in Northern Virginia is almost 40%. New ISP requirements will require additional costs and resources. Support [Amendment DMAS Budget Item 301 #16](#) - be in Richmond February 3rd. [More Details Here](#)

National Disability Policy: A Progress Report

The annual [report](#) from the [National Council on Disability \(NCD\)](#) focuses on seven key areas: the [Convention on the Rights of People with Disabilities \(CRPD\)](#), employment access and inclusion, subminimum wage, education outcomes, Medicaid managed care, mental health care, and data trends in disability policy. The report identifies opportunities to promote public policies that contribute to a more inclusive environment.

Resource for Low Cost Internet Access

The National Cristina Foundation is partnering with EveryoneOn to provide little to no cost internet access, computer training resources, and even low cost refurbished computers. To locate providers of low cost Internet service and to determine your eligibility and regarding location for such services, visit [EveryoneOn.org](#)

Crisis Supports for Adults and Children

The programs of REACH and CR2 are providing crisis intervention services. [REACH](#) is a statewide, but regionally based, program that offers crisis intervention and prevention services to adults diagnosed with an intellectual or developmental disability. REACH is able to accessed 24/7.

CR2 is a children's crisis response serving the Northern Virginia area and children under the age of 17, who are experiencing a psychiatric crisis due to mental health issues or substance use. [CR2](#), like REACH provides

intervention services, and psychiatric assessment and services.

What The Arc of Northern Virginia has done for the Community & How You Can Help

"[The Arc of Northern Virginia](#) does not charge anyone anything anytime for any of its mission programs, services, or advocacy. Take a look at this [sample bill](#). It shows you the long list of services we provide for more than 16,000 people with intellectual and developmental disabilities-such as autism, Down syndrome, cerebral palsy, and rare chromosomal disorders-and their families. And yet, we never require participants to pay to access the information and resources they need.

But we cannot do it without [your help](#). We cannot provide them with the lifeline, learning, or listening ear they need without your support. [Read more.](#)"

Spotlight On...

Remembering Stephen E. Beck, Jr.

Stephen Edwin Beck, Jr., 44, passed away suddenly on Monday, December 8, 2014 at his home. Beck served as Vice Chairman of the [National Down Syndrome Society \(NDSS\)](#) and served a decade on the [Down Syndrome Association of Northern Virginia \(DSANV\)](#), where he served as vice-chair and co-chair of the advocacy committee. Beck devoted his life to disability advocacy and will be greatly missed. His legacy will live on through the [ABLE Act](#) and through his tireless efforts to better the lives of those with Down Syndrome and their families.



"It was eight years ago that our dear friend, Steve, came up with a plan to help his daughter save for the future. Without Steve seeing firsthand the inequities that exist in the current system for people with Down Syndrome, we may not be on the verge of passing this landmark bill and helping millions of Americans. The ABLE Act should be forever remembered as Steve's legacy and be known as our 'Beck Bill'," said Sara Hart Weir, NDSS interim President. Read Mr. Beck's [obituary](#).

The Arc of Virginia Peer-to-Peer Mentor Program

Training is now complete and [The Arc of Virginia](#) is matching people with disabilities with Peer Mentor teams. Our peer mentors are highly enthusiastic self-advocates who are dedicated to helping others reach new levels of independence & inclusion in their communities. They are ready to partner with you to help advocate for the future you want & deserve. The Peer Mentor program is based on the principle that individuals will often learn best through interactions with their peers. All peer mentors have completed training to help prepare them for their role. Training has focused on system navigation, service options and mentoring skills. [Flyer](#) to share.

Request a Peer Mentor! Contact: Tonya Carr, B.S. MFP Family Resource

Consultant DBHDS - Division of Developmental Services
tonya.carr@dbhds.virginia.gov 804-894-0928

My Support

[MySupport](#) is an online platform that makes it easy for consumers and workers to find each other, manage their schedules and give and receive support that matches their personalities and lifestyles.

Alivia's Garden

[Alivia's Garden, LLC](#) is located in Winchester Virginia and is listed on the [NPI Registry](#) for being specially equipped and staffed to provide care for medically fragile children with varied and complex care needs. Serving children ages 6 weeks through 6 years.

Down Syndrome Radio

[Down Syndrome Association of Greater Richmond \(DSAGR\)](#) member Mark Owens and cohosts Jason Cosky and Rick Kosmalski talk about all things Down Syndrome. Sometimes relating their experiences of being a dad to a child with DS. Most times welcoming respected experts in the DS community.

"Our goal is to provide the dad's perspective," Owens said. "[Down Syndrome Radio](#) is very laid back and actually quite fun to record. I have learned a lot and met a number of very impressive individuals who have shaped our community. We have a great appreciation for these people because they make things better for our children."

The [iTunes podcast](#) has nearly 300 [Facebook](#) likes and 100 current subscribers and counting. Owens and crew recently heard from a fan in the United Kingdom, who wrote, "In two weeks, I've gotten through about 15 of the podcasts; I just wanted to say you've changed my life."

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:



- [Compass Youth and Family Services](#) - "...was established in 2004 in the Hampton Roads area of Virginia out of a need for quality services for families of a-risk youth. Since then, Compass has expanded in its ability to address a larger scope of needs throughout the state of Virginia. Compass has assembled a team of mental health professionals who have the education, experience and tools to support families in addressing many of life's most difficult challenges."
- [Exceptional Family Member Program](#) - "Military Families with a special needs Family member, also known as an Exceptional Family Member (EFM), often require additional help in meeting the EFM's needs. To support Families with special needs, the Army created the Exceptional Family Member Program (EFMP) in the early 1980's." The

- Army, [Navy and Marine Corps](#) have these programs.
- [Paragon Autism Services](#) - "Paragon Autism Services Provides ABA therapy to children diagnosed with autism, developmental delay and intellectual disabilities in the city of Fredericksburg and Counties of Stafford, Spotsylvania, Caroline, King George, Prince William and surrounding areas."
 - [Starfish Savers](#) - "Starfish Savers is the only service provider that offers advocacy, individual and group social skills training, and transition and employment services in community based settings to meet the needs of people with complex disabilities over their lifetime. We believe that failure is not an option! We apply our knowledge, passion, and commitment, as well as over 35 years of experience, to successfully serve people with complex needs."
 - **And many other friends in the community helping families access services.**

What people are saying about Moms In Motion:

"Hello, first and foremost I want to thank you for creating Moms in Motion. My son was recently diagnosed with autism and your company has been a godsend to us. Your operator, Heather, has been very helpful with informing me of the EDCD waiver process and I owe it all to you guys that he was approved. I choose Moms in Motion as my son's service facilitator."

"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!!! If it was not for you guys saying contact VOPA/ DLCV, X would not have a workable IEP in place!!! The school would had tried to continue to fail him!!! 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!!"

Events



[3rd Annual Education Conference](#)

"From PossAbilities to Practical Applications" Join over 250 general and special education parents and other professionals from Central Virginia and beyond to discover how to better educate people with disabilities. Hilton Richmond Hotel & Spa Short Pump Saturday, February 7, 2015 9am - 4pm.

[A College Prep Forum for High School Students with Disabilities](#)

Sessions will include: Paying for college (Financial Aid), getting accommodations, traveling independently and independent living. February 28, 2015, 1 p.m.-5

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-

p.m. Baltimore, Maryland

[14th Annual Autism Conference](#)

Autism: An Optimistic Perspective
Great keynote speakers and
multiple breakout sessions March
11 & 12, 2015 Richmond, Virginia

[I'm Determined Youth and Parent Summit](#)

The deadline for
applications is 5:00pm - March 20,
2015. Youth with disabilities from
across the Commonwealth will
meet to identify ways to become
better advocates and lead more
self-determined lives.

Wednesday, June 17, 2015 to
Friday, June 19, 2015 in
Harrisonburg, VA

[Vision 2015 - Career and Transition Services](#)

FCPS Career
and Transition Services and
Northern Virginia Community
College (NVCC) are offering an
opportunity for students interested
in NVCC to learn about options
available. Vision 2015 will be held
on Tuesday, April 14, 2015 at the
NVCC Annandale Campus from
2pm - 5pm.

[2015 - Accessibility Summit](#) Join
families, caregivers, faith-based
organizations, service providers,
teachers, etc. connected to the
special needs community. Keynote
speaker is the chairman of Special
Olympics. 42 workshops and other
events. April 17-18, 2015 at the
Tyson's Campus of McLean Bible
Church.

Events listed here and other events
can be accessed at Moms in
Motion's [Calendar](#).

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

MomsInMotion.Net

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