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## Moms In Motion

*Where Helping to Improve Family Quality of Life is Our Reward!*

June 2015

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### **A Note From the Founder**

#### **Happy June!**

A new fiscal year is beginning and with it, some good news! The Medicaid reimbursement rates for companion, respite and attendant care providers will be increased by 2% effective 7/1/2015. This means that people who were making \$8.86 and \$11.47/hour will be increased to \$9.04 and \$11.70/hour respectively. Also, two counties which were designated as rest of state are being moved to the Northern Virginia designation; Culpeper and Rappahannock.

#### **[Medicaid's Move to Managed Care](#)**

There are also some big changes coming to the way Medicaid's medical and long term care services are managed for individuals on waivers. Please take time read and understand the changes that are being proposed. Now is the time to test our advocacy and policy muscles.

This is taken from DMAS's website: "Consistent with Virginia General Assembly directives in years 2011 through 2015, the Department of Medical Assistance Services (DMAS) is moving forward with proposed initiatives *'to expand principles of care coordination to all geographic areas, populations, and services under programs administered by the department. The expansion of care coordination shall be based on the principles of shared financial risk such as shared savings, performance benchmarks or risk and improving the value of care delivered by measuring outcomes, enhancing quality, and monitoring expenditures.* - " (DMAS).

- [Virginia Board for People with Disabilities Findings](#) (~p.40)
- [Contribute to Public Comments](#)
- A great way to stay informed of latest issues concerning VA Waivers it to join the [Yahoo Group - VaWaivers](#) - keep in mind this is a public forum. As with any public forum, you will want to verify information you read there.

**Our Leadership Team at our semi-annual face-to-face meeting!**



### **In This Edition**

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## What You and Your Service Facilitator Should be Discussing

### 1. **New for this period:**

1. **Would "If I Need Help" be helpful for you?** - "Help for our loved ones who may wonder or need assistance!...When a [loved one] is found they often are unable to identify themselves and do not ask for help or carry an ID. " How it works - Free Membership, self created profile, choose item(s) with your unique QC code on it, etc.. Let your service facilitator know if you'd like an account - we can send your contact info to If I Need Help and they will create and account for you :-). Use Promo Code "Moms" to receive 5% of your initial purchase.
2. **Who is your Primary Care Physician?** - If we do not have this on file, we need to update our information.

### 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.
5. **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! 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!

## Waivers

## Information to Increase EDCD Waiver Screening Success

For those individuals who are considering getting screened for the EDCD waiver, or have been screened and denied, using this [Medicaid Memo](#) can help achieve approval. This memo outlines that if the client has documentation from their attending physician, stating that the individual is at imminent risk, and needs services, then the individual should be approved. To further assist in the screening process, individuals should bring this documentation with the Medicaid Memo to the screening. Individuals can use this [model letter](#) as a guide for their primary physician to use.

## July 1 = New Fiscal Year = Refreshed bucket of respite hours.

Remember, respite begins a new allowance with each fiscal year. If you are eligible for respite, you will have a "fresh bucket" of 480 hours which you can utilize between 7/1/15 and 6/30/16.



## Waiver Redesign Update for ID/DD Clients

Recently, the Virginia Department of Behavioral Health and Developmental Services discussed upcoming waiver redesign for clients across the ID/DD Spectrum. The proposed waiver redesign would apply to the following waivers:

- Intellectual Disability Waiver
- Day Support Waiver
- Developmental Disabilities Waiver

The proposed changes are to address realignment of the current three waivers, to a system that supports individuals across the spectrum, addresses changing needs, and balances resources. Redesign recommendations include changes to existing services such as, increase on the daily limit of companion hours and increase on the annual limit of respite hours. Recommended new services include:

- Shared Living- provide payment for rent and food for a person who resides in the same residence as the individual
- Non-Medical Transportation- Transportation to enable individuals to gain access to waiver and other community services or events, inclusive of transportation to employment or volunteer sites
- Private Duty Nursing- Individual and continuous care (in contrast to part-time or intermittent care) provided by licensed nurses at an individual's place of residence

For more proposed services, and more detailed information regarding waiver realignment, please see [full presentation](#).

Additionally, the VA Department of Behavioral Health and Developmental Services (DBHDS) has completed its review of comments submitted in response to the proposed provider rates for services provided through the Intellectual Disability (ID), Individual and Family Developmental Disabilities Support (DD), and Day Support waiver programs. [Review of the Public Comments](#).

### **Not sure what waivers are?**

Check out our YouTube video [Intro to Virginia Medicaid Waivers](#)

## **Maximizing Your Benefits**

### **F.R.E.E. Foundation Offers Mobility Assistance**

Foundation for Rehabilitation Equipment Endowment, or F.R.E.E., is a non-profit, volunteer led organization striving to provide independence for those who need assistance with mobility by providing individuals in need with the proper mobility equipment to improve quality of life.

To apply for the foundation's services, or to learn more about F.R.E.E., visit their site [here](#).

### **Give a Voice**

The National Autism Association has created the Give a Voice program with the intent to "help provide communication devices to individuals with autism who are non-verbal, or minimally verbal, whose communication challenges put them at increased risk of injury or harm."

This program is intended for families that are in dire need of financial assistance, and who would otherwise be unable to obtain a device. Individuals can apply [online](#) through June 15, 2015.

### **Joey Pizzano Memorial Fund: Providing Water Safety Education and Fun for Children with Special Needs**

The Joey Pizzano Memorial Fund is a non-profit organization founded in 1998 by Joey's parents, in memory of their beloved 6 year old son, Joey. JPMF primarily focuses on providing water safety education programs to those with special needs, and allowing individuals to experience the love of water that Joey also shared.

Located in Fairfax County, Virginia, JPMF also provides a fully-accessible "spray-ground," entitled "Our Special Harbor" so that children of ALL abilities can come experience a safe, sensory water experience, in a zero-depth environment. Our Special Harbor also comes at no extra cost to the community.

For information on more programs, or to learn more about JPMF, visit [here](#).

### **Certain Medicaid Waiver Payments Could be Exempt from Income Tax**

The IRS Notice 2014-7 provides guidance of the federal income tax treatment of certain payments to individual care providers for the care of eligible individuals on Medicaid waivers.

This means that if you are the paid attendant for an adult child, living in your home, then your pay could be exempt from income tax. For full details, visit [here](#).

## PPL - Public Partnerships Limited



**Check out Moms in Motion's**  
[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

**Medicaid's Move to Managed Care - [See above](#)**

### Public Health Online Resources and Toolkit

[Public Health is for Everyone \(PHEToolkit\)](#) "...is an online toolkit developed by The Association for University Centers on Disabilities (AUCD) and the Centers for Disease Control and Prevention (CDC), National Center on Birth Defects and Developmental Disabilities (NCBDDD). The PHEtoolkit is a one-stop living collection of resources and best practices on health and disability to support the reach of public health efforts to people living with a disability." Visit the [PHEToolkit](#) for the online searchable resource database.

### Know Your Rights as a Patient with a Disability

Able South Carolina presents a [brief video](#) on knowing your rights when attending medical examinations to ensure you, or your loved one receives

the preventive medical care you need to lead a healthy and productive life.

### **TEDx Talk: Why Separating Kids with Disabilities Hurts Instead of Helps**

In this edition, of [TEDx Talk](#), educator, Torrie Dunlap questions why "our regular activities" aren't designed to accommodate individuals of all abilities.

"I believe that 'special' has become a euphemism for 'separate,'" Dunlap says. "When we create a separate, special place for children where their 'special needs' can be met, we are teaching them that their place is *over there*, with people like them and not in the full community."

Throughout her talk, Dunlap challenges society's model of disability and raises awareness for a persisting issue.

### **Special Needs Blog**

The International Council on Infertility Information Dissemination, Inc (INCIID) has an excellent [blog](#) on topics such as Special Education, Advocacy, IDEA, Therapy, Parenting, and much more. Please give this resource a look.

## **Spotlight On...**

### **911 Alerts**

Are you fearful to leave your loved one alone for any period of time because they might get into a situation where they need help, but cannot call for it? Or are you concerned about them managing their own medication? If either of these



resonate with you then a [Personal Emergency Response System \(PERS\)](#) or [PERS medication monition device](#) may be the solution to allow you both extended independence.



*First Step Development Group*

**1.800.503.5676**

They also have a GPS watch phone.



### **Autism Speaks**

[Autism Speaks](#) is an organization striving to bring the autism community together by sharing knowledge and working together. Autism Speaks offers an abundance of resource opportunities including the following:



- [Grant Opportunities](#)
- [Resource Guide](#)
- [Job Portal](#)

## VA Statewide Independent Living Council Seeking Board Members

The Virginia Statewide Independent Living Council ([SILC](#)) is currently looking for people who live in the western part of Virginia to serve on their board. The SILC's mission is to "promote effective policies, programs, and activities that maximize independence for Virginian's with disabilities.

For a list of current vacancies or if you have any questions, please [contact](#) Rhonda Jeter, SILC Administrator at [Rhonda.Jeter@dars.virginia.gov](mailto:Rhonda.Jeter@dars.virginia.gov) or by phone at (804) 325-1360.

## 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:



- [Maximum](#) - Established in 1988 to respond to the nursing shortage, Maxim Healthcare Services carries with it a commitment to providing a comprehensive level of service and quality care. Growing from a small team of eager recruiters to a company with satisfied clients in nearly every corner of the nation, delivering excellence in patient and customer care is the key to Maxim's success.
- [UVA](#) - Established in 1988 to respond to the nursing shortage, Maxim Healthcare Services carries with it a commitment to providing a comprehensive level of service and quality care. Growing from a small team of eager recruiters to a company with satisfied clients in nearly every corner of the nation, delivering excellence in patient and customer care is the key to Maxim's success.

## Moms in Motion Division 2 Team Meeting





## Slideshow

### Events



[Arc of Virginia's Annual Conference](#) Share ideas, gain fresh perspectives, network and discover more about "A Life Like Yours"!  
Wyndham, Virginia Beach  
August 10-12.

[Center for Autism and Related Disorders \(CARD\) 15th Annual Autism Conference](#) - "Premier educational autism event..addresses a wide range of topics across the lifespan of those with ASD..."  
Timonium, Maryland  
October 15-16.

[Family Support Group in Gainesville](#) A parent support group where parents can talk to other parents/grandparents/guardians about any topic regarding their child's/grandchildren's Special Education process and what their experiences are and etc. 2nd Thursdays each month 7-8pm.

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

### 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.

[Resource Directory](#) January 2015 Edition created by the [Charlottesville Region Autism Action Group \(CRAAG\)](#) and [Blue Ridge Care Connection for Children \(BRCC\)](#).  
The purpose of this directory is to increase community awareness of resources related to autism spectrum disorders.

[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.

### Finding Attendants

[A Virginia Statewide Directory](#) is now available for people who would like to become a

## A HUGE "Thank You" to: Our Newsletter Editors



**Allsion Chapman**



**Ivy Kennedy**

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 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](http://MomsInMotion.Net)

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