



Moms In Motion

Helping to Improve Family Quality of Life is Our Reward!

October 2015 - Edition

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A Note from the Founder

My look how we've grown! Below is a picture from a recent lunch meeting between some of our Division 1, 2 & Case Management team members. It was a great opportunity for some of us to meet each other face-to-face for the first time, welcome new members and build stronger relationships within our organization all for the purpose to continue to be the best providers of our services to the community.

I've said it before and I'm going to take this opportunity to say it again. The amazing hearts of all of our team members and their true desire to not just do their job, but to have a positive meaningful impact on other's lives is the secret to our success. In this newsletter, we are going to highlight some of the great things being done all over the state of Virginia by Moms In Motion.



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What You and Your Service Facilitator Should be Discussing

1. New for this period:

1. **If you are on the EDCD waiver - Are you on the wait list for the ID or DD Waiver if applicable?**
See our document [Which Waiver Wait List Should I be on?](#)
2. **Review Mobility and Behavior/Orientation levels as noted on our reports. - Are they accurately reflecting your reality?**

2. At every visit:

1. **Are you enrolled in Commonwealth Coordinated Care (CCC)? If so, which Managed Care Organization (MCO) are you using?**
2. **Any medical and/or functional changes.**
3. **Who are your attendants and are they getting paid?**
4. **Have there been any recent hospitalizations?**
5. **Turning 18** - We have an amazing [resource page](#) for young adults on our website.

Help Moms in Motion Serve You Best!

Moms in Motion is the best provider of our services in Virginia because we want you to have all of your needs met. We'll work together with you to achieve this goal. We must stick to a schedule so we can continue to serve

you.

If you are new to Moms in Motion we will typically visit you every 30 days for the first year. After this period our visit frequency may be changed to every 60 or 90 days depending on which Waiver you are enrolled in. If you are enrolled in the ID Waiver Moms in Motion preferred to continue to see you every 30 days as the administration of this waiver requires more regular contact.

Your service facilitator should be seeing you at least every 30, 60, or 90 days. If not, please alert the [Division Manager](#) in your area.

If you are enrolled in the EDCD Wavier and on the DD Waiver wait list, you should be visited by your Moms in Motion Service Facilitator AND your Moms in Motion Case Manager until you receive a funded DD slot. Your Case Manager will call you every month and visit you every 90 days.

Reminder: There is no wait list for EDCD Waiver.

[Visit Schedule Chart](#)

Waivers

Waiver Redesign Update

Beginning July 2016, the Commonwealth will be launching a new I/DD Waiver program for Virginians with intellectual and developmental disabilities. The program will replace the existing Intellectual Disability (ID) Waiver and Developmental Disability (DD) Waiver with three new waivers:

- Community Living (CL) Waiver
- Individual and Family Support (IFS) Waiver
- Building Independence (BI) Waiver

Individuals currently receiving ID/DD Waiver services will be offered the opportunity to choose which of these three Waivers they will receive when they transition into the new program.

[My Life, My Community](#) has created a two page [document](#) - What You Need to Know Concerning Virginia's I/DD Waiver Redesign

Update on Department of Medical Assistance Services' (DMAS) proposed Medicaid Managed Long Term Services and Supports (MLTSS) initiatives

September 15, 2015

DMAS has revised the two-phased approach and will now transition these fee-for-service (FFS) Medicaid enrollees through a single comprehensive procurement and implementation plan. DMAS will implement a single mandatory Medicaid Managed Long Term Services and Supports (MLTSS) program beginning mid-year 2017. [Read more](#)

DMAS welcomes input on the revised proposed MLTSS design and implementation plan. If you or your organization would like to submit comments, please send them to VAMLTSS@dmass.virginia.gov

Maximizing Your Benefits

The Medicaid Reference Desk

The Medicaid Reference Desk is a [website](#) created by [The Arc of the United States](#) to help people with I/DD to discover what Medicaid can offer them.

- What is Medicaid
- Medicaid Info by State
- Person-Centered Planning Toolkit

Resources

Have you checked out Moms in Motion's [Searchable Resource List](#)? Check out this brief [video](#) to walk you through a couple highlights of how to navigate it, or visit momsinmotion.net!



[Click here to view all Resources](#)

All Ages

Finding Attendants

All SubTopics

Get Resources

Resources to Military Families

* This [list](#) may only apply to Military Personnel.

The Disability Resource Community

A [website](#) designed for people with disabilities, their family members and caregivers to ask questions, share resources and build community around the things that matter most.

Also, they are looking for articles written by people with disabilities about such topics as, Employment, Advocacy, Accommodations, Assistive Technology, Benefits Planning, Health and Wellness, Legal, Financial Planning and more.

Resources for Supporting Special Needs Children

This [list](#) was created by a mom with a child with Special Needs on topics such as routines, home safety and modifications, education and parenting strategies.

PPL - Public Partnerships Limited



Check out Moms in Motion's PPL Help/Info:

- [PPL & Aides Resource Page](#)

Check out PPL's Help/Info:

- [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

US vs. Virginia Settlement Agreement

A status hearing regarding the U.S. v. Virginia Settlement Agreement has been scheduled for [October 23, 2015 at 10:00am](#) at the Federal Courthouse in Richmond. This is the first hearing regarding implementation of the U.S. v. Virginia Settlement Agreement, and it will be open to the public. [Read](#) about the development of this agreement.

How to Prevent Service Cuts and Protect Consumer-Directed Programs

The Department of Labor's (DOL) Home Care Rule will go into effect on October 13, 2015 (regarding [overtime and wages](#) for Personal Care Attendants) unless the Supreme Court takes action.

The disability community's input is vital in ensuring that states do not cut services, dismantle programs that allow consumers to control our services, or place caps on worker hours and earnings.

These two documents below outline important action steps to ensure that the state efforts towards compliance do not harm consumers or workers.

1. [Action Steps](#) for Consumers and Advocates Regarding the New Home Care Rule
2. Home Care Rule Advocacy [Fact Sheet](#)

Highlights from other Helpful Newsletters

The Insider: The Arc of Virginia's [Newsletter](#)

- REACH (Regional Education Assessment Crisis Services Habilitation)

is Under Review

- Join a regional education advocacy group
- Submit story if your child encountered the police or courts because of something that happened at school
- Study on all Funds for Private Educational Placements of Students with Disabilities
- Virginia's Early Intervention System Planning for Improvements
- A Brief [Recap](#) of the State Convention in August

The Virginia Board for People with Disabilities [Newsletter](#)

- disAbility Law Center of Virginia (dLCV) Issues New Report on Eastern State Hospital
- DOJ and the State Of Oregon Reach a Settlement Agreement (Sheltered Workshops)

[The Virginia Board for People with Disabilities](#) annual consumer satisfaction survey.

Your time is valuable and the survey should only take about 10-15 minutes to complete. The Board greatly appreciate your input. It helps us to improve our advocacy, policy, outreach, training, and grant activities. The survey is open until October 16.

The Board encourages individuals with disabilities, their families, service providers, policymakers, advocates, and other concerned citizens to complete the following annual Consumer Satisfaction and Stakeholder Feedback Survey. Individual responses are anonymous and confidential.

Results of the survey will be used to plan and improve future Board activities. Total results must be reported to our federal funding and oversight agency, the U.S. Administration on Intellectual and Developmental Disabilities. Your feedback will play an important role in ensuring the quality and support of the Board's mission on behalf of Virginians with disabilities.

The Inclusive Home Design Act

On July 28, 2015, during the Rally at the Capitol during NCIL's 2015 Annual Conference on Independent Living, Illinois Representative Jan Schakowsky announced that she would be introducing the [Eleanor Smith Inclusive Home Design Act](#) that very day. The Inclusive Home Design Act is a bill that would have federally funded single-family homes incorporate [Visitability](#).

Autistic Self Advocacy Network- Autistic Scholars Fellowship

The Autistic Self Advocacy Network is proud to announce the beginning of a new college scholarship program for autistic students: the Autistic Scholars Fellowship.

The [ASAN](#) Autistic Scholars Fellowship program, a new ASAN project to advance campus leadership, will provide 3 to 5 autistic students \$5,000 tuition scholarships each to create systems change on their college campuses. Fellows will be required to establish or participate in a leadership role within an ASAN campus chapter or a disability rights student organization, work to promote Autistic culture and community, and take steps to improve disability accessibility and inclusion on their college campuses. Fellows are also expected to check in with ASAN on a monthly basis to receive support in achieving their advocacy projects. Applicants must be Autistic, be willing to publicly identify as such and

should have a strong interest in disability rights advocacy and activism.

Scholarship applications can be found here
[Scholarship Applications](#)

Completed applications for the January 2016 scholarship period are due on November 15. Application questions will ask students to describe the current problems for autistic and other disabled students on their college campuses and explain how their planned activities under the fellowship will enable them address these problems. ASAN staff will review completed applications and interview a select group of students starting in mid-November. They expect to inform fellowship recipients of their selection by mid-December.

Lives On Hold

Stories of REAL people in a state of constant limbo due to the lack or poor implementation of services.

- [Brendan and Caitlin](#): Siblings on the Waiting Lists - by The Arc of Northern Virginia
- For many [young adults with autism](#), independence is just out of reach - by The Roanoke Times

Continue Celebrating the 25th Anniversary of the ADA!

October is National Disability Employment Awareness Month In Virginia October is Disability History and Awareness Month

[ServiceSource](#) and the National Disability Institute present three opportunities to learn, change thinking and build knowledge. Each session will be offered in person at the ServiceSource Disability Resource Center in Oakton, Virginia and via nationwide live streaming. [Register](#) to attend.

The third and final session will be held on:

November 18, 1:00 - 3:00pm

Untangling the Maze of Social Security Benefits and Work Incentives

- 1. How do we make it work for me?
- 2. What are future policy ideas?

Featuring Representatives From:

- Social Security Administration
- Bipartisan Policy Center
- National Disability Institute
- Administration for Community Living, U.S. Department of Health and Human Services

The ADA's 25th Anniversary was also celebrated in DC at the National Independent Living Conference. [Read](#) and see pictures from one Self Advocate who attended the week long conference in July.

Employment:

Watch a [video](#) from Virginia's Department for Aging and Rehabilitative Services (VADARS) - Youth with Disabilities in Transition: The Vocational Rehabilitation (VR Program)

What can you do? The Campaign for Disability Employment
"At work, it's what people CAN do that matters."

This [website](#) features video public service announcements, tools and tangible ideas for supporting the Campaign's goals. It also has Discussion Guides, posters and more to challenge assumptions about people with disabilities and employment.

The Youth Transitions Collaborative's "Work Early, Work Often" [Video Series](#). The three-part series highlights the importance of work and work-based experiences in an individual's transition to adulthood.

History:

[Memo](#) from Commonwealth of Virginia Department of Education on September 18, 2015 to Division Superintendents about Disability History and Awareness Month.

&

A [list](#) of Disability History websites.

Spotlight On...

Moms in Motion's DD Waiver Case Management Team!



The Moms In Motion Case Management team is comprised of passionate, dedicated and involved Case Managers, admin and our Case Management Vice President (CMVP).

Moms In Motion Case Managers are known for their dedicated work throughout the DD system. Their jobs are to educate the individuals they serve on resources and services that benefit those individuals, to further improve individual and family quality of life. And our case managers could not do what they do without our dedicated admin support who ensure prompt handling of your needs and works behind the scenes to push services through the approval process for you and your loved ones.

Our Moms In Motion CMVP, Ms. Stearns, assists Case Managers with community outreach, as well as much of the behind the scenes development of our case management services to better benefit individuals using our Case Management services.

The entire Case Management team works for YOU. All Case Management team members are kept up-to-date with policies and procedures within the waiver system, ultimately ensuring you get the best service available. They also put out a pretty amazing [newsletter dedicated to our DD Waiver community](#).

Grafton, VA Toddler Connection

In partnership with the City of Winchester's Department of Social Services, [Grafton](#) provides early intervention services for children aged birth to age three. The Infant & Toddler Connection (ITC) of Shenandoah Valley is tailored to local children-from birth to age three-with disabilities.



The ITC program supports six different localities including Frederick County, Clarke County, Warren County, Page County, Shenandoah County and the City of Winchester.

The Infant & Toddler Connection of Shenandoah Valley teaches, coaches and mentors families of children who exhibit a developmental delay or a mental and/or physical condition that gets in the way of their development. Their staff are certified by the state as Early Intervention professionals and their clinical providers are all licensed in their disciplines.

For more information, please visit their [website](#) or give them a call at 540-635-2452.

Easy Access Travel

"We make your travel plans easy: Meeting the special needs of disabled and mature travelers" The founder of [Easy Access Travel](#), Debra Kerper's desire to pursue a career in Travel for the Disabled came from her personal experience as a physically challenged traveler.



Debra has been living with Lupus since the age of 20, spent six years full time in a wheelchair as the result of a bone infection in her legs and became a below knee amputee at the age of 29. She has undergone over 30 surgeries and has spent much time using a wheelchair as well as enjoying long periods of good health and short distance walking. She has a very keen understanding of medical ailments and disabling conditions resulting from excessive time spent in hospitals and outpatient rehab facilities.

Moms In Motion in the Community

Thank you for believing in us!

Moms in Motion would like to express our appreciation to the organizations and individuals who have shared Moms as a resource with families they know. Thank you!

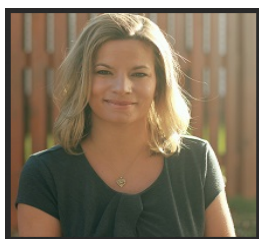


Thanks to our amazing leadership team!

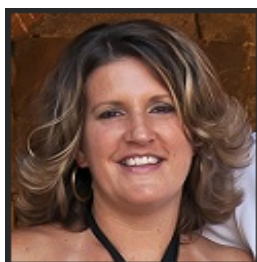
Shoutout to our hardworking Moms in Motion team members who are continuing to build strong working relationships with our fellow community partners.

The director of Northwestern CSB mentioned "how much she enjoyed working with Harmony Stearns and Heather Jennelle. They are so knowledgeable and helpful. I really appreciate the fact that when I called them, they called me

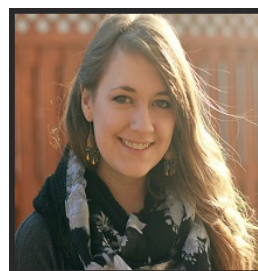
right back - that's how great relationships are built."



Keri Ayres
Founder & CEO
6 years with Moms!



Joy Spencer
COO (In charge of
everything)
4.5 years with Moms



Harmony Stearns
Case Management VP -
4 years with Moms



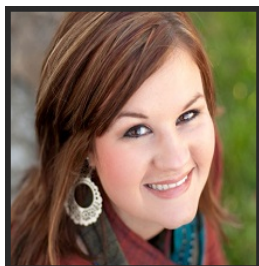
Caroline Raker
Division 1 Manager
4 years with Moms!



Heather Jennelle
Division 2 Manager
1.5 years with Moms!



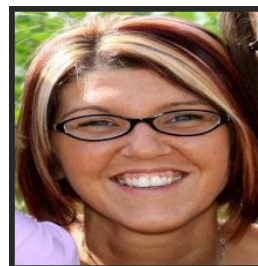
Brett Wills
Division 3 Manager
5 years with Moms!



Lauren Beckner
Division 4 Manager
3 years with Moms!



Mona Holmes
Division 5 Manager
4 years with Moms!



Jamie Greskowiak
Division 6 Manager
2 years with Moms!

Events



[9th Annual Step UP for Down Syndrome 5K & Family Festival](#)
Moms in Motion is a proud sponsor!

Run and Resource Fair. Lauren Potter "Becky" from the hit TV show GLEE! will be there.

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.

8:30am Oct. 10 Richmond, Va.

[2015 Haunted Corn Maze & Trail](#) All proceeds go to Creative Works Farm's [Camp LIGHT](#)! On every Thurs, Fri, and Sat in October beginning on Sept 26th. \$13.00 per person. \$20.00 for VIP pass.

2015 Virginia Independent Living Conference Oct. 8-9 [Richmond](#), Va.
2015 APRIL Conference - Rural Independent Living Conference Oct. 17-19 [Virginia Beach](#), Va.

[2015 Community Resource Fair](#) Many vendors, support group, resources, etc. 5-7pm Oct. 15 Chesapeake, Va.

[IEP Boot Camp](#) This 2 session workshop series will empower parents / caregivers to understand and become effective partners in the I.E.P. process. Oct. 17 & 24 Richmond, Va.

[Run With Purpose](#) to Support The Arc of Virginia 10am Oct. 17 Richmond, Va.

[Arctoberfest](#) by The Arc of Northern Virginia A Spooky Spectacular Halloween Extravaganza for people with and without disabilities of all ages and families. 7pm Oct. 24 Arlington, Va.

[Life in the Community - Learn, Live, Work and Play](#) Resource Fair featuring over 25 organizations providing recreation and leisure activities, residential, employment, post-secondary education, public benefits, fitness and more. 8:30am Nov. 7 Richmond, Va.

[Future Quest 2015 - College and Career Forum](#) Keynote speaker Justin Graves will inspire participants to use their passion to help others by

[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.

[Searchable Resource List](#)

Waivers

- [Moms in Motion's Waiver Facebook Group](#) Discuss and ask questions about Virginia's Medicaid Waivers. (must have Facebook account)
- VaWaivers, is used to discuss Virginia Medicaid Waivers. To join VaWaivers send a request to VaWaivers-subscribe@yahooogroups.com
- [www.VaMedicaidWaivers.org](#) The Medicaid Waiver Information Center provides information, materials, workshops, and advocacy meetings about Virginia Medicaid Home and Community-Based Waiver Services.
- Sign up for updates on Virginia's Waiver Redesign Initiative. 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/a family member is on the ID or DD Waiver, on a waitlist for the ID or DD Waiver, etc).

Finding Attendants

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

focusing on their abilities. Resource Fair focuses on community supports during transition. 8am Nov. 14 Fairfax, Va.

[Kelly's Choice 2nd Annual Caregivers Appreciation Awards](#) Ceremony Honor and Dedicate this day to our to Phenomenal Caregivers. 4pm Nov. 14 Hampton, Va. [Nominate](#) your Caregiver of the year and Family Caregiver.

These events and others can be accessed at Moms in Motion's [Calendar](#).

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](#)

[Join My Mailing List](#)