



Moms In Motion

Helping to Improve Family Quality of Life is Our Reward!

February 2016

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A Message from the Founder



Caroline Raker (our Northern Virginia Division Manager) recently said, "Moms In Motion loves to empower one family at a time to reach their desired potential!" So **Thank You** for allowing us to serve and hopefully EMPOWER you in the past and in 2016! This is going to be a year of big change in the Virginia waiver systems.

Please pay special attention to the advocacy section of these newsletters to be sure to take advantage of all opportunities to have your voices be heard. We look forward to providing you the best possible service this year.

Also, see the [Opportunities](#) area of this newsletter for some very valuable and free education experiences. I have personally completed the Partners In Policymaking and Va-LEND educational experiences. They are life changing experiences.



Are you ready to join our team? Ready for flexibility, focusing on family outcome, working with an amazing team while having autonomy? Moms in Motion is currently accepting applications for a [Marketing Director](#) and many other positions. Visit www.momsinmotion.net for details.

The DOJ Independent Reviewer's 7th Report

In August 2012, the Commonwealth of Virginia entered into a Settlement Agreement with the U.S. Department of Justice (DOJ) based on DOJ's findings that the Commonwealth was in violation of the most integrated setting tenets of the Americans with Disabilities Act and the U.S. Supreme Court decision in *Olmstead v. L.C.* as related to the provision of services and supports to individuals with intellectual and developmental disabilities. [Read](#) the latest report submitted on December 6, 2015 that outlines compliance, findings and recommendations.

Attendant Overtime Pay and EOR Changes

Under the U.S. Department of Labor Home Care Rule (78 FR 60480-85), effective January 1, 2016, attendants providing consumer-directed services (personal care, respite, companion care) will receive overtime pay for hours worked over 40 hours during a work week for one Employer of Record. The work week will follow the current payroll schedule from Thursday to Wednesday. You as the consumer/employer do not need to do anything.

There is an exception for live-in attendants. Medicaid live-in attendants will not be paid overtime. Live-in attendants can still continue to work the number of hours each week that they typically would work; they just won't be paid overtime.

Read more about [overtime](#) and the [exception](#) in Moms in Motion Special Edition Newsletters.

- [Presentation](#) by Maureen Hollowell of [Medicaid Waiver Network](#) - December 1, 2015
- [Medicaid Memo](#): Employer of Record (EOR) Changes - Effective January 1, 2016

Find it Quick

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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.

Waivers

Waiver Waitlist & Waiver Redesign News

[McAuliffe administration seeks extra \\$110 million to boost services for disabled](#)

by The Washington Post
January 23, 2016

Article excerpt:

"McAuliffe has proposed spending 86 million over two year on revamping the state's system of Medicaid waivers, which currently covers about 12,000 people with disabilities.

In July, DBHDS officials are preparing to roll out a new system for awarding Medicaid waivers, and they want to expand the number of people covered by waivers to about 16,000 by 2021 - about 2,000 more than what the court settlement mandates.

The redesigned waivers will cover a wider array of services than the current waivers making it easier for people to receive care at home or in smaller group settings DBHDS officials said. They'll also offer reimbursement rates that are on average over 5 percent higher than what care providers are now paid.

The agency plans to trim the waitlist of people seeking Medicaid waivers by dividing that group into three tiers of need. The list has largely been first come, first served."

The three new Waivers will be:

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

More about the DOJ settlement:

[Justice Department: Virginia not trying hard enough to reform programming for the disabled](#)

by The Washington Post
July 25, 2015

Maximizing Your Benefits

Funding still available for the Individual and Family Support Program (IFSP)

The Individual and Family Support Program (IFSP) is a Virginia based fund that provides individuals and their families up to \$1,000/year to assist individuals on the wait lists for the ID and

DD waivers. The overall objective of IFSP is to support the continued residence of an individual with ID/DD, maintain his or her own home or the family home, which could include caregiver as they wait for their slot to be funded. As of January 6, 2016 funding is still available. [What IFSP covers and learn how to apply](#) in Moms in Motion's Special Edition Newsletter.

2016 Charitable Fund Award

[Application](#) period is from January 4 - February 26, 2016

[Commonwealth Community Trust \(CCT\)](#) established the Charitable Fund Award to provide funds for equipment, medication, and/ or services to individuals with disabilities who demonstrate a financial need and reside in Virginia. The maximum amount of the award per individual in 2016 is \$1,000.

Benefit Information for Military Families

[Read more](#) about these five pieces of information that effect those who serve in the Military.

- Home of Record (Waiver Slot Hold)
- Indefinite "Incapacitated Family Member" Status
- Tri Care Waiver-equivalent
- Military Child Protection Act - Self-Funded Special Needs Trust
- Free Incontinence Supplies (Diapers)

(Free supplies for non-Military personnel: 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. Or ask your [Moms in Motion Service Facilitator / Case Manger.](#))

Free Lifetime Passes for People with Disabilities

You or your loved ones with disabilities could qualify for [free lifetime passes](#) to Virginia National Parks. There is also free/discounted lifetime passes for Freshwater Fishing, Saltwater Fishing, Hunting and Trapping. Proof of disability documentation required.

2016 ERIC Funding Award

[The ERIC Fund](#) (formally known as The Eric C. Savader Memorial Disabilities Fund) was founded in 1998 in memory of Eric Savader, a disability rights proponent who worked with leading national disability and political organizations in Washington, DC. Eric believed strongly that individuals with disabilities, regardless of the severity of their disability, could and should lead independent lives in the community. The ERIC Fund was founded to help provide assistive technology, devices and equipment for individuals with disabilities to help them live, work, go to school and participate actively in community life.

This year The Eric Fund is proud to offer up to \$10,000 in [grant awards](#). These grants will assist persons with disabilities living in the Washington, DC area who demonstrate a need for assistive technology or equipment in purchasing such devices or equipment to help them lead independent, inclusive lives.

[Application](#) Deadline: Tuesday, April 5, 2016. Award winners will be notified by August 31, 2016. Applicants must:

- Live in the Washington, DC metropolitan area. This includes the District of Columbia, Maryland (Montgomery, Prince Georges, Anne Arundel, Calvert, Howard, Charles and St.

Mary's counties), and Northern Virginia (Arlington, Fairfax, Prince William, Stafford, Loudon and Fauquier counties and the City of Alexandria).

- Be 0-65 years of age.
- Have a disability as defined by the Americans with Disabilities Act: "Disability - The term 'disability' means with respect to an individual: (a) a physical or mental impairment that substantially limits one or more of the major life activities of such individual; (b) a record of such an impairment; or (c) being regarded as having such an impairment."
- Demonstrate financial need.
- Demonstrate in writing how the assistive technology or equipment requested will improve the individual's quality of life and assist them in living more independently in the community.
- Have had an evaluation within the last 12 months for the assistive technology or equipment for which they are requesting funding.
- Identify a manufacturer or retailer for the assistive technology and/or equipment requested and an estimated price for the equipment/technology. (The ERIC Fund will only issue checks to the manufacturers or retailers and will not issue money directly to individuals).

The Affordable Special Needs Housing Program

The Affordable Housing and Special Needs (ASNH) program goals are to create and preserve affordable housing units within the commonwealth of Virginia with an emphasis on non-entitlement areas. The program achieves these goals by providing assistance in the form of financing to projects that will meet local affordable housing needs and support state housing policy. Approximately \$5.1 million in HOME funds will be made available during the 2015-2016 program year to assist affordable housing projects selected through the ASNH program [application](#) process.

Applications are still being accepted for the Affordable and Special Needs Housing (ASNH) program will be accepting applications until Monday, Nov. 30. For the 2015-2016 program year, [The Virginia Department of Housing and Community Development \(DHCD\)](#) has moved to a biannual application window with the first applications due by Nov. 30 and the spring application period ending on May 31, 2016.

All [applications](#) must be submitted through the DHCD CAMS system.
Application Due: Nov. 30, 2015 and May 31, 2016

For information on the Affordable and Special Needs Housing program, contact Kevin Hobbs at kevin.hobbs@dhcd.virginia.gov or at (804) 371-7120.

News Articles of Interest

- [Nowhere to Go](#): The Housing Crisis Facing Americans With Disabilities
- [Justice Department Intervenes](#) In Housing Discrimination Case

Volunteer Income Tax Assistance

IRS-Certified Volunteers offer FREE Tax Preparation, if your household income in 2015 was \$54,000 or less, you could have your taxes prepared and submitted through several area organizations. Trained community volunteers may help with special credits, such as Earned Income Tax Credit, Child Tax Credit, and Credit for the Elderly or the Disabled. In addition to free tax return preparation assistance, most sites also offer free electronic filing (e-filing). Certified volunteers receive training to help prepare basic tax returns in communities across the country. Volunteer Income Tax Assistance (VITA) sites are generally located at community and neighborhood centers, libraries, schools, shopping malls, and other convenient locations.

[Search](#) for a VITA location near you.

PPL - Waiver Fiscal Agent/"Bookkeeper"



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

The 2016 Legislative Session at the General Assembly

The 2016 legislative session runs through March 12th and it's going to be a busy couple of months. We've compiled a list of resources to help you track items of interest to you and navigate the session easily. Your voice matters!

Disability Issues [Wednesdays Webinars](#)

Wednesdays, 3:00pm, January 13 - March 16. Each webinar is expected to be from 20-45 minutes. The webinars are open to people with disabilities, their families, and other advocates.

Governor McAuliffe's [Introduced Budget](#)

- Waiver Slots
- Pay Increase and Time and a Half
- ABA Services to FAMIS
- Early Intervention Increase and more.

[Waiver Waitlist Action Alert Notice](#) from The Arc of Virginia with steps to advocate to your Legislators.

From The Virginia Board for People with Disabilities:

[The Virginia Legislative Information System](#)

You can use this site to monitor the current status of any legislation under consideration, review relative items in the Code of Virginia, get information on the state budget, and view meeting minutes and session statistics.

[Locate & Contact Your Legislators](#)

Enter your address on this site to identify all of your current legislators and get information on how to contact them.

[Legislation Tracking](#)

A service of the Legislative Information System that allows free and subscription-based models for tracking legislative items of interest.

[Legislative Terminology](#)

A glossary of commonly-used legislative terms, linked under "Legislative Terms" in the middle of the page.

[Legislative Calendars](#)

The 2016 Session Calendar.

[Daily House and Senate floor calendars](#)

Senate Passes Bill to Create National Support for Family Caregivers

The Recognize, Assist, Include, Support, and Engage (RAISE) [Family Caregivers Act](#) was introduced in the U.S. Senate on December 8th. The legislation would develop a specific strategy for the Department of Health and Human Services (HHS) to support caregivers. It is not clear if the bill will be approved in the House or be signed into law in the future. If it passes the House and is approved by the president, it will become law. For reference in advocating: H.R.3099

Apply for Opportunities

- [Va-LEND](#) ~ Training the Next Generation of Maternal and Child Health Leaders ~

Applications due June 1st for August start.

This class developments advanced clinical skills and leadership abilities in childhood neurodevelopmental disabilities. Once you apply to the Va-LEND program, they simultaneously have you apply to the University, and they will award you a graduate certificate in Disability Leadership. The program fees are covered through the Va-LEND fellowship. You may only be responsible for the \$65 application fee. There is a stipend that covers books.

Why this class is important:

In order to provide children, adults, and families with information about their health it is important for all health care providers to have an appreciation for the role of family health history in health and disease, to have knowledge of credible resources related to family health history, and to know when to make a referral to a geneticist or genetic counselor.

- Partners In Policymaking & Youth Leadership Forum

[Partners in Policymaking](#) is for parents of children with disabilities AND adults with disabilities. 8 month long, one weekend a month. You must apply and be chosen. Individuals participating will attend advocacy training, resource development, and skill building workshops led by state and national experts. Topics covered include the history of the disability rights movement, self-advocacy, independent living, employment, building inclusive communities, natural supports, legislative advocacy, assistive technology, communication, team building, and much more! Virginia Board for People with Disabilities covers all expenses for participants' training, lodging, meals, and travel.

[Youth Leadership Forum](#) is for high school seniors with disabilities. Students must apply and are chosen. YLF assists to mold high school students with disabilities into leaders of

tomorrow. A week long program on the campus of Virginia Commonwealth University. During the Forum, Delegates participate in career and life goal identification activities, leadership skill development, social skills enhancement, and an unforgettable experience interacting with enthusiastic peers and successful role models. Throughout the week, small working groups explore personal leadership and career plans. Guest speakers address such topics as disability rights laws, innovations in technology, and community resources. A guided tour of the Capitol involves interaction with government officials and the delivery of testimony during a mock legislative hearing. Virginia Board for People with Disabilities covers all expenses for participants. In late July or early August. Dates and locations TBD. Apply by March 31, 2016.

If you have any questions about Partners in Policymaking or Youth Leadership Forum, please contact:

Kara A. White Programs Assistant Virginia Board for People with Disabilities (VBPD) 1100 Bank Street, 7th Floor, Richmond, VA 23219 804-786-3441(Voice) 1-800-846-4464 (TTY/Voice)

Spotlight On...

If I Need Help

[If I Need Help](#) is for our loved ones who may wonder or need assistance. Sometimes when a person who is lost is found they often are unable to identify themselves and do not ask for help or carry an ID. Wear contact information with If I Need Help.

How it works - Free Membership, self created profile, choose item(s) with your unique QC code on it, etc..

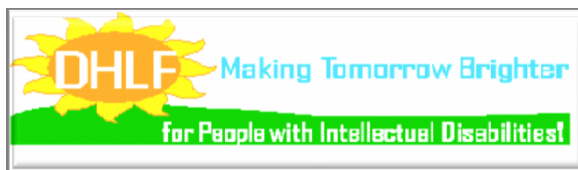
Let your [Moms in Motion Service Facilitator](#) know if you'd like an account.



Read the emotional [story](#) of the creation of If I Need Help.

[Donate now!](#)

Your donation is tax-deductible and will directly assist individuals who may not be able to communicate for themselves.



The David H. Lawson Foundation

[The David H. Lawson Foundation](#) was created in honor of Dr. David Lawson, a psychologist who dedicated his work for over 30 years to

bettering the quality of life of individuals with intellectual and/or DD. The Foundation promotes access to health and habilitation services through collaborative programs and initiatives for people with IDD.

The Foundation is currently raising funds to provide dental scholarships to adults with DD/ID who do not have the means to pay for dental services. Many of these individuals require sedation in order to receive dental treatment, so their sessions are more complicated and expensive than typical visits. Or, help fund an externship opportunity for a dental student to receive specialized training on treating patients with DD/ID.

Access their [donation information and read the Foundation's interview](#) with senior VCU dental student, Lyubov Slashcheva.

In Remembrance

Written by Cathy Wolfe-Heberie, "Former Vice-President, Kathleen Pantano (of Blue Ridge Opportunities) passed away on New Year's Eve. She fought a long hard battle with brain cancer over the last year and a half and although she hasn't been with us in the building since May, she was loved very much and asked about every day. She made a huge impact on our agency and each and every one of our guys. She truly will be missed beyond words. So often staff come and go, but her impact and love for our folks over the last 10 years has been immeasurable."

[Blue Ridge Opportunities](#) is a 501 (c) [3] non-profit corporation in Front Royal, Va. that strives to build foundations on which individuals with disabilities can achieve success. We provide job skills assessment, training and placement, day support, and community integration for individuals with a variety of needs.



The Center for Parent Information and Resources

[The Center for Parent Information and Resources \(CPIR\)](#) serves as a central resource of information

and products to the community of Parent Training Information (PTI) Centers and the [Community Parent Resource Centers \(CPRCs\)](#), so that they can focus their efforts on serving families of children with disabilities. The CPIR places "user-centered processes" at its core. Because PTIs and CPRCs are the main focus of our work, the CPIR is designed to gather Parent Center perspectives at each step along the way. The Center for Parent Information and Resources is made possible through funding from the [Office of Special Education Programs \(OSEP\)](#) at the U.S. Department of Education. We're funded as part of OSEP's support of the Parent Center network and the role that Parent Centers play in educating parents and improving outcomes for children with disabilities.

Spirit Club: Fitness for All



Jared Ciner founded [Spirit Club](#) in April 2013. The club offered fitness courses to adults with disabilities to encourage them to eat healthy and exercise regularly. Their mission is to strengthen people's physical and mental wellbeing by providing fun, high-quality fitness opportunities in a social setting to ALL ages and abilities. Based in Kensington MD, Spirit Club has classes in locations in Montgomery and Prince George's counties and is seeking to expand to Baltimore. Ciner's first Spirit Club class drew six participants. Now, about 130 clients regularly attend exercise sessions.

Levitt recommended Spirit Club to The Good People Fund, and after speaking to Ciner and visiting Spirit Club in October 2015, executive director and co-founder Naomi Eisenberger agreed to award Ciner a \$5,000 grant. Ciner found inspiration from his co-founder who is a certified personal trainer and a marathon runner who has autism.

Join or Like the Facebook Group: Pounding Pavement for ASD



[Join](#) Cassie and Niki and others in their group of runners (or walkers) seeking to honor those impacted by Autism Spectrum Disorders by dedicating their training and races to them!

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:



- [Medical Home Plus](#)
 - "Medical Home Plus (MHP) is a nonprofit organization created in 2003 that works to help children with special needs and their families find the support they need. We help parents successfully navigate the system of care and find the opportunities available to them on behalf of their children."
- [Anthem](#)
- [Family Insight](#)
 - Family Insight is a committed group of professionals and counselors dedicated to "enhancing the well-being of individuals and families through evidence-based counseling interventions."

Buzz about Moms in Motion

"I took [x] for a VICAP assessment today and he qualified for TDT as well as Intensive in home therapy!! Thank you so much for recommending that I take him, you have been such a tremendous help to us. I cannot express my gratitude enough for your kindness and guidance... ..You are truly our angel in times of need. God bless you and yours. <3" - Said about Sulma

"In this day and age, it is so rare to come across someone who "steps forward" to help others and do the right thing. Thanks for being one of those rare few - I really appreciate your assistance!" - Said about Caroline

"I just searched guardianship Virginia in Facebook, and your page was second or third on the list. I really admire the work you're doing!"

From a CSB worker regarding team work of Katrina, Melissa, Lauren, & Diana - "Nice. Thank you ladies, for all your work on this; I can't believe how things pulled together so quickly after I thought I'd hit a snag! It's an awesome testament to the services you provide! I hope this will prevent us from hitting any snags while we get this family going. Much appreciated :-)"

Tools You Can Use

Events



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

Speak with Legislators about disability issues effecting you or your family. Feb. 3 Richmond Va.

[Webinar Behavior at School/Home](#) Regardless of the behavior is at school or home or both, learn some techniques and strategies to work with the school and within your home. Feb. 3 12pm

[Early Childhood Community Information Session](#)

Moms in Motion is a proud sponsor! Learn about community resources for children with disabilities. Topics covered; Early Diagnosis, Early Intervention, Preparing for School, Available Services and Resources. Feb. 5 4pm Winchester, Va.

[Webinar Being a Caregiver](#) Learn how to juggle all the demands. Feb. 10 12pm

[Polar Plunge Festival](#) to benefit Special Olympics Virginia Locations across Virginia. Feb. 5-6 Virginia Beach. Feb. 27 Northern Va., Richmond, New River

[The Fair Housing Accessibility Training](#) Will cover basic terms and concepts regarding major civil rights laws and principles of accessibility, basic design principles and guidelines, reasonable accommodation and reasonable modification, and the future universal design market. Feb. 24 1pm Glen Allen, Va.

[Conference call DADS Organized & Engaged](#)

Connecting with dads and empowering them to become more visible, valuable and a vocal part of the schools educational team. Feb. 25 12:30pm.

[Employment Opportunities for Individuals with Special Needs](#)

This workshop will showcase employers who have employees with special needs, supportive employment organizations and other resources for individuals with special needs seeking employment and a employment focused resource fair. Feb. 25 7pm Fairfax Va.

[Virginia General Assembly Disability Issues](#)

[Wednesdays Webinars](#) Each webinar is expected to be from 20-45 minutes. The webinars are open to people with disabilities, their families, and other advocates. Wednesdays, 3:00pm, January 13 - March 16.

[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.

[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 and share news about Virginia Medicaid Waivers.
- [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).

[Spring Eggstravaganzoo](#) to benefit the programs and services of The Arc of Northern Shenandoah Valley. Activities will include: Egg hunt including cash prizes, Photos with the Easter bunny, etc. Mar. 19 Winchester Va.

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

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.)

Other 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](#)



Moms in Motion is a Service Facilitation provider for Medicaid EDCD, ID & DD Waiver enrollees and a Case Management provider for DD Waiver enrollees.

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