



Moms In Motion

Empowering One Family at a Time!

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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 Redesign Update

The three new Waivers will be:

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

For more in-depth details, such as overview of Waiver slots and amendments to the redesign, read Moms In Motion's Case Management [March 2016 Special Edition Newsletter](#).

[The Arc of Virginia's Newsletter](#) also includes other items in the budget to be voted on **April 20th** by the General Assembly. The state budget is to take effect [July 1st](#). Items such as, Early Intervention, Training Centers, Inclusive Education and more. It isn't too late to [contact your legislator](#) and make your voice heard.

The Process:

1. DBHDS has comments and will assess, add them to the applications, and make changes if needed.
2. DBHDS will send application with comments to state.
3. State has an unlimited amount of time to ask questions.
4. State then has 90 days from their last question to approve/deny application.

5. IF state approves application DBHDS must then write the regs by July 1st.

Maximizing Your Benefits

Federal Employee Health Benefit

Beginning in 2017, all insurance carriers participating in the Federal Employees Health Benefits Program must cover a popular therapy for children with some form of autism, ABA therapy, according to the Office of Personnel Management.

Since 2013, FEHBP insurance carriers have had the option of covering applied behavior analysis, or ABA, as a medical benefit for enrollees' children with disorders on the autism spectrum. OPM told FEHBP providers in a letter dated February 26th that for the 2017 plan year they "may no longer exclude ABA" as a treatment children with Autism. "We expect all carriers to offer clinically appropriate and medically necessary treatment for children diagnosed with ASD," the Federal Employee Health Benefit [Letter](#) stated.

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.

Governor's Access Plan (GAP)

There are more than 50,000 uninsured Virginians living with Severe Mental Illness (SMI). The fact that so many uninsured Virginians are affected by mental illness has prompted the creation of the [Governor's Access Plan \(GAP\)](#). It is a ten step plan that will expand access to care, improve care for veterans and for those with severe mental illness, and enhance value and innovation across the states health system. Over 20,000 individuals suffering from Severe Mental Illness (SMI) in Virginia could be helped by the GAP program.

The Role of the Special Needs Trust When Planning for the Future

Tia Marsili, Director of Trusts at [The Arc of Northern Virginia](#) explains in a [video](#) how a Special Needs Trust can benefit you, your family, and your loved one with a disability.

- How can somebody give money to a person with a disability without jeopardizing their benefits?
- How can a person with a disability accumulate more than \$2,000 without losing government benefits?
- Who will manage the trust?
- How can a parent guarantee that funds are available when they are gone?

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.

News From PPL

1. Public Partnerships is Going Green! Effective January 2016, PPL will no longer send Quarterly Service Reports by mail. Your Service Report is now available to view and/or print through the PPL Web Portal. [Follow the steps and visual guide](#) to view and/or print your report.
2. Effective March 21, 2016, your attendant may be eligible for a [Difficulty of Care Income Tax Exclusion](#) for the services they provide to you. If your worker lives in the home where they are providing your services, PPL encourages you to have your worker review important information on our [web site](#). (find links in column on right) A Difficulty of Care Income Tax Exclusion [Form](#) must be completed and submitted to PPL if your worker determines they are eligible. If you have additional questions after reviewing this information, please call PPL customer service at 1-866-259-3009 or email pplva@pcgus.com

Advocacy

April is Autism Acceptance Month!

You can attend events across Virginia to celebrate Autism month. These are listed on [our calendar](#). Events include support groups, restaurant dining, and fun at the trampoline park!

Moms in Motion would like to recognize [Commonwealth Autism](#) for their contributions to our community with their resources, newsletters and more. Their regional newsletters are an excellent resource that focused on the area you live in. Sign up for them by clicking their Mailing List button.

Opportunity - 2016 Youth Transitions Fellowship (YTF)

[The HSC Foundation](#), in partnership with the [National Council on Independent Living \(NCIL\)](#), is

now accepting applications for a paid fellowship position with the organizations' disability youth transition and collaboration work. This fellowship is ideal for a person with a disability who has an interest in youth career transitions and employment solutions. The fellowship starts in June 2016, and continues for 15 months. Under the supervision of NCIL's Executive Director, the Youth Transitions Fellow (YTF) will gain exposure to youth programs serving people with disabilities and will have the opportunity to facilitate collaboration among internship, fellowship, and apprenticeship programs based in the Greater Washington, DC area.

- Eligibility: College graduate 26-or-younger who self-identifies as an individual with any type of disability is invited to apply. You will not be required to disclose your specific disability; however, your [application](#) for this program will signify that you consider yourself a person with a disability. Please Note: This fellowship is specifically for people with disabilities.
- Completed [applications](#) received by NCIL before 5:00 PM EDT, Tuesday, April 26, 2016 will be collected and reviewed by their team.

Spotlight On...

Surfing - Sign Up Now

Life Rolls On TWSA and Surfers Healing are fantastic events that practice community inclusion!

[Life Rolls On](#) They Will Surf Again empowers paraplegics and quadriplegics to experience the freedom of mobility by riding a wave with the assistance of adaptive equipment and the support of hard working volunteers. They Will Surf Again has the unique ability to engage and bridge the able-bodied and disabled communities, as they collaborate to push the bounds of possibility for those with SCI. (Anybody with a disability can sign up to surf with LRO. The emphasis is on fundraising for SCI research.)

[Local Facebook Page](#)

August 19th - 20th, Virginia Beach.

[Surfers Healing](#) - "We take kids with autism surfing. We paddle out together on tandem boards to catch the waves that come our way. That's what we do; that's what we love."

[Sign up](#) now to reserve a spot, they go fast!

[Local Facebook Page](#)

August 13th, Virginia Beach.

(Both of these events rely on Volunteers. Please come out for an amazing experience and bring a friend.)



Therapeutic Adventures

[Therapeutic Adventures](#) - "Discover Your Ability Through Adventure!" TA provides leadership, programs and specialty therapeutic services to educate, to challenge, and to inspire people of all ages and abilities to live a healthy lifestyle through active participation in adaptive sports and adaptive outdoor recreation. TA's unique and



integrative approach provides greater access and emboldens people with the courage to improve their functional independence, fitness and overall quality of life.

Therapeutic Adventures, Inc. is pleased to provide additional adaptive sport and recreation opportunities through Paralympic Sport Club - Blue Ridge~Shenandoah, Team River Runner - Blue Ridge~Shenandoah Chapter is committed to health and healing through kayaking and paddling.

Program services are broken down into four areas:

- Physical & Developmental Disabilities
- Wounded Warriors, Disabled Veterans and their Families
- Cancer Survivors
- Chronic Illnesses and Other Special Health Needs

SMART-One, Inc.

[SMART-One, Inc.](#) is a non-profit, based out of Newport News is a parent run corporation that has continually grown in services, activities and membership. "SMART" offers information on resources and services as well as a variety of programs for physically and/or mentally challenged individuals ages 2 years through adult.



Their purpose has been to provide the special needs community with the same choices and opportunities as everyone else; to help them lead as normal a life as possible; to provide an understanding and supportive environment for all special needs individuals and their families; to advocate for the rights of special needs individuals and to build their self-esteem and confidence so they can be an active member of society. [Facebook Page](#)

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:

- [Fauquier Health Pediatric Rehabilitation](#)
 - "Some children need pediatric rehabilitation services to achieve their full functional potential at home, at school and in their community. Fauquier Health's Pediatric Rehabilitation facilities offer physical therapy, occupational therapy, and speech therapy.
- [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

"God bless the system to have opportunities for a mom like me. My life sacrifices for the past 24 years [have been] in the name of love. Thank you, founder of Moms In Motion, for this beautiful blessing in my life that has helped me so, so much in providing a living for me and my son to keep the roof over our heads, food and clothes provided. God bless always with brighter futures for all. Hugs & love."

"First, let me tell you that you and your team [Division 1] have done an incredible job of supporting me when my broken heart could barely see what a precious gift I received in [X]. When [X] was born I was absolutely overwhelmed and had no idea what a wonderful community I was about to enter just because of the special needs of my son. ... Your staff traveled in the snow to get to us so that we could start services two years ago-and I couldn't have been more grateful. ... I have had three wonderful facilitators in a row (Amy, Nikki & Jade) and I am confident that won't change if I am assigned someone new. THANK YOU for everything, big & small, that you do for our families-you are helping us all to be the best versions of ourselves."

Events

[Sportable-VCU Paralympic Experience Day](#)

The VCU Center for Sport Leadership and Sportable are partnering once again to bring you the VCU Paralympic Experience Day! This event exists to provide an opportunity for all of members of our community to participate together in a variety of adaptive sports, regardless of ability level. Please join us in trying out new sports, talking with current Sportable athletes, and hearing from special guest speakers from the adaptive sports community. April 15 05:00pm-08:00pm. 1200 W. Broad St- Richmond
[Register here.](#)

[2nd Annual Central VA Autism Conference Autism in the Family: Families and Professionals Caring and Coping Together](#) Saturday, April 16 from 08:00am-04:00pm 8800 River Road Richmond, VA

[2nd Annual "Free to Be Me" Fashion Show](#) Have the day to shine, smile, look beautiful (however their beautiful is), just overall be them and love them for whom they are. For caregivers, and their loved ones. April 16, 02:00pm-05:30pm Virginia Beach, VA

[Behavioral Approach to Language Assessment and Intervention for Children with Autism](#) This two-day workshop will provide a detailed overview of the applied behavior analysis/verbal behavior approach to language assessment and intervention for children with Autism or other types of



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.

[Searchable Resource List](#)

Waivers

- [Moms in Motion's Waiver Facebook Group](#) Discuss and ask questions about Virginia's Medicaid Waivers. (must have Facebook account)

developmental disabilities. May 5-6 Manassas, VA

[American with Disabilities Act](#)

[Conference](#) Featuring speakers from Federal Agencies: U.S. Department of Justice, U.S. Access Board, Equal Employment Opportunity Commission, U.S. Department of Transportation-Federal Transit Administration
Afternoon breakout session topics including: Employment-Title I, Access and Design, State and Local Government- Title II, Transportation May 10 Richmond, VA

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

- [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).

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.

MomsInMotion.net