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Moms In Motion

Empowering One Family at a Time!

June 2016

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Division 2 Team Meeting in April

Greetings from the Founder

Happy Summer from Moms in Motion! I hope this newsletter finds you and your families well as you prepare for some relaxing summer fun! In this edition, we created our Kids Korner to highlight helpful resources for you and your children. We also are featuring a couple organizations to help you find great summer activities that are fun and safe for the whole family. Enjoy the extra time with your kids, family, and friends.

This edition also highlights some of the big changes happening in Virginia that will impact people with disabilities and their families. We have updates on the upcoming waiver redesign as well as attendant overtime changes. We want you to feel secure during these changes knowing that Moms in Motion is here to serve you and guide you as we empower your family to navigate the road ahead.

Job Opportunities

Do you know someone who would make a great addition to the Moms in Motion team? We have immediate openings in several areas throughout the state as we expand to better serve your needs. [Read more details and apply today!](#)

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?
3. **Attendant Overtime** - What to expect after June 30, 2016. See the Waivers section below.

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 Medicaid waiver redesign will begin to go into effect this summer. Everyone currently on a waiting list will be re-categorized using a priority-based system. Moms in Motion has been working tirelessly to make sure that all the steps have been taken for a seamless transition for all of you. If you have any questions, please contact your case manager. We are here to serve you and look forward to continuing your services under the new waivers.

The three new waivers will be:

1. Community Living (CL) Waiver
2. Individual and Family Support (IFS) Waiver
3. Building Independence (BI) Waiver

Waiver Redesign Phone Help Hotline:

If you have questions on the redesign of the intellectual, developmental or day support waivers and the changes associated with waiver redesign, please contact: 1-844-603-9248

Stay Informed:

- There will be three [DD Waivers Informational Sessions](#) in June presented by Virginia Department of Behavioral Health & Developmental Services. Locations: Hillsville, Midlothian, Washington, Va.
- Two Waiver Redesign [Informational Calls](#) on June 7 & 8 presented by [My Life, My Community](#)

Virginia Statewide Transition Plan

DMAS and DBHDS have submitted the final revised Virginia Statewide Transition Plan (STP) for the Home and Community Based Service (HCBS) Settings Regulation to CMS on April 29, 2016. The intent of the State Transition Plan is to bring waiver services into compliance with the setting requirements contained in the [CMS Final Rule on Home and Community Based Settings](#) (79 FR 2947) by March 16, 2019.

- [Read](#) the DBHDS document
- [Read](#) the DMAS document and HCBS resources
- [Read](#) the tracked changes made in response to public comment in regards to STP

Attendant Overtime

Recent history of Overtime Budget Amendment:

The Budget Conference Committee of House and Senate members completed its work on Virginia's Budget Bill March 9th. The Governor will have the opportunity to review all budget items, suggest amendments and/or veto particular budget items. The General Assembly met again on April 20 to vote on the Governor's amendments to the final budget bill. The state budget is to take effect July 1.

On April 22, based on the General Assembly's approved budget, Medicaid consumer-directed attendants:

1. Attendants will not be paid overtime.
2. Attendants will not be allowed to work for the same individual more than 40 hours in a work

week (unless a live-in attendant).

NEWS AS OF JUNE 3, 2016:

******* Attendant Overtime goes into effect on June 30, 2016. *******

What This Means for You:

(REMEMBER: Your Moms in Motion Service Facilitator and/or Case Manager is there to train and guide you to be prepared for these changes.)

- If you regularly use more than 40 hours/week of personal assistance services (PCA/Respite/Companion), you will have to plan to not have any attendant work more than 40 hours in each pay week.
- If you don't regularly use more than 40 hours/week you need to be prepared for the rare occasions when you will use more than 40 hours (illnesses - in other primary care givers, or illness that keeps the individual home from school, trips where a lot of respite is utilized).
- Understand that live in attendants are not limited to 40 hours/week, but are also not entitled to over-time pay rates for hours worked over 40.
- How many attendants do you currently have? How many hours do you currently use regularly with each attendant? If there are multiple individuals in the home receiving waiver services using one attendant at separate times (since one attendant cannot work for multiple consumers at the same time), you may want to consider adding a separate EOR for each consumer. For example, if there are two children in a house receiving waiver services, the mother can be the EOR for one child and the father could be the EOR for the other child, thus enabling the attendant to work up to 40 hours per child under the new policy.
- Develop a schedule in which you will know how many hours each aide is scheduled to work so we can see that no one is working over 40 hours/work week.
- Strategize about hiring more staff to make immediate adjustments if necessary and to have a back-up attendant if your need for hours increases for a short time. Have a plan on who can step in and work those hours over 40?

How You Can Advocate:

1. The Virginia Association of Centers for Independent Living has a [survey](#) to gather information about the potential impact of the 40-hour cap. Results of the survey will be used to formulate advocacy strategies.
2. The Virginia General Assembly has completed their legislative session for this year. However, you can meet with [your state Senators and Delegates](#) in their home district offices. Continue to educate legislators about how limiting assistants to 40 hours a week will impact you.

Media Buzz:

Article from Disability Scoop on May 19, 2016: [Disability Providers Get Reprieve From New Wage Rule](#)

"...the administration is committing to delay enforcement of the new mandate for such providers through March 17, 2019."

Maximizing Your Benefits

Summer at Your Local Parks & Recreation Department

Using the many services your [local recreation center](#) has to offer can be a great way to beat summer boredom while practicing community inclusion. Ask if your nearest rec center has half price annual memberships for people with disabilities. Also, now is the time to sign up for summer programs geared towards people with disabilities. Search or ask for "Therapeutic Recreation" to find activities (with provided supports) that are happening at your recreation center.

CommonHelp

[CommonHelp](#) is the Commonwealth of Virginia's fast and easy way to apply online for many Virginia social services assistance programs. Through a single online site, you can find out what assistance you might be eligible for and submit one application saving you time and effort. This makes applying easier and more convenient. Your Information Is Kept Private; CommonHelp is private and confidential. Using CommonHelp, you will be able to submit a single application to apply for assistance from multiple Department of Social Services (DSS) programs such as:

- TANF - Temporary Assistance for Needy Families
- SNAP - Supplemental Nutrition Assistance Program
- MA - Medical Assistance
- EA - Energy Assistance
- Child Care - Assistance for Child Care services

iPads for Apraxia Program Information & Application

"Every child deserves a Voice"

The program, which started in 2011, provides iPads and protective cases to children with apraxia of speech, from low to moderate income families, for their use in speech therapy practice, communication, and education.

[Application](#) Deadlines:

- July 1, 2016
- October 1, 2016

Autism Society of Northern Virginia Now Accepting Mini-Grant Applications

[The Autism Society of Northern Virginia's](#) (ASNV) mini-grant program provides reimbursement to families for autism-related expenses. Over the past decade, they have given out over \$500,000 in financial assistance directly to families. They accept applications from individuals of any age with an autism diagnosis.

The next [mini-grant application](#) period is now open, and is due July 1st. If you have Autism related costs between October 1, 2015 and March 31, 2016, you can [apply](#) to have those costs partially reimbursed by ASNV. For more details, visit [here](#), or talk with your service facilitator.

Autism Housing Network

[Autism Housing Network](#) shares great housing options and resources for autistic adults and others with intellectual or developmental disabilities. AHN's vision is to become the largest database of user-generated resources and residential opportunities while fostering a supportive and

encouraging online community. Despite the ever-increasing waitlists, inadequate housing options, and lack of lifelong opportunities, there is a movement of sustainable, high quality, residential choices emerging. Hundreds of everyday people across the country are taking the future into their own hands and creating amazing futures for adults with autism and others with intellectual/developmental disabilities (I/DD).

IFSP Funding Period Ending

The FY 2016 IFSP ([Individual and Family Support Program](#)) funding period, which began on September 15, 2015, is coming to a close.

To be eligible for assistance during this remaining funding period, applications must be received in the IFSP office by close of business on Friday June 10th.

Applications must be mailed to:
Individual and Family Support Program
1220 Bank Street
Richmond, Virginia 23219

*Walk-ins, faxed, and emailed applications will NOT be accepted.

For more information, visit [here](#).

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

Community Forums: Create a More Accessible, Inclusive Community

During the month of June the Fairfax Area Disability Services Board will be hosting [five public forums on Disability and Accessibility](#). They invite you to share with them, personal stories about barriers to inclusion people with disabilities are facing, and are especially interested in learning

about your experiences in the following focus areas:

- Housing, employment, transportation, emergency preparedness, and home and community-based supports to live independently;
- Program and physical accessibility barriers to goods and services offered to the public;
- Unmet needs and service gaps

Autism Awareness and Safety Training

Scott Campbell has been in law enforcement since 2005, and done over a hundred classes on sensory, behavioral and communication issues.

Scott advises one way to start the communication and safety awareness process for your loved one is to complete a 911 flag sheet and take to your local police station. The 911 flag sheet can be the initial way to begin what would hopefully be positive and frequent contact between your family and your local law enforcement.

Use this [sample template](#) to fill in what is appropriate for the specific issues for your loved one. This sheet should then be updated and taken again to your local police station at least annually. It is incumbent upon the parents or guardians to begin the communication process to ensure the safety of everyone involved, with a 911 flag sheet and a trip to your local police station to begin the conversation.

Other Resources:

- [Safety Training](#)
- You can reach Scott Campbell through [Autism Society of Northern Virginia](#)
- Safety Considerations [References and Websites](#)
- [Read](#) about the revolutionary crisis management technique, Ukeru in our Special Edition Newsletter.

Spotlight On...

Center for Family Involvement

The [Center for Family Involvement](#) at the Partnership for People with Disabilities located at Virginia Commonwealth University partners with the Virginia departments of Education and Health, the federal Maternal and Child Health Bureau, the Administration on Intellectual and Developmental Disabilities, and others in supporting a variety of activities to strengthen family involvement.

Their vision is for every family of a person with a disability, together with the professionals who work with them, embraces the family's role in improving the lives of people with disabilities.

Families become:

- Advocates who speak with and for their family members with disabilities
- Mentors who use what they have learned to help others



**CENTER FOR
FAMILY INVOLVEMENT**

- Leaders who make possible a better life for those who follow

[Visit their site](#) to check out their resources by location and their family to family network.



Journey of Hope 4 Autism

[Journey of Hope 4 Autism](#) - Journey of Hope 4 Autism has agreed to **partner with Moms in Motion** to offer all of our clients a discounted rate of \$15.00/hour!

This is a very special opportunity for our clients to get to experience horseback riding at a great rate. The stable is based out of Chesterfield County, but any of our clients are able to partake in this offer if interested. For more information, [visit here](#), or talk with your service facilitator.

Kids Korner!

- [Virginia Yellow Pages for Kids](#) - In this comprehensive list you can find educational consultants, psychologists, diagnosticians, health care specialists, academic tutors, speech language therapists, advocates and attorneys. You will also find government programs, grassroots organizations, special education schools, and parent support groups. Yellow Pages Pages for Kids was created by [Wrights Law](#). They are experts in IEPs, Special Education, 504 Plans, etc.
- [Technology gives Ashland boy a voice](#) - Published on May 5, 2016 by The Herald-Progress. A story of a parents endeavor towards community inclusion. Featuring Alex, who has a voice by way of a communication device.
- The Arc of Northern Virginia's [Guide to a Better Future for Youth and Adults with Disabilities](#). This is a must see! One document that just about covers it all.
- [Care Connection for Children](#) - CCC is a statewide network of six regional programs that coordinates the health care, community support services and resources to children with special health care needs. They provides case management and care coordination services with independent, private specialists and practitioners regardless of a family's income. (Hampton Roads Care Connection for Children [Email Listserve](#))
- [Help Me Grow](#) is a system that connects at-risk children through age eight with the services they need. They do not provide direct services, but instead use existing resources. Early detection and connection to services lead to the best outcomes for children with developmental or behavioral challenges. Even when needs are identified, finding programs designed to address those needs can be confusing and time-consuming for parents, Help Me Grows simplifies the process.
- Fifth Grade Students with Autism Make [Heartwarming Stop-motion Animation Video](#) Published on May 10, 2016 by Fauquier Times. Watch how these young students express their love of their teacher and school in a creative video they made.
- [Tell Me Town](#) Book Series - Cindy Chambers is an author and a longtime resident of Loudoun County and member of The Inova Loudoun Hospital Foundation Board and 100 Women Strong. Her books are written to help children understand challenging life events while reducing their fears. She has been nominated two years in a row for L'Oreal's "Women of Worth" for creating Tell Me Town. This [Amazon link](#) features titles such as, "My Friend Has Special Needs" and "Grandma Noonie Has Alzheimer's".

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:



- [Children's Speech Therapy Center \(CSTC\)](#)
 - CSTC in Ashburn, Va. has been committed to serving children and their families for over 20 years, and has a staff of talented and exceptional speech-language pathologists and support professionals that are dedicated to helping children.
- [Carilion Clinic Pediatric Therapy](#)
 - Carilion Clinic Pediatric Therapy in Roanoke, Virginia, provides speech, occupational, and physical therapy to children throughout the Roanoke Valley. They work closely with families to address their needs and to incorporate their goals into each child's treatment plan. We are committed to providing outstanding care for children in coordination with other primary care and specialty care providers, schools, daycare centers and community service agencies.

Buzz about Moms in Motion

Mary Hobson, Case Manager with VAPremier, shared with us and Jenny Tweel at DMAS how "awesome [Moms] is to work with. That we send them requests for re-authorizations ahead of time, allowing plenty of time to renew services. She loves it!" Jenny with DMAS agreed, and shared "how we are taking the DMAS training and applying it!" Way to go, team!

"I just wanted to let you know that you [Heather E] has been a refreshing breath of fresh air. You have no idea how many people I contacted last week trying to gather information for this family. The information you provided will and has helped this family and I'm sure multitudes of others tremendously. Words cannot express the gratitude we feel for what you have contributed. Many, many thanks and I look forward to speaking with you again in the future."

Division Managers Team Meeting in May!



Events



[I/DD Waiver Redesign Training for Families](#) The Arc of Va & DBHDS will host Waiver Redesign training. June 6 10am Henrico, Va.

[Coming of Age, My Child Is Turning 18, Now](#)

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](#)

[What?](#) Webinar on Social Security and Alternatives to Guardianship. June 7 11am Video by Moms in Motion.

[Inclusive Service and Volunteerism for Youth with Disabilities](#) Webinar on turning a positive volunteer opportunity into a valuable work-based transition to employment experience. June 9 2pm

[Relationships: Desire, Intimacy, Respect and Rights](#) Human nature is such that everyone experiences desire. What happens when the body matures beyond the mind's ability to understand such yearnings and physical needs? Free and all are invited. June 16 1pm Belle Haven, Va.

[SWIFT conference - Inclusion and inclusive school reform](#) National presenters will share research, data, and evidence-based practices for equity-based inclusion. July 21 - 22 Arlington, Va.

[Transformation to Community Based Services Conference](#)

Transform your organization to community-based services. Focus on one of three tracks featuring employment, residential and day support services. June 28-30 Alexandria, Va.

[The Arc of Virginia 2016 State Convention](#)

Moms in Motion will be there!

Vendors/resources, public policy issues, self-advocacy, integrated community services, de-institutionalization, strategies for systems change. Aug 8-10 Williamsburg, Va.

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

[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.

[Guide to a Better Future for Youth and Adults with Disabilities](#) by The Arc of Northern Virginia

[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).

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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