



Moms In Motion

Empowering One Family at a Time!

August 2016

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Division 2 Team Meeting

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. **Waiver Redesign** - Changes for the ID/DD Waivers.

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.
6. **Reviewing time sheets** filed by your attendants.

Waivers

Authorization of Hours for Your Personal Care and/or Respite Services

Every year, our Moms In Motion team is required to submit a new request for prior authorization of hours for your Personal Care and/or Respite services. If the consumer currently receives more than 30 hours of Personal Care, then we also have to submit a justification for the additional hours. We write that justification based on information we gather from you at our visits. The number of hours you had leading up to the new authorization has no bearing on the new request. Since it's a new authorization request each year, it may be evaluated by someone different every year. What that means is that the approval may result in three possible outcomes:

1. Exactly the same number of Personal Care hours you had the previous year.
2. More Personal Care hours than you had the previous year.
3. Less Personal Care hours than you had the previous year.

That decision is made by an organization named KePro. Once KePro decides how many hours to approve, they send that authorization to PPL and it gets loaded into the payroll system and then you are all set for the next year. Moms In Motion receives a copy of the approval and we notify the primary caregiver/consumer, but we have no say in how many Personal Care hours ultimately get approved.

Moms In Motion does our best to advocate on your behalf for the appropriate amount of hours to meet your needs. We are here for you. If you have any questions, please contact your Moms In Motion Service Facilitator, or discuss your concerns with your Service Facilitator at your next

appointment.

Waiver Redesign - ID and DD

Everyone currently on both the ID and DD waiting lists will be re-categorized using a priority-based system. The Moms In Motion team 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.

Waiver Redesign will NOT be implemented on August 1, 2016. Centers for Medicaid Services (CMS) will set an implementation date once they have approved the new Waivers. Read more in the July 28, 2016 [Medicaid Memo](#).

The ID/DD waivers will eventually fall into one of the following categories:

- The current Day Support waiver will become the "Building Independence" waiver and is intended to support adults (18+) able to live independently in the community. Individuals will typically own, lease, or control their own living arrangements. Supports are complemented by non-waiver funded rent/housing subsidies. The supports available in the waiver will be periodic or provided based on need.
- The current Developmental Disabilities waiver will become the "Family and Individual Supports" waiver and provide supports for individuals living with their families, friends, or in their own homes, including supports for those with some medical or behavioral needs. It will be available to both children and adults.
- The current Intellectual Disability waiver will become the "Community Living" waiver and provide up to 24/7 residential services and additional supports for adults and some children with exceptional medical and/or behavioral support needs. This waiver will include the full array of medical, behavioral, and non-medical supports.

Please note that the EDCD waiver is not impacted at all by these changes.

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. You may also email MyLifeMyCommunity@dbhds.virginia.gov to be placed on the email list to receive periodic updates.

Read an in-depth [Summary of Waiver Redesign](#) by The Arc of Virginia.

More Information From My Life, My Community:

- Proposed [Service](#) Array (March 9, 2016)
- [Letter](#) "...the anticipated date for the implementation of the DD Systems Redesign has changed..."
- Waiver Redesign [Informational Calls](#) in August

Attendant Overtime

The rule preventing attendant overtime went into effect June 30, 2016. This means 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. Attendants will only be paid for up to 40 hours per week for working for one Employer of Record (EOR).

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.

June 1, 2016 [Letter from Public Partnerships](#) "Important Consumer-Directed Services Program Changes / Attendant Overtime".

Maximizing Your Benefits

Children's Assistive Technology Service

Children's Assistive Technology Service (CATS) will accept donations of costly adaptive equipment from one child with a disability, who has outgrown equipment, and donate it to another child who needs it. CATS serves as a no-cost resource to children with disabilities who need adaptive equipment and whose families have limited resources. Visit their [Website](#) to sign up for their newsletter, to get involved in events they are hosting, etc. CATS was featured in the [The Virginian-Pilot on May 31, 2016](#).

* [The F.R.E.E. Foundation](#) is a similar program with locations across Virginia. They collect, sanitize, repairs and gifts donated mobility equipment to uninsured and underinsured adults in Virginia.

PPL - Waiver Fiscal Agent/"Payroll"



Check out Moms in Motion's:

- [PPL & Aides Resource Page](#)

Check out PPL's:

- [Consumer Directed Service Resource Page](#)
- [Online Timesheet Tutorial](#)

Payroll Schedules for 2016-2017

- [A - Central VA & Tidewater](#)
- [B - Northern VA, Piedmont & Southwest](#)

Hiring a New Attendant?

Use [PPL's attendant application](#) to get a pre-populated hire packet sent to you.

Rate Change for Attendants

The new rate for attendants will start August 1, 2016!
Read more in the July 28, 2016 [Medicaid Memo](#).

Advocacy

Virginia's Settlement Agreement with the Department of Justice

In 2012, the Department of Justice and the Commonwealth of Virginia reached an agreement regarding Department of Justice findings that Virginia was not providing services to individuals with intellectual and developmental disabilities in the most integrated setting appropriate to their needs. These reports are issued semi-annually in December and June. Read the latest Independent Reviewer's [report](#) from June 6, 2016.

In 2009, the Civil Rights Division launched an aggressive effort to enforce the [Supreme Court's decision in Olmstead v. L.C.](#), a ruling that requires states to eliminate unnecessary segregation of persons with disabilities and to ensure that persons with disabilities receive services in the most integrated setting appropriate to their needs. June 22, 2016 marked the 17th anniversary of the Olmstead decision.

The upcoming waiver redesign as well as the [IFSP Funding Cycles](#) are direct results of the settlement. We encourage you to continue to advocate for improvement to the current Medicaid waiver system in the state of Virginia.

Preparing for Back to School

History:

The Individualized Education Program, commonly referred to as an IEP, is mandated by the Individuals with Disabilities Education Act (IDEA). IDEA is a United States federal law that governs how states and public agencies provide early intervention and special education. Before IDEA of 1990, there was Education for All Handicapped Children Act of 1975. Also, there is section 504 of the Rehabilitation Act of 1973, which is a civil rights law designed to eliminate discrimination on the basis of disability in any program or activity receiving Federal financial assistance. Section 504 guarantees certain rights to individuals with disabilities, including the right to full participation and access to a Free and Appropriate Public Education (FAPE).

Resources:

- Moms In Motion's [Education Resource](#) Page
- [Back to School Tips for Parents](#) by Matt Cohan
- Including Me in Virginia's [Advocacy Toolkit](#) and [IEP Writing Tips](#)
- [Wrights Law](#) - Special Education Law and Advocacy

The More You Know:

By Middle School IEPs should clearly state the goals needed to obtain the Diploma your child will earn. Employers may not recognize Special Diplomas as a valid indicator of competence. Modified / Special Diplomas being faded out by [The Virginia Department of Education](#). The three Diplomas that incoming Freshman can choose from now are:

1. Advanced Studies
2. Standard Diploma
3. [Applied Studies](#)

[2014 - 2015 Special Education Performance Report](#)

The Individuals with Disabilities Education Act (IDEA) requires states to report state-level and division-level data on the performance of students with disabilities. IDEA also requires reports on progress toward meeting state targets, as described in the state's special education state performance plan. [Read the report.](#)

[Including Me in Virginia's Inclusion Workgroups](#)

[Including Me in Virginia](#) connects inclusion advocates together in school districts around Virginia. They have representatives leading inclusion efforts in Alexandria, Arlington, Chesapeake City, Chesterfield, Fairfax, Hanover, Harrisonburg and Warren school districts. If you are interested in joining these groups or starting a new one, send an email to includingmeinva@gmail.com

Virginia Department of Education (VDOE) will be reporting on the outcomes of Including Me in Virginia's Inclusion Workgroup meetings at State Special Education Advisory Committee (SSEAC) [meetings](#).

Legislative Disability Commission - Public Comment

[The Virginia Disability Commission](#) has set its meeting dates for the remainder of 2016. The Commission is very interested in hearing from the public on issues of concern to them. There is a public comment opportunity at every meeting. All meetings will be held in House Room C of the General Assembly Building in Richmond. Work Group meetings may be held an hour prior to each meeting. Further information and an agenda will be provided prior to each meeting. The meeting dates are as follows:

- Tuesday, September 27th at 2pm
- Tuesday, October 18th at 10am

State Advocacy Matters

State Advocacy Matters was launched in 2015 to provide chapters and members of [The Arc of the United States](#) and the general public a broad overview of the wide and diverse range of state advocacy work that The Arc's state chapters are engaged in nationwide. Issues covered include: civil rights, community-based long term supports and services, direct support professionals, education, employment, family support, health care, housing, technology, transportation, and more. State Advocacy Matters is issued on a quarterly basis. Visit their [Website](#) to read the archive and to sign up for their emails.

Spotlight On...

Connect Learn and Love

[Connect Learn and Love](#) is a newly established nonprofit in Northern Virginia working to strengthen the community of families/caregivers of children with special needs. They focus on solutions to problems that many people who love and take care of children with special needs face; support, resources, and access to a community that understands them.

Connect Learn and Love provides resources in the form of information about resources that are accessible for families with



special needs, links to apps and e-books that have been vetted and deemed useful, and help connecting with people who understand the difficulties that parents and caretakers face.



Inside Out Learners, Inc.

[Inside Out Learners, Inc.](#) offers programs with the use of sensory support and social-cognitive techniques that are tailored to help kids learn how to manage anxiety, improve executive functioning, read non-verbal social cues and body language, resolve conflicts with peers, manage anger, think more flexibly, use whole body listening, and improve conversational skills, etc.

Their small group design presents a safe and structured environment to facilitate positive social interactions that learners can use in other settings. Inside Out Learners opened the first center in Chesapeake, Virginia to offer social skills and specialized tutoring programs for kids with and without special needs.

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:



- [Comprehensive Autism Partnership, Inc. \(CAP\)](#)
 - Located in Fairfax, Loudoun, Spotsylvania and Stafford Counties in Virginia, CAP uses Applied Behavior Analysis to provide community based therapy, parent training, and social groups to help children function to the best of their ability in society.
- [Children's Hospital of the King's Daughters \(CHKD\)'s Speech Therapy at Loehmann's Plaza](#)
 - Located in Virginia Beach, CHKD offers speech therapy services to help children of all ages overcome and adapt to the challenges of developmental delay, disease or accident.

Buzz about Moms in Motion

"Love, love, love Mona!!!! She brings so much kindness, support, and knowledge to families!!!!"

"Thank you so much for sending your email. What a wealth of information all in one neat and tidy location! I have shared this with both of our physicians, our head nurse and a wonderful friend (who is mom to the sweetest little son with autism). I will hang onto this email in hopes I can share it with other families needing resources. You have found such a great way to bless our special families."

Tools You Can Use

Events



[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.

Surfing in Virginia Beach Life Rolls On [Aug 13](#)
Surfers Healing [Aug 19-20](#)

[Training for Military Parents of Children in Special Education](#)

Free. PEATC's IEP All Hands and Aboveboard is designed for military parents who are looking for more information on the Special Education process. Aug 15-16 Fairfax Va.

[Exceptional Family Fair at Children's Museum of Richmond](#)

Space for 200 participants. Must pre-register at 804-371-7420. Vendors, parent workshops, speakers, etc. Sept 10 Richmond, Va.

[Opening Doors: Inspiring Inclusive Community Conference](#)

Sessions on Medicaid Waivers, Waiver Redesign, Anxiety, Sibling Relationships, IEPs, Special Needs and Church, ABLE Act, Guardianship, Special Needs Trusts, and more. Sept 16-18 Roanoke, Va.

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

[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.

[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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