



## *Moms In Motion*

Empowering One Family at a Time!

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Division 4 Team Meeting!

### **Find it Quick**

[What You and Your Service Facilitator Should be Discussing](#)

[Waivers](#)

[Maximizing Your Benefits](#)

[PPL - Waiver Fiscal Agent/"Payroll"](#)

[Advocacy](#)  
[Spotlight On...](#)  
[Moms In Motion in the Community](#)  
[Events & Tools You Can Use](#)

## What You and Your Service Facilitator Should be Discussing

### 1. New for this period:

1. **If you are on the EDCD Waiver, are you ALSO on the wait list for any of the three Waivers?** - Building Independence, Family and Individual Supports or Community Living? Read more about these [Waivers](#).
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.
6. **Reviewing time sheets** filed by your attendants.

## Waivers

### Medicaid Expansion

- **News**

In late February, Disability Advocacy organizations, such as [National Association of Councils on Developmental Disabilities \(NACDD\)](#) released a joint statement outlining why proposed changes to the Affordable Healthcare Act would be detrimental to people with disabilities. [Read more](#), Concerns about the Proposed Changes to Medicaid in the House Republican Policy Brief.

Some states have expanded their Medicaid programs to cover all people with household incomes below a certain level. Whether you qualify for Medicaid coverage depends partly on whether your state has expanded its program. The Governor of Virginia announced that he would make a renewed push to expand the states Medicaid program under the Affordable Care Act. If successful, the public health program that covers low-income Americans would grow to include 400,000 Virginia residents. [Read more](#), "There are no excuses left": Virginia Gov. Terry McAuliffe explains his new Medicaid expansion push.

- **CCC Plus**

Commonwealth Coordinated Care Plus (CCC Plus) is a new statewide Medicaid managed long term services and supports program that will serve approximately 214,000 individuals with complex care needs, through an integrated delivery model, across the full continuum of care. Care management is at the heart of the CCC Plus high-touch, person-centered

program design. CCC Plus focuses on improving quality, access and efficiency.

CCC Plus is proposed to launch August 1, 2017 and enrollment into CCC Plus is required for qualifying populations.

CCC Plus will include Medicaid members who receive Medicare benefits and full Medicaid benefits (dual eligible), including members already enrolled in Commonwealth Coordinated Care (CCC), and members who receive Medicaid long term services and supports (LTSS) in a facility or through one of the home and community-based (HCBS) waivers (except Alzheimer's Assisted Living waiver). Individuals enrolled in the Community Living, the Family and Individual Support, and Building Independence waivers, known as the Developmental Disabilities (DD) waivers, will enroll for their non-waiver services only. At this time, their DD waiver services will continue to be covered through Medicaid fee-for-service. It also includes members who are eligible in the Aged, Blind, and Disabled (ABD) Medicaid coverage groups, including ABD individuals currently enrolled in the Medallion 3.0 program.

Individuals will transition into the program by Regions. The transition schedule is as follows:

- August 1 - Tidewater
- September 1 - Central
- October 1 - Charlottesville/Western
- November 1 - Roanoke/Alleghany/Southwest
- December 1 - Northern/Winchester
- January 2018 - CCC Demonstration (current CCC members)
- January 2018 - Aged, Blind and Disabled

There will be 6 different health plans/MCOs participating. Enrollees will receive an Initial Notice letter with an initial assignment into a health plan/MCA and a comparison chart of all the MCOs in their region and will receive instructions if they wish to change their health plan/MCO. Additional information will be provided in the enrollment letters that explain the process.

Moms In Motion is aware of the upcoming changes, and we are working hard to stay informed and keep you informed about the new CCC + program. These are exciting changes as all entities work together to provide the best care for you and/or your loved one. If you'd like to learn more about the program, please visit this [webpage](#).

## Maximizing Your Benefits

### Tax Exemptions For Parents

There are tax exemptions for family members who are caregivers living in the same residence. The IRS has begun to allow parents of children with disabilities to exclude qualified Medicaid waiver payments from income. This allows biological parents of children with disabilities to receive compensation from various Medicaid programs for the time they spend providing assistance to their children above and beyond what would be expected of parents of children without disabilities. [Read more](#), Certain Medicaid Waiver Payments May Be Excludable From Income.

### Apply For The 2017 Charitable Fund Award

The application period for the 2017 Charitable Fund Award Program will begin in April and end in May 2017. The program has awarded \$290,801 in grants to children and adults with special needs over the last eight years. Established in 2009 to support the mission of helping people with

special needs improve their quality of life, this grant program offers assistance with the purchase of equipment, medication or services to Virginia residents who demonstrate a financial need.

[Apply now.](#)

## 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 2017 - March 2018

- [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.

### News from PPL

Please be aware of important timelines regarding payment of time sheets. All time sheets MUST be in Good to Pay status as of Thursday morning of the payroll week in order for the time sheet to pay out on the scheduled Friday payroll. Any time sheets that are in Good To Pay status AFTER PPL completes payroll on Thursday AM will not pay out until the following Friday payroll. There will be no exception process to allow payment of a time sheet after payroll has been run in the current payroll week. Time sheets that are in Good To Pay status AFTER Thursday morning will pay out on the NEXT available Friday payroll.

As a reminder, all time sheets must be submitted by the deadlines listed on the approved Payroll Schedule (A or B) provided which is based on the consumer address. PPL does not guarantee payment for any time sheet submitted after the weekly deadline.

## Advocacy

### Advocacy In Action!

Rose Sutton, Moms In Motion's Division 2 Regional Manager spoke to Delegate Richard Anderson on March 18!

Caroline Raker, Moms In Motion's Division 1 Regional Manager met with Reginald Darby, Legislative Director who is a friend of people who have Medicaid waivers!



## The Arc's HealthMeet® Program

Since 2012, [The Arc of United State's HealthMeet® Program](#) has promoted the health of people with I/DD, providing individual assessments and referrals, education through nutrition and exercise programs, and training health care providers to better serve people with I/DD.

Their resources include:

- Health promotion toolkits describing promising programs and practices;
- Reports on findings from over 1,500 health assessments and 1,000 responses from caregivers of people with I/DD; and
- New online courses and trainings for people with I/DD, families, health care providers, and disability professionals.

## Spotlight On...

### Family Highlights





Looking at Juliana's sweet smile, as she looks towards her mother, its hard to believe that doctors and specialists told Juliana's parents, Jung and David, that she would never learn to eat, walk or talk. The outlook was bleak. They said she would likely be blind and deaf, and probably die at an early age from organ failure.

Juliana was born with a genetic deletion. 21 Q 22 partial deletion syndrome is a rare chromosomal disorder that causes many lifelong issues. These include, heart conditions, developmental delays, severe eating difficulties, gastric and digestion concerns, vision and hearing needs. There is also a higher than normal chance of leukemia, so continual monitoring is crucial. Her mother said that this particular deletion is so rare that there are between 50 and 60 known cases. Chromosomal deletions affect children from all parts of the world and from all types of background.

As her parents struggled to make peace with the diagnosis, they reached out to their community for help. Looking for resources for their daughter, they found out about the ED CD waiver, and Moms In Motion. At two months of age, Juliana was screened and started services.

Doing the consumer direct route for the waiver was the best option for Juliana, due to her fragile health and amount of care needed for daily activities. Little Juliana is small, but she takes a lot of care to keep her healthy and progressing. She needs to eat every two hours, She needs to be kept upright due to her severe acid reflux, She vomits up her food several times a day. Even though keeping the ounces of food lower helps to reduce the incidence of reflux, she still vomits after eating. She then needs to be bathed and have her clothing changed. She does not sleep for long, needing to get up at night to eat again. This was very difficult on her parents, both physically and emotionally draining, and they needed help. Juliana does not like strangers, so hiring an aide who was stable and understood the needs of their child was important. After several interviews, they found an ideal match. Juliana responds well to her attendant, and Jung and David trust her to care for their daughter the way she needs.

Juliana is continuing to improve, she crawls, babbles, recognizes faces and voices, she is

starting to eat soft foods. She is making progress slowly and steadily, in her own time. Juliana is up to the challenge of proving her doctors wrong.

## Ability Unlimited

Experienced in the world of Assistive Technology, Medicaid, and disabilities,

[Ability Unlimited](#) provides Assistive Technology to people with special needs who have Virginia Medicaid either through a waiver or that qualify for [EPSDT \(VA Medicaid + under the age of 21\)](#). Ability Unlimited is an Assistive Technology provider. Working with you, your Case Manager, Physician, or Social worker, they will help you access Assistive Technology to meet your needs. They can also provide AT through private funding means. Ability Unlimited will help you navigate the process and give clients unlimited access to portable specialized medical equipment, supplies, devices, controls, and appliances.



## Get Ready For Summer Activities

Summer is right around the corner! Are you ready? Here a short list of some of the camps and activities that your loved one with a disability will be sure to enjoy.

- Free Lifetime Virginia [National Parks Passes](#) for People with Disabilities
- Inquire about a reduced priced application for half off on an annual membership at your local Park & Rec for a person with a disability
- [Therapeutic Adventures](#) - "Discover Your Ability Through Adventure!"
- [Jacob's Chance](#) - Inclusive sporting and social groups for kids, teens, and young adults with disabilities.
- Adaptive surfing with [Life Rolls On](#) or [Surfers Healing](#). Spots go fast, watch for sign up dates!
- [Summer Camp List](#) for Students with Special Needs in Fairfax

## 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:

- [Wolfe Speech Therapy Plus](#)
  - Located in Staunton Virginia, they are a small private practice that offers children and young adults academic, occupational, and speech therapy to improve literacy



and learning life skills such as eating, dressing, and hygiene, self-regulation, and communication.

- [Compass Counseling Services of Virginia](#)
  - Located in Lexington Va. they provide home based Applied Behavior Analysis (ABA) services for children and adolescents under the age of 21 who demonstrate significant impairment in adaptive functioning that is related to either developmental delays or other health conditions.

## Buzz about Moms In Motion

What people have been saying about us:

"Thank you (x) so much for joining us and sharing your expertise at the EFMP Forum yesterday! We very much appreciate you and all of Moms In Motion for your service to our community. I'm grateful to have your organization to refer our families to for assistance with Medicaid waivers and to help them better understand the process. It's empowering to know there is somewhere to turn to alleviate the confusion and better advocate for your loved ones. I hope you will consider returning to our Forum in the future. Thank you again!"

## Events



[Zippity Zoo Festival](#) Come join the family fun and fundraise for The Arc of Shenandoah Valley! There will be: live music, petting zoo, cotton candy, bounce houses, and more. Apr 22 10am Winchester, Va.

[Public Safety Considerations for Students with ASD](#) Learn about safety risks for individuals with special needs, proactive steps to reduce the risk of potential dangers. Resources will be available to all. Apr 27 10am Dunn Loring, Va.

[Self Direction Conference](#) Focusing on Community-based services, policies, and fiscal components that effect Self Direction. May 8 - 9 Baltimore, MD.

[The Bellissimo Ball](#) An annual prom style night out for Special Needs Families ages 12-15. May 17 6:30pm Fredericksburg, Va.

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

## 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.

[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](http://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](mailto: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 Virginia so the reimbursement rate is only relevant to Northern Virginia.)

### 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](http://Care.com)

- [Craig's List](#)
- [MySupport](#)
- [SitterCity](#)



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

**MomsInMotion.net**