



## *Moms In Motion*

Empowering One Family at a Time!

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The Moms In Motion Team!

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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/CCC+ Waiver, did you know that you could also be on the waiting list for one of the three new waivers (Building Independence, Family and Individual Supports or Community Living)? Click [Waivers](#) to find out how to apply.
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

### CCC Plus

Commonwealth Coordinated Care Plus (CCC Plus) is a statewide Medicaid managed long term services and supports program that will serve approximately 214,000 individuals with complex care needs. 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 will be launching August 1, 2017 in Tidewater. CCC Plus roll out dates across the state:



- 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

Before the roll out date for your area, you will receive a letter from Commonwealth of Virginia, Department of Medical Assistance Services that states your CCC Plus health plan. Included in the letter is a [breakdown of the six companies](#) working with the CCC Plus Program that individuals will need to choose from. If you want to keep the health plan assigned to you, you do not need to do anything. You have the right to choose a different CCC Plus Medicaid health plan and you will have a brief window to change your health plan. You cannot opt out of CCC Plus. Call your medical providers (Doctors, Therapist, etc) and make sure that they are in the Managed

Care Organization (MCO) assigned to you by CCC Plus. Keep your Medicaid ID card, you will also be sent a new health plan card. See what health plan your provider participates in at this [website](#). You will receive a call from your CCC Plus coordinator to set up a home visit.

#### Other items of interest:

- Department of Medical Assistance Services's CCC Plus [Website](#)
- CCC Plus Virginia's [Website](#)
- Commonwealth Coordinated Care Plus [Town Hall Meetings](#) across the state from August through November.
- [The Virginian-Pilot News Article](#) July 13, 2017 - "Tidewater region" will be 1st in Virginia to begin new Medicaid program, which launches next month

## CCC Plus Waiver

Beginning July 1, 2017, The EDCD waiver and the Technology Assisted waiver have become one new waiver called the CCC Plus Waiver (not to be confused with the CCC Plus Program which begins rolling out August 1). If you are on the EDCD waiver, you will automatically be switched over to the new waiver and do not need to do anything. Individuals on the CCC Plus Waiver will be able to access the services for both the EDCD and Technology Assisted waiver. If someone on the Technology Assisted waiver meets the criteria, he/she may be able to access Personal Care in addition to their skilled nursing hours. If someone on the EDCD waiver meets the level of need criteria, he/she may be able to assess Assistive Technology or Environmental Modifications. Environmental modifications are physical adaptations to an individual's primary residence or primary vehicle that are necessary to ensure the individual's health, safety, or welfare or that enables the individual to function with greater independence and without which the individual would require institutionalization. Until new regulations and manuals are created, the old regs and manuals for EDCD and Tech Assisted apply.

## Maximizing Your Benefits

### Va-LEND Still Seeking One More Family Trainee Applicant for 2017-2018

[The Va-LEND Program](#) is a great way to enhance your leadership and team-building skills! Va-LEND has one more traineeship open for a parent or other family member of an individual with a developmental disability for 2017-2018. This long-term academic Family Trainee will participate in our full curriculum alongside our professional discipline trainees. Va-LEND covers tuition as long as the student maintains an A-B average. A college degree is required.

The Va-LEND Program is:

- The Virginia Leadership Education in Neurodevelopmental Disabilities Program
- An interdisciplinary leadership training program that is family-centered and culturally-appreciative
- Part of the Partnership for People with Disabilities at Virginia Commonwealth University

You will develop leadership and team-building skills alongside trainees in various professional disability-related fields such as Occupational Therapy, Physical Therapy, Speech Therapy, Nursing, Psychology, Dentistry, Genetic Counseling, and Special Education. This is a significant graduate-level training opportunity entailing 300+ hours. If you have questions contact: Va-LEND Program office at 804-828-0073 or Family Discipline faulty member Elaine Ogburn at 804-320-4514 or [esogburn@vcu.edu](mailto:esogburn@vcu.edu) [Application Form](#).

## Health Insurance Premium Payment Program

The Department of Medical Assistance Services (DMAS) administers two Medicaid programs that may reimburse part or all of a participant's and/or their family's entire share of the employer sponsored group health insurance premiums. These programs are known as the Health Insurance Premium Payment (HIPP) Program and HIPP for Kids. As part of the Affordable Care Act (ACA), adult children can stay on their parents insurance until age 26. If you are paying a medical premium for an individual with disabilities on private insurance, you may qualify for the HIPP or HIPP for Kids program. You can find more about these programs [here](#).

Please note: The HIPP and HIPP for Kids program are carved out services for the CCC Plus Managed Long-Term Supports and Services Program. If you or your loved one are on the EDCD Waiver (now the CCC Plus Waiver) and are receiving benefits under HIPP or HIPP for Kids, you will not be rolled into the CCC Plus Managed Long-Term Supports and Services Program when your region goes live. You will remain on the CCC Plus Waiver and will therefore continue to get Personal Care and Respite hours (if applicable), but you will not be put into one of the six CCC Plus Managed Long-Term Supports and Services Program plans.

## 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.

## Respite Hours

Do you get respite hours? The new fiscal year for respite hours began July 1, 2017. You can look up your respite hours on [PPL's website](#). If you're not sure how to do this, your Moms In Motion Service Facilitator can help.

## Advocacy

### Medicaid in Congress

Recently Congress has been trying to pass legislation would that make cuts to the Medicaid program that over 10 million people with disabilities and families rely on to live and work in their communities. On the early morning of July 28, 2017 The U.S. Senate cast several votes in an effort to repeal and replace the Affordable Care Act. Senator John McCain (Arizona) joined his Republican colleagues Senators Lisa Murkowski (Alaska) and Susan Collins (Maine) and the

Senate Democratic caucus in voting no against the so-called skinny repeal resolution, a proposal to repeal parts of the Affordable Care Act.

Read more in the [article](#) by Disability Scoop.

Read The Arc of the United States [statement](#) about the vote and advocacy efforts.

Many advocates with and without disabilities have been tirelessly working to advocate that cuts to Medicaid would be dangerous. There is much relief with the July 28th vote, but please feel free to [contact your Senators](#) and tell them what Medicaid means for you and your family.

## The PEATC Youth Project

[The Parent Educational Advocacy Training Center \(PEATC\)](#) is a valuable asset to parents that are navigating the Special Education world. They have a blog featuring youth called [The PEATC Youth Blog](#). It is driven by their Youth Advisory Board, made up by individuals with and without disabilities. It's the spot to make connections with different organizations in Virginia, get ideas on how to become more active at school and in the community, and how to become a strong self-advocate.

## Assessing Virginia's Disability Services

The Virginians with Disabilities Act § 51.5-33 directs the [Virginia Board for People with Disabilities \(VBPD\)](#), beginning July 1, 2017, to submit an annual report to the Governor, through the Secretary of Health and Human Resources, that provides an in-depth [assessment](#) of at least two major service areas for people with disabilities in the Commonwealth. In June 2016, the Board determined that the 2017 focus would be on the education and employment of individuals with disabilities as related to programs and services operated, licensed, administered, or funded by the Commonwealth.

The Virginia Board for People with Disabilities 2017 Assessments of Virginia's Disability Services System have been released. The two areas covered in 2017 are Education and Employment. Per changes to Virginia's code in 2016, the [Assessments](#) are in an easier to read, more user friendly format, containing information on national and state trends and recommendations for systems improvement.

## 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



- [State Special Education Advisory Committee \(SSEAC\)](#) - Majority of members must be individuals with a disability or parents of children with a disability eligible to receive services under IDEA. Members are appointed by the Virginia Board of Education. There are [Local Special Education Advisory Committees](#) as well where you can become a board member.

### 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 are being phased 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](#)

[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](mailto:includingmeinva@gmail.com)

## Spotlight On...



### Fatherhood: Raising Children with Autism

More men are taking greater responsibility in the home and raising children than ever before. The hurdles that accompany autism often leave men feeling powerless and speechless. It's not unusual for a father to find himself at a loss of how to interact with a child who is different from the one he expected. However, as dads learn to deal with this sense of powerlessness, they discover what they can do to help their child

(80% of whom are boys), their family, and themselves. Robert Naseef, Ph.D., is a keynote speaker, psychologist, and father of an adult son with autism. He has two spectacular blog entries on his [website](#) that empower fathers of children with Autism and other disabilities:

- [Fathers are Stepping Up Around the World and Raising Children with Autism](#)
- [Involved Fathers Get Results](#)

### Child Neurology Foundation's Family Support Program



The Child Neurology Foundation (CNF) [Family Support and Empowerment Program \(FSEP\)](#) offers families a free, direct connection with a Peer Support Specialist. If you're a parent, receiving a diagnosis for your child that is life-changing will shake you to your core. Having a safe place to explore feelings of "this is not the way it's supposed to be" is what the CNF Family Support and Empowerment Program (FSEP) is all

about. Sharing the emotional process that often comes with a new diagnosis or living with a neurologic condition, with someone who has also experienced these feelings, can be helpful to many families. Connecting with someone who knows what you are going through can help! FSEP Peer Support Specialists are parents trained to listen and help without judgment. They will also share trusted information and resources. FSEP was created so that no parent or caregiver in the child neurology community ever walks alone. They are parents who have been through the experience and want to listen and help.



## Our Special Harbor Sprayground

[Our Special Harbor Sprayground](#) is an inclusive park in Alexandria, Virginia. The park has zero water depth and tons of fountains. There are several interactive water features including water dumping buckets, water tables and a water maze. There is plenty of shade

and chairs for the kids to take a break. The park offers several family restrooms in the sprayground and outside near the picnic pavilion. The tree house is a series of accessible ramps out into a forested area with a stream below.

It has a fully accessible tree house and the accessible Tiki Village playground is in the nearby Family Recreation Area. The fully accessible complex features Chesapeake Bay-themed attractions including a spraying osprey nest, Chessie the sea serpent, misting sunflowers and a lighthouse. The beach area is quieter with softer bubblers and interactive water tables.

General Admission is free; however there is a daily fee for each participant and chaperone for commercial or nonprofit groups (including day care centers, martial arts camps, YMCA, church groups, etc.). \$5 for Fairfax County residents, \$10 for Non-County residents.

## JT's Camp Grom

[JT's Camp Grom](#) is a 70 acre project with a 15 acre main campus/park. It's a recreational facility for wounded warriors, their families, and a place for children and adults with physical and intellectual disabilities. It will be opening in the near future in Virginia Beach. It'll have rope courses, lakeside trails, and physical fitness activities ranging from swimming and wakeboarding, to archery and putt-putt. For more information, or for ways to donate to the project, visit their website at <http://www.vagentlemen.com/>.

## 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:

- [Blue Ridge Care Connection](#)
  - Located in Charlottesville Virginia, provides community-based services and funds to support families with children with special healthcare needs. They gather case managers, medical providers, educators and family members together to plan and manage a plan of care specific to each child. The program also provides a pool of funds to help meet the needs of uninsured and underinsured children.



- [Paragon Autism Services](#)
  - Provides Applied Behavior Analysis (ABA) to children diagnosed along the autism spectrum in Fredericksburg Virginia and surrounding areas. Their goal is to build functional skills and reduce maladaptive behaviors while teaching families and professionals the skills necessary to ensure growth and health.

## Buzz about Moms In Motion

What people have been saying about us:

"I switched my facilitator to Moms In Motion. I am BEYOND impressed by them. I received more information and guidance from my facilitator in 5 minutes than I received from my prior company in 3 years. I can highly recommend Moms In Motion if you are new to the waiver or are experiencing frustrations or inconsistencies from the company you currently use."

Moms In Motion giving back to community at Valley Mission in Staunton!



## Events



[The Arc of Virginia State Convention](#) Sessions on Waiver Redesign, Commonwealth Coordinated Care Plus, Federal Policy Issues, Inclusive Education, Early Intervention and more. Aug 7 - Wed Aug 9, 2017 Norfolk, Va.

## 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.



[Crisis Responders Training](#) Participants will learn practical research based interventions that can be utilized in responding to crises involving individuals with Autism Spectrum Disorder. Aug 10, 9am Suffolk, Va.

[Life Rolls On - They Will Surf Again](#) For people with disabilities who want to surf. Aug 12, 7am  
[Surfers Healing](#) For children and people with Autism who want to surf. Aug 18 - Aug 19 7am Virginia Beach, Va.

[Annual Water Mine & Summer Family BBQ](#) To benefit Autism Society of Northern Virginia. Family Barbecue and fun at the Family Swimmin' Hole. Aug 13, 10am Reston, Va.

[Morning at the Museum](#) Access to a Smithsonian museum for individuals with cognitive and sensory processing disabilities by providing early entrance into the museum. Aug 27, 8:30am D.C.

[Parent and Youth Empowerment Summit](#) To increase parents' capacity to help their children with disabilities post High School outcomes and to grow effective self-advocates. Sep 9, Williamsburg, Va.

[Autism: Putting the Puzzle Together Across a Life Span](#) This conference features a wealth of resources, networking opportunities and a keynote speaker. Sep 9, 9am Milford, Va.

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

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



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

**MomsInMotion.net**