



## *Moms In Motion*

Empowering One Family at a Time!

*October 2017*

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The Moms In Motion's Financial Team!

Hello to all! We hope you are settling down into your autumn and/or school routine. As always there are changes on the way and Moms In Motion is here to keep you informed.

We are always looking for ways to build stronger relationships within our communities as well as with you. To that end, we are extra excited to announce our first annual BOO-FEST 2017! Join Moms In Motion and tons of vendors, exciting door prizes, opportunities for holiday shopping and kids activities! Kids in costume can trick or treat with the vendors for free. We look forward to seeing you there! Don't miss our float during the Festival of Leaves Parade. BOO-FEST 2017 takes place on Saturday, October 14th. 11 AM - 5 PM at The Front Royal Volunteer Fire and Rescue Department (221 N Commerce Ave, Front Royal, Virginia 22630).



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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 [BI, FIS, CL 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 November 1, 2017 in Roanoke/Alleghany/Southwest. 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.

### 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.

## Waivers Guide

Department of Behavioral Health and Developmental Services (DBHDS) just released what they are calling a family friendly guide to Waivers. It covers eligibility, waiting lists, services, and much more. The purpose of this document is to guide individuals, families and support partners through Virginia's Home and Community-Based Developmental Disability Waivers (otherwise known as the DD Waivers).

[Navigating the Developmental Disability Waivers: A Guide for Individuals, Families and Support Partners](#)

## Families USA's State Waiver Resource and Tracking Center

At a national level [Families USA's State Waiver Resource and Tracking Center](#) tracks what types and which states are utilizing waivers. It explains what a state must do to develop a waiver system. The center informs how the public (advocates) can get involved to bring a waiver program to their state. Families USA's mission is to be a national voice for health care consumers, is dedicated to the achievement of high-quality, affordable health care and improved health for all. They advance their mission through public policy analysis, advocacy, and collaboration with partners to promote a patient-and community-centered health system.

## Maximizing Your Benefits

### Ability Unlimited

[Ability Unlimited](#) will facilitate getting you or your loved on the Assistive Technology they need to improve their quality of life! If you, your loved one, or patient is in need of an Assistive Technology (AT) device, the cost of the item can be funded by Virginia Medicaid. Ability Unlimited can assist individuals who have a Virginia Medicaid waiver, such as the EDCD(CCC Plus) waiver, as well as individuals under the age of 21 on the BI/CL/FIS waivers. Learn more information on Virginia Medicaid eligibility criteria, as well as what is needed to submit to DMAS/DBHDS/MCO's for authorization on their [shareable flyer](#). Ability Unlimited also has an awesome [newsletter you can subscribe](#) to that will educate on what devices are Assistive Technology, and will direct you on how Ability Unlimited can help you attain the device.



### The Individual and Family Support Program

[The Individual and Family Support Program \(IFSP\)](#) is a result of the Department of Justice Settlement with the State of Virginia. The purpose of this fund is to assist individuals on the wait lists for the CL or FIS waivers and their families to support them in their community as they wait

for their "slot" to be funded. A maximum of \$1,000 per fiscal year per individual on the wait lists is potentially available for services. [Examples](#) of what IFSP covers and does not cover.

On August 17th The Department of Behavioral Health & Developmental Services (DBHDS) released information about the Fiscal Year 2018 IFSP Funding on the [IFSP website](#) on August 17th. The FY2018 [application](#) is to be submitted on-line. This means no more paper and stamps!

(In order to be eligible for IFSP, all outstanding receipts from previous funding periods need to have been submitted. All receipts needed to be received by Friday, September 15th at noon.)

- First day to access the application and save a draft: No later than August 31st
- First day to submit a draft of an application: October 23rd at 12pm
- Last day to submit an application: November 17th at 5pm

Before October 23rd, the [application](#) will be available on-line. You will be able to review the application, fill in your information, and save a draft copy. If you need to make changes, you will be able to correct or edit your information. You will not be able to submit your application before 12pm on October 23, 2017.

#### Helpful guides:

- An overview of [IFSP process](#)
- Read the August 2017 [IFSP User Guide](#).
- [IFSP tips](#) and a step by step training [video](#) from The Arc of Northern Virginia.



#### ABLEnow: Tax-Advantaged Savings for Individuals with Disabilities

[ABLEnow](#) provides people with disabilities and their families the opportunity to save money for today's needs or invest for tomorrow. These simple, affordable and tax-advantaged accounts allow eligible individuals to save up to \$14,000 a year without endangering their eligibility for certain benefit programs critical to their health and well-being.

ABLEnow accounts are made possible by the [Achieving a Better Life Experience \(ABLE\) Act](#), which authorized states to establish tax-advantaged ABLE savings programs. As the Virginia-sponsored ABLE savings program, ABLEnow is administered by [Virginia529](#), the nation's largest college savings plan. Learn more:

- [Video](#)
- [Brochure](#)
- [Toolkit](#)
- [Slideshow](#)

#### 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.

# Advocacy

## How to Build a Strong Self Advocate

As parents, there are many responsibilities that come along with raising a successful adult. If you are a parent of a young adult with a disability you may feel the need to prepare them for entering the "real world". You would want them to learn Independent Living skills and much more. One of the most powerful tools you can instill in a young adult with a disability is how to self advocate.

This [toolkit](#) is a guide for Centers for Independent Living and others to conduct interactive and engaging workshops to facilitate the development of advocacy skills of emerging Independent Living leaders and youth with disabilities. It describes how to introduce advocacy through the facilitation of unique activities and discussions, identifying issues of importance, and putting advocacy skills into practice. The [toolkit](#) will help develop communication and public speaking skills, stimulate fast thinking, and encourages engagement with ideas, all skills that are important for effective advocacy. An important part of advocacy, no matter if the goal is to help one person or many, is establishing a confident voice, developed and supported by a community of peer support.

## Building Social Capital: Putting Down Roots to Grow a Strong Community

"People need people and need to feel useful."

Al Condeluci is a well known public speaker and his focus is on promoting wellness and healthy relationships. "Social Capital" is a term that describes the notion of friendship and social connectedness. Clearly, all people have some form of social capital, but it hasn't been until recently that sociologists have come to realize the power and potency of this concept.

*It's Our Story is guided by three overarching principles rooted in inspiration, information, and involvement. An engaging journey through disability culture, lifestyle, and history, this project redefines 'ability' and recognizes disability not as a cultural 'other,' but as a component of social and political diversity. Put simply, It's Our Story is an investment in humanity motivated by a focus on power, passion, and pride.*

This excerpt is from the website, ["Building Social Capital"](#) created by Al Condeluci. He is a sibling of a person with a disability. He strives to advocate to the public how important and vital it is for people with disabilities to have "Social Capitol" when too often segregation and isolation occurs.

## Sign Up for Autism Focus Group

Participate in a one-time focus group seeking to understand thought patterns and emotions in Autism Spectrum Disorder. Brought to you by the Eastern Virginia Medical School (EVMS)

Autism Spectrum Disorder (ASD) Program and sponsored by The Department of Psychiatry and Behavioral Sciences. One of the goals of their program is to research the diagnosis and treatment of ASD. Currently, they are recruiting volunteers to participate in a one-time focus group to better understand thought patterns and emotions in adolescents and young adults with ASD.

If you are an adolescent/young adult between the ages of 16 and 30 with a diagnosis of ASD or you are a caregiver for a adolescent/young adult between the ages of 16 and 30 with a diagnosis of ASD you may be eligible to participate in the focus group. There are no costs to participate and you will be compensated for your time. For more information about the study, please call 757-446-5176. [Shareable flyer](#).

Related New York Times Article:

[Looking Into the Future for a Child With Autism](#) - As my son's limitations became clearer, I found it harder every year to write a vision statement for his I.E.P. Then he showed us how.

## 5 Mistakes to Avoid for Parents of Special Needs Children

On a [podcast](#) Steve and Ryan delve into the very serious matter of financial planning for families with special needs children. They welcome their guest expert, William Wood, Ph.D. Dr. Wood is an economics professor with a special needs adult child. He joins Ryan and Steve to offer his knowledge and tips for special needs parents after his lifetime of experience first hand as a parent and as a financial and economic teacher. Each point below will be explained further in the [podcast](#):

1. Overreacting when you find out your child has a disability.
2. Under reacting when your child has a disability.
3. Not taking full advantage of what public school has to offer your child with a disability.
4. Being threatening and bossy with your school.
5. Waiting too long to get your financial plans in order.

## Virginia's Behavioral Health: System Transformation Excellence and Performance (STEP-VA)

The Department of Behavioral Health & Developmental Services (DBHDS) worked with Virginia stakeholders and drew from national best practices to design System Transformation Excellence and Performance (STEP-VA). STEP-VA requires all Community Service Boards (CSB)s to provide the same services, such as same day access, primary care screening for all patients, outpatient services for mental health and addictions, targeted case management, crisis services, and other critical services. Services for all age groups and veterans are an integral part of the model. Also, STEP-VA integrates psychiatric care with medical care, housing, employment, education, and social services to a degree only inconsistently achieved today.

When fully implemented, these essential services will be available at all 40 Virginia Community Service Boards. This will help people access services promptly and help head off crisis situations. In the last legislative session, Gov. McAuliffe proposed funding for the first phase of STEP-VA, same day access, which allows a person who calls or appears at a Community Service Board to be assessed that same day instead of potentially waiting weeks for an appointment. The General Assembly funded the program in 18 of the 40 CSBs, with the remainder to be funded next year. The General Assembly also required STEP-VA services to be in place by 2021 across Virginia. [Read full Virginian-Pilot Article](#) by Jack Barber published on July 16, 2017.

## Spotlight On...

### Kelly's Choice Inc.

Nonprofit 501 (C)(3)



### Kelly's Choice Inc.

November is National Family Caregivers Month!

[Kelly's Choice](#) works to support and recognize caregivers of the differently abled and their loved ones through networking, advocacy, and education. Winnie is the founder of Kelly's Choice. She is a native of Landover, Maryland, wife of Deacon Quarry Wilson and the mother of four young adults, one of which was diagnosed with cerebral palsy. Inspired by a dream Winnie had in July 2011, she had an instant vision and Winnie founded Kelly's Choice so she

could give back and assist other caregivers of children, young adults with special needs and different abilities. Her goal is to provide outlets to help caregiver's and the differently abled to know they are not alone. Kelly's Choice is for the love of the caregivers and their loved ones and all different abilities!

The Kelly's Choice 4th Annual Caregivers Recognition Black Tie Gala is on November 11, 2017 at the Messiah Center in Hampton, Va 2pm. You are invited to [submit](#) a caregiver to be honored (free ticket) at the 4th Annual Caregivers Recognition Black Tie Gala.

### Jill's House

Overnight respite care at [Jill's House](#) transforms the lives of families raising children with special needs. Located in Vienna, Virginia, Jill's House provides a safe haven to entrust your children, so you can rest. Your child will make new friends and experience things you never imagined possible. Their respite is for all children with intellectual disabilities and their families, without regard to race, religion, or ethnicity for ages six to seventeen. Jill's House is named after a very special young lady. In 1992, Jill was born with Dravet Syndrome which is a rare seizure disorder. Her parents' lives changed when a friend stepped in and introduced them to the concept of respite. Respite provided an occasional break for her parents to spend time with their children and with each other, or simply to sleep. The difference that respite care made in their family was tremendous. It restored hope, light and even laughter and planted a vital seed that eventually led them to found Jill's House in 2003.



## 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:

- [Chippenham Hospital](#)
  - Located in Richmond, the entire staff is committed to the best of orthopedics, joint care, behavioral health, cardiovascular care and chest pain center. They understand the importance of an economically and physically healthy community,





and they'll continually do our best to take care of you and your family.

- [Pediatric Partners for Attention and Learning](#)
  - Located in Stafford and Great Fall Virginia, they provide a non-traditional, multi-disciplinary practice which specializes in ensuring that children, adolescents, young adults and their parents are afforded every opportunity to reach their full potential academically and socially. They accomplish this by bridging the gap between medical, behavioral health, nutrition and educational services and offering all services under one roof. Their medical providers will see patients aged 3 to 24 while all other providers (Behavioral Health, Nutritional, and Educational Specialists) will treat ages 18 months through 99.

## Buzz about Moms In Motion

What people have been saying about us:

"Our family is beyond grateful for all of your continued help! Thank you all for helping our family and other families just like ours!"

"This is one of the best facilitators and they have the most helpful staff ever (x) and (x) helped me get everything set up for my mother-in-law that I was caring for. Every time I had a question or needed help (x) was always there. She gets things done, all it took was one call and she had everything ready to go. I have never had help like that before (x) is such a great person. Thanks for all of your help."

### Moms In Motion at The Arc of Virginia 2017 State Convention!

([The Arc of Virginia](#) promotes and protects the human rights of people with intellectual and developmental disabilities and actively supports their full inclusion and participation in the community throughout their lifetimes.)



## Job Opportunities at Moms In Motion

Our top priority at Moms In Motion is serving individuals and their families. Moms In Motion's team members are in a unique position because the majority of us are personally affected by disability, and as a result we understand not only the struggle and the fight for what is needed but also the reward of finally getting that relief of help and assistance. We are looking for team members that are dedicated to our mission and our culture. If you are ready to empower families, please [apply](#) to join the Moms In Motion team!

### Service Facilitator:

Position overview: Visit with and assist families in their home on a monthly basis, who are receiving Medicaid Waiver services. Is responsible for monitoring the services provided to individuals on the CCC+, CL & FIS waivers to ensure their safety, satisfaction, health, and welfare while living independently with supports in the community.

- Minimum requirements: Bachelor's degree, password protected internet access, clear background check, reliable transportation. Flexible hours availability.
- Location:
  - Arlington, VA x2 positions
  - Roanoke, VA x1 positions
  - Hampton Roads, VA x3 positions
  - Albemarle/Charlottesville, VA x3 positions
  - Orange County, VA x2 positions
  - Spotsylvania/Fredericksburg, VA x1 position
- Pay range: \$20-\$25 per visit
- Time requirement: 15-40 hrs/week, work from home.

### Family Resource Specialist:

Position overview: Answer calls from families trying to navigate the waiver services, guiding them through application, appeals, etc. Assisting various agencies who call in to connect with appropriate Moms contacts. Field calls from anyone with general questions about Medicaid, Medicaid Waiver services, or Moms In Motion services.

- Minimum requirements: Bachelor's degree, password protected internet access, private phone line, exceptional phone skills, familiarity with DMAS waiver services.
- Location:
  - Anywhere in VA x2 positions - work from home
- Pay range: \$9-\$11/hr based on experience
- Time requirement: Work from home M-F 9-5

## Events



[1st Annual Boo-Fest!](#) hosted by **Moms In Motion**  
Tons of vendors, exciting door prizes, opportunities for holiday shopping and kids activities! Kids in costume can trick or treat with the vendors for free. Oct. 14 at 11am Front Royal, Va.

[The Riot's 2017 National Conversation](#) A conference call with others about what people with disabilities have told them are the issues important to their lives, and how we can do 'report cards' on elected officials' decisions on those issues that affect the lives of people with disabilities and their families. Oct. 5 3pm

[Parenting your Child with Autism](#) (4 part series)  
Join CHKD's Developmental Pediatric interdisciplinary team to learn about your child's diagnosis, educational needs and supportive parenting practices. Thursdays, October 5, 12, 19, 26. Newport News, Va.

[Webinar: Understanding and Acting on Medicaid Waiver Policy](#) Join Medicaid experts from Health & Disability Advocates and the Legal Council for Health Justice to learn about Medicaid waivers and the process of waiver approval. Oct. 6 2pm CDT (Central Time Zone)

[Autism Social Skills Coaching Group](#) Each Monday a group of teens and young adults will talk about coping with self esteem, time management, positive outlook, coping with disappointment, social skills, independent living

## 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](#) The Medicaid Waiver Information Center provides information, materials, workshops, and advocacy meetings

skills, budgeting, how to apply for a job, interviewing, social media, assertiveness training, communication, etc. Oct. 9 5pm Mechanicsville, Va.

[Discussions on Special Needs Trusts](#) The Arc of Northern Virginia will walk you through the importance of planning for the future of your loved one with a disability, why trusts are important and other critical services and programs that you should consider. Oct. 24 10am Falls Church, Va.

[Kelly's Choice 4th Annual Caregivers Recognition Black Tie Gala](#) For the love of the caregivers and their loved ones and all different abilities! Nov. 11 2pm Hampton, Va.

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

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/CCC+, CL & FIS Waiver enrollees.

**MomsInMotion.net**