



# May 2021

A Moms In Motion/At Home Your Way/Ability Unlimited Monthly Publication



Leveraging our Passion, Talent, and Experience  
to lead Families to the Answers, Help, and Hope they need!

[Visit our website](#)



## LIVE EVENTS





Stroke is a leading cause of death and can happen to anyone. In observance of Stroke Awareness Month, join us for our timely discussion during our next Facebook Live Event: **Wednesday, May 26th at 12pm.**

[RSVP Here](#)

### IN CASE YOU MISSED IT



Here is a recap of the Moms In Motion/At Home Your Way Q&A Facebook Live Event



Here is a recap of the Moms In Motion/At Home Your Way Facebook Live Event with Nicole Miller of the Autism Society of Tidewater Virginia.





# AUTISM 101

## WHAT IS AUTISM?

Autism is a complex, lifelong developmental disability that affects essential human behaviors such as social interaction, the ability to communicate ideas and feelings, imagination, self-regulation, and the ability to establish relationships with others.



### Autism is characterized in the DSM-IV by:

- Persistent deficits in social communication and social interaction
- Restricted, repetitive, and stereotyped patterns of behavior, interests, and activities

- 1 Autism spectrum disorder (ASD) is a developmental disability that can cause significant social, communication and behavioral challenges.
- 2 Often times, there are no differences in how people with ASD look, that would set them apart from others, but people with ASD may communicate, interact, behave, learn, and experience the world in ways that are different from most.
- 3 The learning and cognitive abilities of people with ASD can range from gifted to significantly impacted.
- 4 A diagnosis of ASD now includes several conditions that used to be diagnosed separately: autistic disorder, pervasive developmental disorder not otherwise specified (PDD-NOS), and Asperger syndrome. These conditions are now all called autism spectrum disorder.

## THE STATS

The symptoms and characteristics of autism can present themselves in a wide variety of combinations, from mild to severe.

### 1 in 54 children are diagnosed with autism.

—> This is up from 1 in 88, six years ago, and 1 in 125, just eleven years ago.

**85% of autistic adults** with a college education are unemployed.

### 3.5M+ individuals

in the United States are on the autism spectrum; autism is the fastest-growing developmental disability in the U.S.

**The diagnosis rate for autism** is rising by 10-17% each year.

### 500,000 individuals

with autism spectrum disorder are transitioning to adulthood in the United States.

**Males are 4 times more likely** than females to be diagnosed with autism.

### 88,000 individuals

are on state waiting lists hoping to receive adult housing services; the rate continues to grow exponentially.

## GETTING THE HELP YOU NEED

**While no single specific cause of autism is known,** current research links autism to biological or neurological differences in the brain. The characteristic behaviors of ASD may or may not be apparent in infancy (18 to 24 months), but usually become obvious during early childhood (24 months to 6 years).

**Currently, there is no cure for autism.** However, continued research has provided a clearer understanding of the disorder and has led to better treatments and therapies that can positively change the associated behaviors.

**The Autism Society is the largest and oldest grassroots autism organization in the nation,** working hard every day to measurably improve the lives of all affected by autism throughout the lifespan. Our network provides advocacy, education, information and referrals, support, and the community at the local, state and national levels.

Our National Helpline offers our trained Information & Referral



(I&R) Specialists to provide resources to services and supports across the country. To speak to an I&R Specialist directly, call 800-3-AUTISM (800-328-8476), or email [info@autism-society.org](mailto:info@autism-society.org).

Visit [www.Autism-Society.org](http://www.Autism-Society.org) to learn more.



Check out our YouTube Channel for more informative videos



## IN THE NEWS



In accordance with the 2021 Virginia Acts of Assembly, rates for Consumer Directed Personal Care Attendants are being increased effective May 1, 2021.

- NOVA \$13.60
- ROS \$10.50

Read the full memo [here](#).

Nothing in the world can match the love of a mother, her pampering, delicious meals cooked by her, her sacrifices, her care and concern...

For that, we are wishing all you Mothers a FAB day!



## Week Awareness







NATIONAL  
**HURRICANE  
PREPAREDNESS**  
WEEK

National Hurricane Preparedness  
Week  
(May 9-15)

NATIONAL  
NEUROPATHY  
AWARENESS WEEK  
THIRD WEEK OF MAY



National Neuropathy Awareness  
Week  
(May 12-16)

## May Awareness



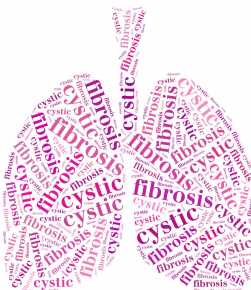
American Stroke  
Awareness Month



National Arthritis  
Awareness Month



Better Hearing and  
Speech Month



Cystic Fibrosis  
Awareness Month



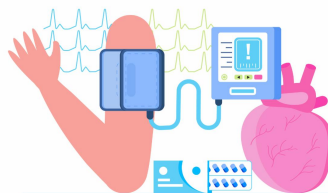
Lupus Awareness  
Month



Melanoma & Skin  
Cancer Detection and  
Prevention Month



National Asthma and  
Allergy Awareness  
Month



NATIONAL HIGH BLOOD  
PRESSURE EDUCATION MONTH

National High Blood  
Pressure Education  
Month



National Osteoporosis  
Awareness and





National Physical  
Fitness and Sports  
Month

## WE ARE HIRING!



### Do you want to:

- *Have a positive impact on people's lives?*
- *See the joy in someone's face when you tell them about a little resource that will make a big difference in their lives?*
- *Have the chance to help people in your community on a day-to-day basis?*



## [Apply Today to Become a Service Facilitator](#)

**Moms In Motion / At Home Your Way** is looking for talented individuals to join our team! We are hiring Service Facilitators all across the state of Virginia. *Apply today!*

Service Facilitators support eligible individuals and their families in properly using consumer-directed services so they can live in their home with assisted supports. We do this by routinely visiting people in their homes (your home will be your base office). Moms In Motion / At Home Your Way has been a leader in this industry for over nine years. We are a value added provider. We help families to administer their consumer-directed services & link them to additional services.

**If you can answer "Yes" to these questions we want you to Join our Team of ACES:**

- Do I enjoy **ADVOCATING**?
- Am I **COMPASSIONATE**?
- Do I strive for **EXCELLENCE** in everything I do?
- Do I care about person-centered **SERVICE**?

**Skills and Qualifications include:**

- Associate's Degree or greater in Human Services or related field.
- Ability to work independently.
- Ability to communicate effectively both orally and in writing.

\*We are currently hiring in Winchester, Page County, Chesapeake, VA Beach, Fairfax County, Buena Vista, Prince George/Hopewell, Roanoke City!

To ensure your **Moms In Motion / At Home Your Way** application is processed correctly, please use the the links on our [Job Opportunities page](#) to apply for the Service Facilitator position in or around your home area.

[Share this with your network, friends and colleagues](#)

Email your questions to: [Recruiting@momsinmotion.net](mailto:Recruiting@momsinmotion.net)

## WAIVERS

### Tell Your Services Facilitator

Changes to your MCO, Health Insurance Premium Payment (HIPP) Program Enrollment, or Medicaid eligibility affects your authorization for Personal Care, Respite, and Companion hours. Moms In Motion needs to know where to send authorization requests to. Your Service Facilitator is often one of the last to know about these types of changes. You must have an authorization in place with the appropriate entity and fiscal agent in order for your attendant to work and get paid. Don't risk a lapse in services.

Helpful links:

- Please join our public Facebook [Medicaid Waiver Discussion Group](#)
- [CCC Plus Website](#)



## If you receive a balance notice or Explanation of Benefits (EOB) statement:

*Moms In Motion's services are covered by DMAS/MCO and considered paid-in-full. No balance billing is permitted by any entity.*

## Who to Contact if You Move

- Department of Social Services in your current locality advising them of the move
- Your Service(s) Facilitator
- Your MCO
- Your current Community Services Board
- Advise those at HIPP
- All Doctors offices & Pharmacies
- Social Security Administration if you are receiving benefits like SSI (must be done in person)
- SIGN UP FOR USPS INFORMED DELIVERY [here](#)

## Developmental Disability Waivers

The State of Virginia currently offers three Developmental Disability (DD) waivers:

- Building Independence (BI)
- Community Living (CL)
- Family and Individual Supports (FIS)

Moms In Motion is able to facilitate services of Companion (when applicable), Personal Care & Respite under the CL & FIS Waivers.

To learn more about the DD Waivers & the services offered through them, please visit our [website](#) for a comprehensive overview.

# MONTHLY DISCUSSION WITH YOUR SERVICE FACILITATOR







## 1. New for this period:

- Have questions about PPLs new MyAccount™ portal? Be sure to discuss them with your Service Facilitator.

## 2. At every visit:

- Are you eligible for [HIPP for Kids/HIPP](#)?
- Has there been a change to the the Employer of Record (EOR)?
- Have your level of care needs changed since our last visit?
- Any recent hospitalizations?

**Your Moms In Motion Service Facilitator will be happy to assist you with anything mentioned in this section. Ask during your next visit!**

# MAXIMIZING YOUR BENEFITS

## Renewing Your Medicaid

Individuals on the [CCC Plus](#) & both of the [DD Waivers \(CL/FIS\)](#) are required to renew their Medicaid annually. A paper renewal application is usually mailed to the primary residence the month before the individual's renewal month. You will not be required to have another screening.

- When completing the renewal application, only include information regarding the individual requesting Medicaid.
- Write "CCC Plus/Long Term Care" at the top of the form.
- **Section 5: Renewal of coverage in future years (optional)** – to make it easier to determine your eligibility for help paying for health coverage in future years, you can agree to allow the Medicaid or FAMIS programs or the Marketplace to use income data, including information from tax returns. You will not receive a renewal application. Instead, you will receive notification of the outcome of your renewal. *5 years is the maximum number of years allowed.*

You can renew using the following methods:

- **By phone:**
  - Call Cover Virginia at 1-855-242-8282
  - TTY: 1-888-221-1590

- **By mail or in person:** Complete the paper renewal form and return it to your local department of social services.
  - Find your local Social Services office [here](#)

Failure to complete and turn in your Medicaid renewal application could result in lapse of coverage. Call Cover Virginia at 1-855-242-8282 if you have any questions.

### Amazon Prime

Amazon Prime is \$5.99 a month for qualifying customers with an EBT or Medicaid card. Cancel anytime.

[Click here](#) to sign up!



## ABILITY UNLIMITED

### PRODUCT SPOTLIGHT: Tub Cuts



Did you know it is possible to have an opening cut in the front wall of your bathtub to convert your current tub into a walk-in shower? It absolutely is a thing! The technique to do so is called a "Tub Cut".

Is a tub cut for you? I'll be honest – not everyone is a fit for a tub cut and that's a-okay by us! A tub cut is designed to be for a pretty specific person with a pretty specific purpose. So if you're on the fence, here are some things to consider.

A Tub Cut is ideal for the following diagnoses and current health statuses:



- Muscular Dystrophy
- Type II Diabetes
- Chronic Obstructive Pulmonary Disease
- History of Stroke
- Unsteady gait
- Fall risk/repeated falls
- Cerebral Palsy
- Anyone who has trouble lifting their legs over the side of the tub

Note: As long as the existing tub is structurally sound, it is always under the waiver limit. The contractor that does the tub cut can also install grab bars if needed.

Does this sound like something that would give you peace of mind and a greater sense of independence? If so, submit your [intake form](#) to get the process started today!



Contact Ability Unlimited

800-511-9471

[info@abilityunlimited.net](mailto:info@abilityunlimited.net)

## Key Roles in a Medicaid Waiver



## SERVICE FACILITATOR:

A Consumer-Directed (CD) Services Facilitator (SF) is the DMAS-enrolled provider who is responsible for supporting the individual and family/caregiver by ensuring the development and monitoring of the consumer-directed services plan of care, providing attendant management training, and completing ongoing review activities as required by DMAS for consumer-directed personal care and respite services.

To learn more about the role & responsibilities of the Service Facilitator, please visit our [website](#) for an overview.

## EMPLOYER OF RECORD:

The Employer of Record (EOR) is the person who performs the functions of the employer in the consumer-directed model of service delivery. The EOR may be the individual enrolled in the waiver, or a family member, caregiver, or another person.

To learn more about the role & responsibilities of the EOR, please visit our [website](#) for an overview.

## FISCAL AGENT(S):

The Fiscal Employer Agent performs payroll activities on behalf of the EOR. This allows the individual to use waiver funds to hire and pay attendants. The Managed Care Organization (MCO) contracts with the Fiscal Employer Agent to ensure that payment to the attendant is accurate based on approved service authorizations and timesheets that have been approved by the EOR. The Fiscal Employer Agent keeps payment records and follows all tax rules on the EOR's behalf. The EOR employs the attendant(s).

To learn more about Fiscal Agent and their role & responsibility, please visit our [website](#) for an overview.



To learn more about FA Aces\$, including how to check your authorizations, click [here](#)



To learn more about FA CDCN, including how to check your authorizations, click [here](#)



To learn more about FA PPL, including how to check your authorizations, click [here](#)

## ATTENDANT(S):





The attendant is an individual who provides personal care or supports for the waiver individual. The attendant is the individual hired by the Employer of Record (EOR) who provides CD personal assistance, respite services, or companion services to the individual. The attendant provides services that are authorized by DMAS or its designated service authorization agent. The attendant should have the knowledge, skills, and abilities to perform the functions and duties necessary to support the individual who is receiving services.

To learn more about the role and how to become an Attendant, please visit our [website](#) for an overview.

## FAMILY HIGHLIGHT



When Deyon was diagnosed at 2 years old we were completely lost. I started attending any and every meeting or educational seminar I could. We met so many people who said they could help us and some did but I remember meeting an employee of Moms in Motion and just the name felt good. Moms, just like myself taking ownership of their child's diagnosis was not only intimidating but also liberating. We had another facilitator at the time that just made everything sound like sprinkles and rainbows and I knew something didn't sound right. This angel who held our hands and gave us a voice helped guide us through the ever changing and winding road of waivers. After meeting other Moms In Motion clients through the special needs community we knew we had to make a change for the better. We took a leap of faith and became Moms clients about 8 years ago and our lives have dramatically changed in the best way possible. We are up to date on all the many new changes and resources and it's nice to have someone come into our home that is genuinely so happy to be there. Our facilitators treat Deyon as a person not a disability and that, alone, makes their customer service exceptional. We feel very blessed with our current service facilitator and our past ones. They are like family even to the point where our friends and family know them by name. It is empowering to know that I have an army of advocates behind me when the going gets tough. Thank you, Moms In Motion!!

M.C.



**At Home Your Way**



We're all home right now during this Corona Virus, but some of us were home BEFORE this virus and will continue to be home long after this virus passes. Are you at home taking care of an aging parent? Does your mom or dad have medical conditions that make that especially difficult? Do you have to help your mom with bathing, dressing, toileting, eating, or help her keep stable as she walks? Did you know that there are Medicaid Waivers in Virginia that could allow you to get help with your mom or dad and not have to pay for it?

To get started, visit our website [www.momsinmotion.net](http://www.momsinmotion.net). On our website, there is a tool for you to use to see if your mom or dad might qualify for these services. Just click on the tab at the top labeled "[CCC Plus Eligibility Tool](#)" and follow the prompts.

If you'd like to talk to someone about your specific situation or would like a little extra help to get started, call our Family Resource Specialists at 800-417-0908.

We're here to help!



### Resources for Aging In Place

- [Office for Aging Service](#)
- [Virginia Department for Aging and Rehabilitative Services](#)
- [Piedmont Senior Resources Area Agency on Aging](#)
- [Peninsula Agency on Aging](#)



# Self Service

Visit our website for your self-service needs

Moms In Motion is fully aware of how important empowerment is for our clients and their families.

To learn of many numerous resources and tools readily accessible to you, please visit our webpages:



- **What are Waivers?**
  - **CCC Plus Waiver**: learn more about this waiver, the benefits, and how to apply.
  - **CL/FIS (DD Waivers)**: learn more about these waivers, the benefits, and how to apply
  - **Early and Periodic Screening, Diagnostic and Treatment (EPSDT)**: a federal benefit for children under 21 that receive Medicaid (this is a program, not a waiver)
  - **Individual and Family Support Program (IFSP)**: an annual grant for those on the DD Waivers Waitlist
- Moms In Motion's informational **CCC+ Self-Help Eligibility Tool**
- **Searchable Resource List** provided by Moms In Motion.
- Virginia's Health Insurance Premium Program (**HIPP**) and **HIPP for Kids**

## TOOLS YOU CAN USE

### INFORMATIONAL TOOLS

- **Why, When, and How Can I Get the IEP Revised?** by Wrights Law
- **Ability Center of Virginia** Helping children and adults with disabilities lead happy, productive lives.

### ListServes

- Join Yahoo ListServ **VaWaivers** to discuss & share news about Va Medicaid Waivers.

### Finding a CD Attendant(s)

- Relevant departments of local colleges. (OT, PT, etc)
- Ask your local school/school district for para-professionals.
- **Virginia Employment Commission**
- Utilize sites such as:
  - **Craig's List**
  - **Care.com**
  - **SitterCity**
  - **MyChoice4Care**



- [Indeed](#)

Thanks for trusting us with your service facilitation and assistive technology/medical equipment needs! Help us to improve and to help more people of all ages and all disabilities by providing consent to share your testimony [HERE](#).

It will only take a few seconds of your time.

Thank you for allowing Moms In Motion/At Home Your Way and Ability Unlimited the opportunity to serve you!



## Connect with Us

We're expanding our social reach!  
Be sure to connect with us now on [Instagram](#) and [LinkedIn](#)!



Moms In Motion/At Home Your Way is a Virginia Medicaid Service Facilitation provider for those approved for the CCC+ and DD Waivers (CL/FIS).

Moms In Motion | P.O. Box 609, Front Royal, VA 22630

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