

# June 2021

*A Moms In Motion/At Home Your Way Monthly Publication*

## Answers, Help & Hope



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

[Visit our website](#)

## LIVE EVENTS



Join us to learn about tools, resources and services offered through Progressus Therapy

Please save the date for our next FB Live Event  
Wednesday, June 23rd @ Noon

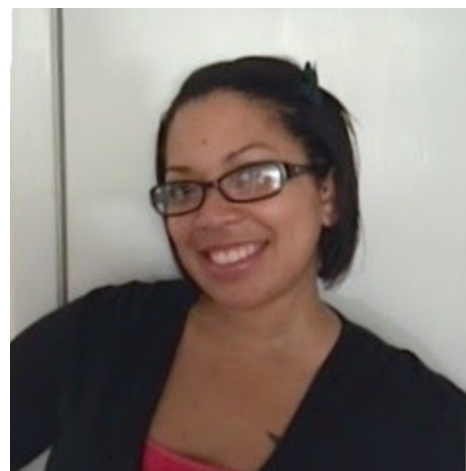
Presented By:  
Hannah Van Nostrand and Victoria Demery

RSVP [HERE](#)

## Meet the Presenters



**Hannah Van Nostrand**



**Victoria Demery**

I completed both my Bachelor's degree in Psychology, and my Master's Degree in Special Education at George Mason University in Fairfax,

I received my bachelors in Psychology from University of South Florida in 2009 and earned my Masters at Florida Institute of Technology in 2013. I started working for Engage in 2009 in Florida where I provided ABA therapy to individuals aged 2-16 years old in home or school settings. Once I completed graduate school, I continued therapy but also began supervision of program implementation and guiding staff to make progress with our families. I worked in Tampa, FL providing services in homes and schools while also managing center based services for Engage from 2011-2017 until I moved to Northern Virginia to expand services here. My areas of expertise are communication training using vocal speech or AAC devices, toilet training, and supporting families through the IEP process to collaborate and ensure services and support are continued throughout the individual's day.

In my free time, I love to play indoor and sand volleyball, creating stained glass art, and spending time with my family.

Virginia. During my undergraduate years, I began working in ABA therapy, and have continued since then, totaling 15 years of experience in the field. I have worked in a variety of settings to include in-home therapy, public schools, university settings, and intensive day schools. While I enjoy working with all aspects of the field, I particularly enjoy working with individuals to lessen aggressive behaviors and to increase communication skills.

I received my BCBA in February of 2020, shortly after having my first child, and returned to in-home therapy services, joining Engage Behavioral Health in 2021. My free time is spent enjoying watching my daughter grow, and bingeing TV shows with my husband and 2 cats.



## In Case You Missed It

### Stroke Awareness

Moms In Motion hosted a Facebook Live event on Stroke Awareness with guest speaker, Jatifha C. Harris, MSN-Ed., ACNPC-AG, CCRN, Neurovascular and Stroke Acute Care Nurse Practitioner at Riverside Regional Medical Center.

Catch the replay below.



Check out our YouTube Channel for more  
informative videos



## Quick Take

## 5 TIPS FOR SUCCESSFUL WAIVER SCREENINGS NO ONE TOLD YOU ABOUT

### DON'T CLEAN!

**This isn't your Mother-in-Law's visit...**  
Don't feel the need to clean your house, etc, before the screener arrives. Unless that's your "thing". They should witness your life as it is on an everyday basis.

### THINK THRU EACH STEP

Think through each activity start to finish before you answer the questions. When they ask about assistance with bathing... think through each step. Does the individual start the water, adjust to the correct temperature, get in and out of the tub independently, wash effectively, dry off? Do they require someone to supervise due to medical conditions? Don't assume they can "mostly bathe themselves" but instead think about each step and if they truly can do all of those without assistance.

### SPEAK FREELY

Have another adult who can take the individual into another room after the screener sees them so that you can speak freely

### BRUTAL HONESTY

Be brutally honest in the caregiver interview. Don't hold back how your life has been impacted and the ways that your family is struggling. Let them know that you need help!

### GATHER INFO

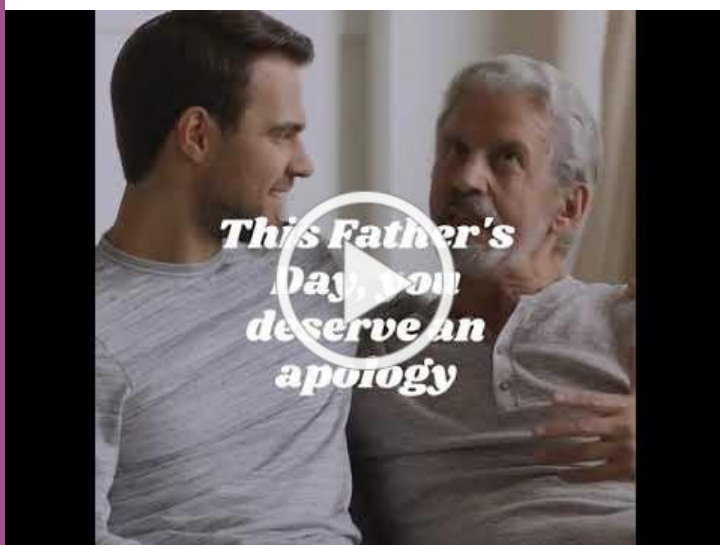
Get all of your info together ahead of time. Have a list of medications, doctors, therapists, etc ready. A note from your doctor about your need for services is also helpful.

Moms In Motion.net

1. This isn't your Mother-in-Law's visit. Don't feel the need to clean your house, etc, before the screener arrives. Unless that's your "thing". They should witness your life as it is on an everyday basis.
2. Think through each activity start to finish before you answer the questions. When they ask about assistance with bathing... think through each step. Does the individual start the water, adjust to the correct temperature, get in and out of the tub independently, wash effectively, dry off? Do they require someone to supervise due to medical conditions? Don't assume they can "mostly bathe themselves" but instead think about each step and if they truly can do all of those without assistance.
3. Have another adult who can take the individual into another room after the screener sees them so that you can speak freely.

4. Be brutally honest in the caregiver interview. Don't hold back how your life has been impacted and the ways that your family is struggling. Let them know that you need help!
5. Get all of your info together ahead of time. Have a list of medications, doctors, therapists, etc ready. A note from your doctor about your need for services is also helpful.

Visit our website periodically for more [Quick Takes](#) and helpful information!



### Happy Father's Day!

This Father's Day, you  
deserve an apology

...for the drawings on the  
walls

...for the sleepless nights

...And for the dented car

Happy Father's day

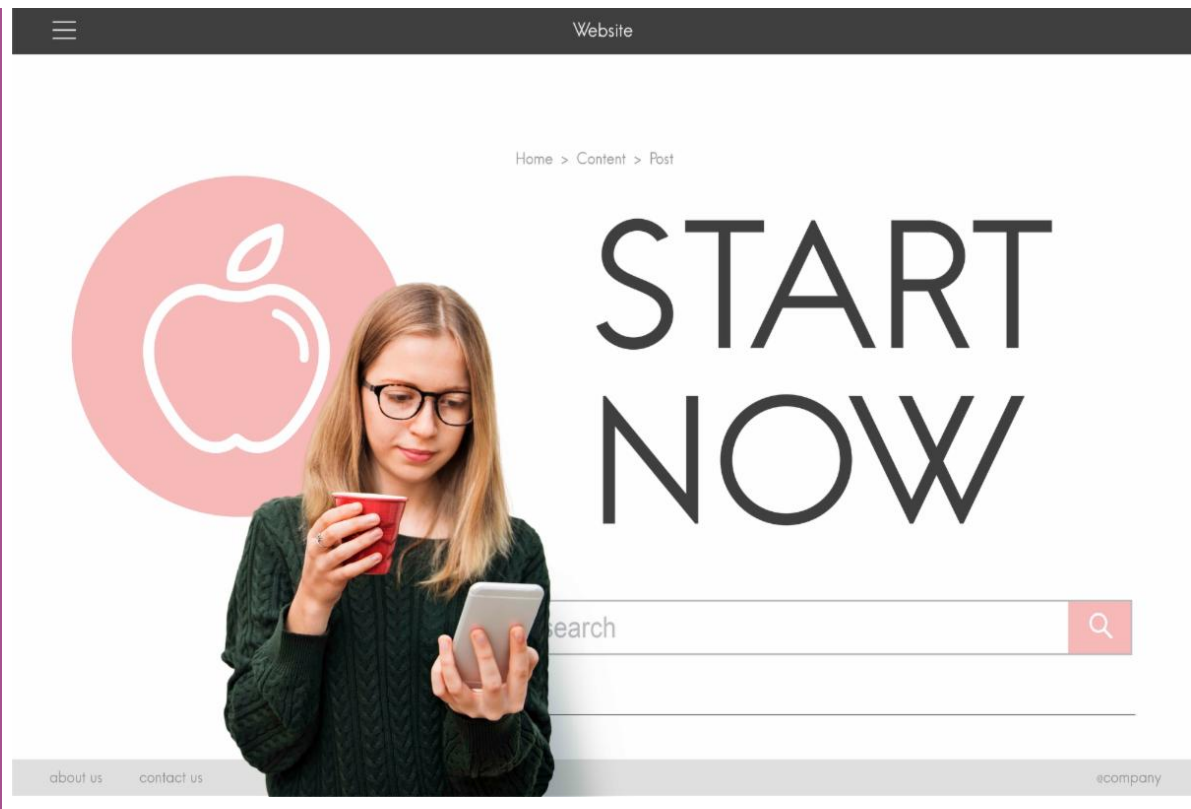
(and on behalf of all kiddos,  
thanks for the patience)

Share with all the Dads you  
know!

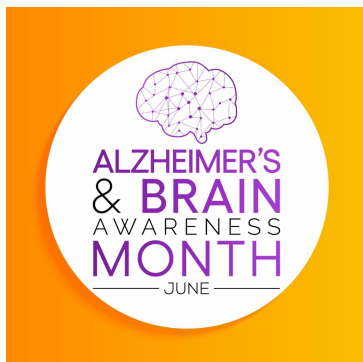
### Things to Do to Prepare for Summer

It's that time of year again! Summer is coming. This is the best time to start thinking about summer hours and make plans. Discuss this with your Service Facilitator at your next visit.

**CCC+ Respite hours renew July 1st.**



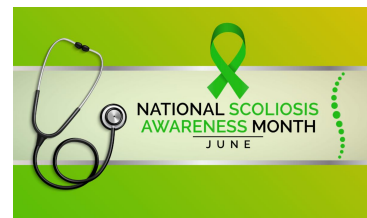
## Awareness & Advocacy



[Alzheimer's & Brain Awareness Month](#)



[National Safety Month](#)



[National Scoliosis Awareness Month](#)

## Caregiver Check-In and Testimonial



## 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?*

**Moms In Motion / At Home Your Way**  
is looking for talented individuals to join our team!

**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.

[ROLE OF A SERVICE FACILITATOR](#)

[WHAT IS A SERVICE FACILITATOR?](#)

**We are currently hiring for the following positions & areas**




WAIVER SERVICE  
COORDINATORS

**JOIN OUR  
TALENTED  
TEAM!**

- Woodbridge
- Springfield
- Winchester
- Shenandoah County
- Fredericksburg
- Portsmouth/Suffolk
- Southern Albemarle
- Orange/Louisa
- Wytheville

[www.MomsInMotion.net](http://www.MomsInMotion.net)

[APPLY TODAY!](#)

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

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.

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

## WAIVERS

### Tell Your Service 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. You will never receive a bill from Moms In Motion.*

### 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:

- Retrained EOR on Respite balance. Contacting Fiscal Agent on accessing the portal. New Respite hours start on 7/1/21.
- Trained or retrained EOR on PPLs MyAccount™

### 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.

## At Home Your Way



## 5 Tips to Protect Aging Loved Ones From Fraud

### 1. Check in regularly

Check on your aging adult's financial situation on a regular basis. Discuss or review financial transactions, bills, and emails. That way you can recognize what's normal versus what's not and catch red flags quickly.

### 2. Stay aware of elder fraud scams

Take some time to educate yourself and your aging adult about different types of scams. Scammers take advantage of victims using telephone, email, or websites.

### 3. Always verify with a trusted individual

It is best practice to always consult with a trusted person before giving out any personal or financial information to a stranger.

### 4. Remove name from call lists

Sign up for the National Do Not Call registry to prevent telemarketer calls and reduce the possibility of being scammed over the phone.

The National Do Not Call registry is a free service provided by the Federal Trade Commission. To sign up, call 888-382-1222

### 5. Get fraud prevention tips online

The [Fraud.org](https://www.fraud.org/) website gives helpful fraud protection tips and resources. Check out the fraud section on Snopes.com for great information about various scams.



## 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](#)

## Aging in Place

Do you have an aging loved one on the CCC+ Virginia Medicaid Waiver or one of the 3 DD (CL, FIS, BI) Waivers? Did they suffer a stroke? Do they have chronic diseases such as diabetes or CHF? Are they losing their cognitive abilities through Alzheimer's or dementia?

Did you know that their medical and personal care needs are not the only benefits of their waiver, but that they are also eligible for medically necessary AT, EM & DME? Check out the video for details!



## 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.

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## 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.

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## 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](#)

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## 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.

## 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
- [Self-Advocacy](#): Virginia General Assembly & Tips for Writing to Your Senator and/or Delegates.
- 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](#)

## MEDICAID ADDED BENEFITS

### 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!



## 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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