Our At Home Your Way leadership team!

You can find updates at the event section of this newsletter or on our calendar. At Home Your Way now has Facebook and Twitter! Be sure to add them to your feeds for news and content geared towards adult Virginians with disabilities.

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Find it Quick
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Caregiver Resources

The Individual and Family Support Program
The 2017 IFSP application period has come to a close. If you submitted your application and are still waiting on funding, please be mindful of whether or not you submitted receipts for the last funding cycle. If you did not, that could be the hold-up. Otherwise, they are still processing applications.

To read more details, click the ISFP tab on this page.

Supporting and Caring for the Caregiver

How to Ask for the Help You Need | The caregiver space:
So many caregivers find their requests for help fall on deaf ears. So many people say they're willing to help, but then they never seem to be around when you need them. Why does this happen?

From Senior Services of Southeastern Virginia:
Caring for an aging or chronically ill loved one may be one of the most important and selfless roles an individual will undertake during his or her lifetime. When you take on the daily care of a spouse, a parent, a close relative, or beloved friend; it is not always an easy role, nor is it one for which most of us are prepared. It is one that can bring great joy and satisfaction, but at times it can also bring on great stress. Senior Services’ resource specialists can help you access the services and support systems that can help you better care for your loved one, help decrease caregiver stress, and maintain the best possible quality of life for all involved. (Norfolk, Franklin, Isle of Wight, Suffolk)

Enable Magazine

Enable Magazine: Top ten tips when choosing a support provider. Promoting informed choice about choosing individual care. Individuals should ask providers some essential questions. These include:

- how will the support package be developed, monitored and changed?
- what is the cost of the support, and what does it include?
- what is the complaints procedure?
- how can care agreements be ended?

Read the full article here.

What You Need To Know About CCC+

What is CCC+?

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.

Who does CCC+ effect?

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.

**When will CCC+ take affect?**

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

*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/At Home Your Way 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: [CLICK HERE](#)

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**Advocacy**

**Partners In Policymaking Recruitment**

The Virginia Board is now accepting [applications](#) for the next session of Partners in Policymaking (PIP), a premier advocacy and leadership training program. The 2017-18 class will consist of seven two-day sessions beginning September of 2017 and lasting through April of 2018. Eligible applicants are adults with developmental disabilities and/or parents of young children with developmental disabilities. The [application](#) deadline is Friday, March 31, 2017, by 5 p.m.

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**Community Living**

**NOVA Housing Resource Guide**

The Commonwealth launched an intensive community engagement initiative in January of 2015 to increase integrated, community-based housing with supportive services in communities with the largest number of individuals impacted by the Department of Justice Settlement Agreement. The Commonwealth of Virginia is actively working to increase access and availability of these integrated, independent housing options for individuals with developmental disabilities.

Find more information by visiting their [website](#)

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**Housing Resources for Individuals in VA's Settlement Agreement Population**

The Settlement Agreement target population for housing includes Virginians with developmental disabilities age [18 and older](#) who are in one the following categories:
* Living in a training center, intermediate care facility, skilled nursing facility or group home & eligible for the Medicaid DD Waiver
* Receiving Medicaid DD Waiver services
* On a waitlist for Medicaid DD Waiver services

March 15th Session in Arlington, VA: click here to register

March 30th Session in Potomac Falls, VA: click here to register

Waiver System Implementation Call Schedule - January to March 2017

Beginning January 4th My Life My Community (MLMC) Stakeholder Calls have been scheduled every other week through March 2017. MLMC continue to appreciate the participation on these calls, which have assisted them in understanding and addressing many issues as they implement the new system. Call in numbers, dates and times.

PPL - Waiver Fiscal Agent/"Payroll"

Check out At Home Your Way's:
- PPL & Aides Resource Page

Check out PPL's:
- Consumer Directed Service Resource Page
- Online Timesheet Tutorial

Payroll Schedules for 2016 - March 2017
- A - Central VA & Tidewater
- B - Northern VA, Piedmont & Southwest

Hiring a New Attendant?
Use PPL's online application to get a pre-populated hire packet sent to you.

Instructions for a Notice of "Discontinued Employment"

Why is this form important?

PPL needs to know when an attendant is no longer working for the following reasons:
- To prevent incorrect payments;
- For correct information on who is working for you or who has worked for you;
- For unemployment hearings. PPL can communicate to the Virginia Employment Commission the last date of employment and reason.

Spotlight On...
National PACE Association

PACE programs coordinate and provide all needed preventive, primary, acute and long term care services so that older individuals can continue living in the community. PACE is an innovative model that enables individuals who are 55 years old or older and certified by their state to need nursing home care to live as independently as possible. Through PACE, today's fragmented health care financing and delivery system comes together to serve the unique needs of each individual in a way that makes sense to the frail elderly, their informal caregivers, health care providers and policy makers.

- The average age of PACE participants is 80 years old. Seventy-five percent of participants are female.
- The average PACE participant has 7.9 medical conditions, many of which are chronic conditions including diabetes, dementia, coronary artery disease, and cerebrovascular disease.
- While most PACE participants live alone in the community, approximately 7% live in nursing homes for which the PACE program pays.

Find a [Virginia program](#) nearest you.

**Generations Online**

Generations on Line - is a nonprofit program for Internet literacy and Access for the elderly, estimates some 21 million people over the age of 65 do not and will not ever use the Internet, unless we intervene.

- Nearly half of older Americans (47%) over the age of 65 cannot use the Internet.

Source: Pew Internet & American Life Project 2012
(This contrasts with 15% of people over age 65 online in 2000; 22% in 2004)

Generations Online provides a simple and easy to use [software](#) for the elderly to navigate, as well as [training](#) on PC or Tablet now from [HOME](#)

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**Tools You Can Use**

**Advanced Directives**
Disability Law Center of Virginia presents an "Ask the Expert" presentation on Advance Directives, answering any and all lingering questions you may have about developing this document. [View here](#).

**Long Term Care- A Look Ahead**
Be prepared for the future, and utilize this guide to help you prepare for long term care services.

**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

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**Events**

**Smithsonian Morning at the Museum** - "You can Grow It" at the Botanic Garden Conservatory. Sunday, March 5th beginning at 8:30 am until 10:00 am. Explore the basics of caring for your plants and even pot a plant to take home!


**March My Life My Community Stakeholder Calls**. March 1st, 15th, & 29th - Find out more about the waiver redesign and system
implementation to research more visit
http://www.mylifemycommunityvirginia.org/

The Arc of Northern Virginia's 55th Birthday
March 21st, 2017. 55 years of promoting and
protecting the human rights of people with
intellectual and developmental disabilities!

2017 Accessibility Summit: A Conference of the
Special Needs Community. March 24th & 25th
at McLean Bible Church in Vienna, VA.
Register here: www.accessibilitysummit.org

These events and others can be accessed at
this Calendar.

At Home Your Way Facebook Group Click the
"join group" button. Once you're in, ask
questions about Waivers or post an ad for an
attendant. Please be careful about the
information you choose to share.

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 VA, so
the reimbursement rate is only relevant to NVA.)

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
  - SitterCity

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At Home Your Way is a Consumer Directed Medicaid Waiver Service Facilitation (EDCD, CL & FIS
Waivers) and Case Management Provider (DD/FIS Waiver)

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