



# Moms In Motion

*Empowering One Family At A Time!*

December 2015 Edition (Revised)

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## A Note from the Founder



*(I apologize, the original version of this newsletter that was sent earlier today was supposed to be a draft sent internally for review. The original version included the introduction of Denise King as a new team member with Moms In Motion. I am sad to say that although we had hired Mrs. King to join us, she passed away before she really began working with us. We are sad that we did not have the chance to get to share Mrs. King's talents with you as a member of Moms. I also personally deeply regret any sorrow this error may have caused any of you who knew Mrs. King.)*

As the 2015 year comes to an end, we want to thank you for your partnership with us. Moms in Motion is now an organization of more than 85 people dedicated to serving our community. We visit approximately 1600 individuals each month to facilitate consumer-directed waiver services and provide case management. We are so thankful to you for entrusting us with your services, and we look forward to continuing to work with you in the coming year.



October Leadership Meeting

I am also proud to note that we had a semi-annual leadership team meeting in October of this year. Our COO, Joy Spencer, got us together for a fun, educational and inspiring event. We will highlight pictures from that event throughout this edition of our newsletter :-). Thanks Joy!

### In This Edition:

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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 waiver - Are you on the wait list for the ID or DD Waiver if applicable?**  
See our document [Which Waiver Wait List Should I be on?](#)
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.

## Waivers



### Waiver Redesign Timeline

Beginning July 2016, the Commonwealth will be launching a new I/DD Waiver program for Virginians with intellectual and developmental disabilities. The program will replace the existing Intellectual Disability (ID) Waiver and Developmental Disability (DD) Waiver with three new waivers:

- Community Living (CL) Waiver
- Individual and Family Support (IFS) Waiver
- Building Independence (BI) Waiver

Individuals currently receiving ID/DD Waiver services will be offered the opportunity to choose which of these three Waivers they will receive when they transition into the new program.

The current timeline projects that the waiver structural changes and new or revamped services will roll out on the following dates:

- In January 2016, the state proposes to phase in the Building Independence waiver.
- In March 2016, the state proposes to phase in the Family & Individual Supports waiver and the Community Living waiver.
- In July 2016, the new Group Home rate structure transition (daily billing vs. the current hourly billing) will become effective (residential rates will take effect at transition and other services will take effect by individual plan year).
- In October 2016, the transition of non-residential individuals (i.e., those living with family) will take effect.

- In January 2017, the new Sponsored Residential rate structure transition will take effect (residential rates will take effect at transition and other services will take effect by individual plan year).

The process and timelines that have been proposed are not concrete. The Virginia General Assembly, specifically Centers for Medicare & Medicaid Services (CMS) will have the proposed waiver change proposed to them for approval. If it is not approved then the process is delayed. Once approved, the waiver reform proposition must go to budgeting for approval, which may cause delays.

#### OTHER NEWS.....

[Presentation](#) by Dawn Traver, the Director of Waiver Operations at DBHDS  
My Life, My Community Update  
October 30, 2015

The Arc of Virginia is hosting a webinar on the proposed changes to the I/DD Waiver program Monday, [December 7th at 10:00am](#)

DBHDS's [report](#) on information regarding the services and support needs of the individuals on waiting lists for Intellectual and Developmental Disability (I/DD) Waiver services.  
December 1, 2015

### Advance Preview of the Waiver Amendments

The three IDD waiver amendments (minus Appendix J) have been posted to the Virginia Department of Behavioral Health & Developmental Services (DBHDS) website for comment. The amendments are accompanied by separate a Table of Contents document to enable you to discern which appendices you are most interested in reviewing. Appendix J is the financial projections appendix and is still being drafted. This comment period is in advance of the official comment period, which will commence upon the completion of Appendix J. Once Appendix J is available, notice of the official public comment period will be posted.

This advance preview of the waiver amendments is being posted to enable stakeholders to have as much time as possible to review the three very lengthy amendments.

You are encouraged to review the amendments and submit your comments through the [My Life, My Community](#) email address  
[mylifemycommunity@dbhds.virginia.gov](mailto:mylifemycommunity@dbhds.virginia.gov)

The sections of the amendments are available at:  
<http://www.dbhds.virginia.gov/professionals-and-service-providers/developmental-disability-services-for-providers>  
or  
<http://www.dbhds.virginia.gov/individuals-and-families/developmental-disabilities>

### Virginia's Managed Long Term Services and Supports (MLTSS) Initiative

The Department of Medical Assistance Services (DMAS) has revised the two-phased approach and will now transition these fee-for- service (FFS) Medicaid enrollees through a single comprehensive procurement and

implementation plan. DMAS will implement a single mandatory Medicaid Managed Long Term Services and Supports (MLTSS) program beginning mid-year 2017.

Updated [Fact Sheet](#) (Revised October 5, 2015) on DMAS move from Medicaid fee-for-service to managed long term services and supports.

## Maximizing Your Benefits



### Individual & Family Support Program Redesign Public Comment Meetings

The Department of Behavioral Health and Developmental Services (DBHDS) Division of Developmental Services have determined it would be in the best interests of individuals with intellectual and developmental disabilities (I/DD) and their families to redesign the Individual and Family Support Program (IFSP). They are interested in your thoughts on the redesign process. More on [IFSP](#).

- Dec. 7 - Big Stone Gap - 3169 2nd Ave East (Two meetings in Big Stone Gap. 3pm-4pm and 7pm-8pm)
- Dec. 9 - Colonial Heights - 505 Springdale Ave.
- Dec. 14 - Virginia Beach - 4100 Virginia Beach Blvd.

### ESL Translation

[Spanish Version](#) of Bob Villa's IFSP Presentation on November 6, 2015. Moms in Motion thanks Laura Thomen for translating!

### PPL - Public Partnerships Limited



### Check out Moms in Motion's PPL Help/Info:

- [PPL & Aides Resource Page](#)

### Check out PPL's Help/Info:

- [Consumer Directed Service Resource Page](#)
- [On-line Timesheet Tutorial](#)

### Payroll Schedules for 2015-2016

- [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.

## Advocacy

### Independent Living Day at Virginia's General Assembly

Groups from Centers for Independent Living (CIL) across the state will be traveling to Richmond to speak with Legislators about disability issues. Parents and/or people with disabilities are welcome to join a group. Transportation to Richmond will sometimes be provided by the Centers. Centers will have a planning day that you must attend if you go to Richmond. ([contact your local CIL](#) for date) Centers sometimes plan for you to speak with legislators in your district. Find out who [your Legislator](#) is in case you have time between meetings to see them. It's helpful to practice what you are going to say to them because they are very busy and don't have much time. take copies of the topic you're speaking about to leave with them or their secretary. It's also helpful to have Bill numbers to go with your issues if possible.

### Public Comment Needed on Virginia's statewide sheltering strategy

The Virginia Department of Emergency Management is seeking input and ideas for development of an integrated, statewide sheltering strategy. They have collected and solicited feedback across the state over the past few years and now we would like to take the next step and provide an opportunity for local emergency managers and emergency management stakeholders in sheltering to help craft this new strategy. Their goal is to develop a statewide sheltering strategy that enhances and augments local and regional sheltering, using state resources in the most effective and efficient way possible.

Dates and times scheduled across Virginia. .... or email your comments.

[More details](#)

### Self-Advocacy Online Resource Center

[Self Advocacy Online](#) provides access to self advocacy groups across the United States by utilizing a searchable resource list. It also offers stories from self-advocates about all of the everyday topics that people with intellectual and developmental disabilities are still advocating for. Find your self-advocacy group [here](#).

### Virginia Housing and Supportive Services for Individuals with Intellectual and Developmental Disabilities

Four regional community teams across Virginia are executing local action plans to increase the number of Virginians with ID/DD living in independent integrated community settings.

The Hampton Roads region is represented by the cities of Chesapeake, Hampton, Newport News, Norfolk, Portsmouth, Suffolk, and Virginia Beach.

The Richmond region is represented by the cities of Petersburg and Richmond and the counties of Charles City, Chesterfield, Hanover, Henrico, and New Kent.

The Northern Virginia region is represented by the cities of Alexandria, Fairfax, Manassas, and Manassas Park and the counties of Arlington, Fairfax, Loudoun, and Prince William.

To find out more about each community's plan and to find ways you or your organization can support your communities efforts, click on the region of interest below:

- [Hampton Roads-Peninsula](#)
- [Hampton Roads- Southside](#)
- [Northern Virginia](#)
- [Richmond](#)

## The Virginia Family Special Education Connection

Provides information on special education issues, practices and services to families who have children with disabilities in the Commonwealth of Virginia. [Their website](#) provides a one-stop-shop for community, educational, family life, and legislative resources to support families and caregivers as their children progress through school with special education services and transition into adulthood. It is also meant to support school divisions who do not have a [Parent Resource Center](#).

## ADA Guide: Access to Medical Care for Individuals with Mobility Disabilities

Accessibility of doctor's offices and other healthcare providers is essential to providing medical care to people with disabilities. [View](#) the overview of requirements you and your loved ones are entitled to.

## Join the AAIDD Community!

[AAIDD](#) promotes progressive policies, sound research, effective practices, and universal human rights for people with intellectual and developmental disabilities. Their site offers a variety of resources geared towards providing education and public awareness. And, for those in the disability profession, AAIDD membership lets you connect with other professionals to share knowledge, and build connections for today and tomorrow!

## Other Newsletters

Virginia Board for People with Disabilities [newsletter](#):

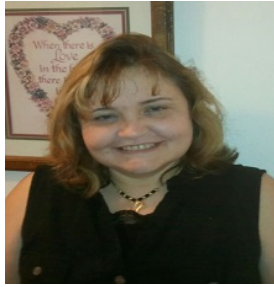
- 2015 PEATC Parent and Youth Summit Survey
- Labor Dept. looks to expand employment opportunities
- Waiver re-design report released
- New blog post: Life with an IEP

The ARC Virginia [newsletter](#):

- Webinar on Proposed Changes to I/DD Waiver
- Your Gifts Make A Difference
- Take Action

**Spotlight On...**

## Moms in Motion's Family Resource Specialist (FRS) Team!



Here at Moms in Motion we have a fantastic team of Family Resource Specialists. They are here to support you by answering questions and providing guidance via phone and email.

They provide information about services and supports in your area. They also mentor families going through the application or appeal process, which as we all know can be a daunting task without assistance. We hope families feel secure our knowledgeable FRS team is there.



We are excited to welcome our new Spanish speaking Family Resource Specialist, Lauren Thomen!  
LauraT@MomsInMotion.net / (800) 417-0908 x1105

We also have a Case Management specific Family Resource Specialist, Mary Minick!  
InfoCM@MomsInMotion.net / (800) 417-0908 x2108

## FACES of Virginia Families

FACES is located in Ashland Virginia. They provide educational, advocacy, and support services to families caring for children unable to live with their birth parents.



FACES also provides free assistance and direction to anyone who calls, runs free weekend camps for adoptive families, educational webinars, training to foster parents, including matching them with a more experienced family to mentor them.

## Moms In Motion in the Community





## Thank you for believing in us!

Moms in Motion would like to express our appreciation to the organizations and individuals who have shared Moms as a resource with families they know. Thank you!

- [Kelly's Choice, Inc.](#)- "Kelly's Choice is a Non-Profit(501C3) organization founded on the premise that all children and adults have the right to live the best life regardless of a mental or physical disability. All special needs children and adults have the right to live authentically and free from negative stigma of what they cannot do. When we're able to stop fighting the fact that we were all created differently; however, equally, then this world would be a much better place."
- [The Arc of Northern Shenandoah Valley](#)- Located in Northwestern Virginia, the Arc of NSV's central focus is advocacy and the right to community inclusion for all. Check out their great upcoming events including their SPRING EGGSTRAVAGANZOO! This event will be one of the largest egg hunts in the Valley in the most unique venue around! Treats, egg hunts, animal visits, cash golden eggs, games and more! Mark this date on your calendar and stay tuned for more information!
- Also, to 20 of the families/people we currently serve for recommending us to your friends in the last 2 months.

## The Buzz about Moms...

"Our team including Harmony and Shannon, attended The Greater Prince William Arc Event this weekend. It is one of the largest events we have attended. Both Harmony and myself gave a presentation regarding waivers. We had individuals that came up to us who said, "Thank You""

".... for all that we have done for their family. We had other companies sending individuals to our table saying that we are awesome and they need to be connected to us. I just wanted you to know that we do great things in the eyes of some many of our families."

"I just started following your (Facebook) page. Great resources! ... The transition event sounds very helpful. I've never seen anything quite like it in Richmond."

## Tools You Can Use

[Intro to Virginia Medicaid Waivers](#)

## Events



### [Northern Virginia Transition Workshop](#)

Resource Fair, complete with agencies that provide services for young adults and adults with autism and other developmental disabilities; a large group and small breakout sessions on transition planning, employment, post-secondary education, and housing to plan for the transition to adulthood. Dec. 5 9:30am Annandale, Va.

### [Parent's Applied Behavior Analysis \(ABA\) Workshop](#)

For parents of students with the low incidence disabilities of Autism, Intellectual Disabilities, or Physical Disabilities. The topic is "Managing Challenging Behaviors in the Home". Dec 9. Two times day & evening. Falls Church, Va.

### [4th Annual Disability Education Conference](#)

300 general and special educators, parents and other professionals from throughout Virginia to discover how to better educate children with disabilities. Breakout Session topics to explore include inclusion strategies, behavior, technology, and more. Jan. 30 9am Richmond, Va.

### [The First Annual Miss Abilities Pageant](#)

Do you know an amazing woman between the age of 7 and 99 in the states of Virginia, West Virginia, Maryland or Pennsylvania who puts the ABILITY in disability and deserves to be princess for a day? Jan. 16 Winchester, Va.

### [Career and Transition Services Workshop](#)

For middle and high

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.

[Resource Directory](#) January 2015 Edition created by the [Charlottesville Region Autism Action Group \(CRAAG\)](#) and [Blue Ridge Care Connection for Children \(BRCC\)](#). The purpose of this directory is to increase community awareness of resources related to autism spectrum disorders.

### [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 Virginia Medicaid Waivers. To join VaWaivers send a request to [VaWaivers-subscribe@yahoogroups.com](mailto:subscribe@yahoogroups.com)
- [www.VaMedicaidWaivers.org](http://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

school special education students and parents to learn more about FCPS' Career and Transition Services (CTS) and what is available to help prepare for life after high school. Jan. 26 7pm Dunn Loring, Va.

[Independent Living Day at Virginia's General Assembly](#)  
Speak with Legislators about disability issues. Organized by Virginia's Centers for Independent Living. Feb. 3 Richmond Va.

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

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

General 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](#)
  - [ShareNetwork](#)

Connect with us:



Moms in Motion is a Service Facilitation provider for Medicaid CD-PAS (EDCD, ID & DD Waivers) enrollees and a Case Management provider for DD Waiver enrollees.

We are honored to serve Virginians with disabilities and their families.

[MomsInMotion.Net](http://MomsInMotion.Net)

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