



Moms In Motion

Empowering One Family at a Time!

December 2017

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MomsInMotion.net

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The Moms In Motion's Exec/Finance/IT Team!

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What You and Your Service Facilitator Should be Discussing

1. New for this period:

1. If you are on the ED/CD/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) Program? 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 timesheets filed by your attendants.

Moms In Motion's Founder: Keri Ayres

Keri got involved in the disability world since she suspected her son had Autism, in 2007. She personally experienced the road blocks to getting these services in place for her son. She saw the invaluable benefit they brought her family. This moved her to start educating other families regarding the Virginia Medicaid Waiver application processes and the benefits of enrolling. She so enjoyed assisting other families, that she created Moms In Motion to allow her to devote herself full-time to this effort. Since the beginning of Moms In Motion in 2009, she has watched it blossom into an organization full of over 100 competent advocates who have touched thousands of families' lives.

Keri was recently featured in Warrenton Lifestyle Magazine!
 A Mom in Motion
 By MARIA MASSARO
 September 18, 2017

"Warrentonian Keri Ayres turns personal experience into empowerment by assisting those with disabilities cut through the health care system's red tape."

[Read full article](#)

A Mom in *Motion*

Warrentonian Keri Ayres turns personal experience into empowerment by assisting those with disabilities cut through the health care system's red tape

BY MARIA MASSARO

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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 December 1, 2017 in Northern/Winchester. 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.

- A [message from Keri](#), the founder of Moms In Motion about the CCC Plus rollout for Northern/Winchester Virginia on December 1, 2017.

Other items of interest:

- Department of Medical Assistance Services's CCC Plus [Website](#)
- CCC Plus Virginia's [Website](#)
- CCC Plus public [member calls](#) December through January

Maximizing Your Benefits

DentaQuest Virginia



If you are having trouble finding a dentist on CCC Plus contact [DentaQuest](#). DentaQuest is driven by their mission to improve the oral health of all, to achieve a nation free of dental disease. They envision a nation where no child suffers from the pain of tooth decay, and where adults keep all their teeth for their entire lives. They believe every person should access to quality dental care.

Helpful phone numbers:

- To find a provider, call Customer Service at 888-912-3456
- Smiles for Children Provider Relations: 888-912-3456, Option 1
- Aetna Better Health of Virginia CCC Plus: 844-824-2018
- Magellan Complete Care of Virginia CCC Plus: 844-824-2016
- Virginia HealthKeepers CCC Plus: 844-824-2017
- Virginia Premier Health Plan Member Services: 844-822-8115
- Anthem HealthKeepers, Inc. Member Services: 855-208-6330
- To Report Fraud and Abuse please call 800-237-9139

Paid Leave and Disability

Recently, [The Arc of the United States](#) and the [Georgetown Center on Poverty and Inequality](#) released a first of its kind report outlining why Paid Family and Medical Leave (PFML) is a necessity for the economic security and stability of people with disabilities and their families. The need for PFML is universal, and well documented. What's been missing is the disability angle, and it's huge - nearly 1 in 5 Americans and their families. [Learn more](#) and read stories profiling several workers whose paid leave experiences highlight the disability perspective.

- ([Read Report](#)) Security & Stability: Paid Family and Medical Leave and its Importance to People with Disabilities and their Families

- Meet Lauren, Steve, and Stephanie in a [video](#) featuring their family's paid leave story.

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.

New Pending Timesheet Messages

Online, PPL has recently made changes to their eligibility timesheet pending messages in the status column.

- VERIFYING ELIGIBILITY: No action is needed at this time.
- MEDICAID NOT ELIGIBLE: Consumers should verify their Medicaid eligibility is active with their local Department of Social Services (DSS).
- WAIVER NOT ACTIVE: Consumer does not have active Waiver eligibility for this date. (Medicaid eligibility was confirmed as active by authorizing agency)
What to do:
 1. CCC Plus Members - Contact your MCO Care Coordinator to review the consumers Waiver eligibility.
 2. VADMAS Fee-for-Service - Your waiver eligibility will be reviewed with DMAS. No action is needed at this time.
- VERIFYING ELIGIBILITY 2: No action is needed at this time.

Timesheets must be in Good-To-Pay status by 9am on Thursday in order to process for payment on the Friday payroll date. In order to allow for completion of the eligibility verification with the authorizing agency, please submit all timesheets to PPL, both faxed and timesheets entered online by the 5pm "Timesheet Received" date as outlined on your assigned payroll Schedule A or Schedule B.

Timesheet Tips

Timesheets must be in "Good to Pay" status by Thursday at 9am in order to pay out on Friday's scheduled payroll, or else will wait a week to be paid.

PPL runs timesheet validations daily each evening at midnight. Updates to the timesheets will show after the validation is run. This means that you can look at it on Thursday, make changes, and it will look different on Friday morning but not on Thursday evening.

The pending message: "timesheet cannot be submitted 3 days before pay period end date" means it will hold the timesheet until Saturday. No further action is needed by the attendant or Employer of Record (EOR). PPL puts the timesheet into a hold until it is time for it to be submitted so that it doesn't get kicked out.

Advocacy

Access to Success: A Free Online Training for College Students with Disabilities

Students who have disabilities can succeed in college. It is easier if they know their rights and how to ask for them. This [training](#) was produced by the University of Kansas Research and Training Center on Independent Living (RTC/IL), and funded by the [National Institute on a Disability and Rehabilitation Research](#) grant. This [online course](#) gives knowledge about rights and responsibilities under the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act. It also teaches skills for requesting supports from your instructors and institutions, as well as showing how to communicate and advocate successfully.

Other Resources for College:

- Blog: [Advice for College-Bound Students](#) with Asperger's or Autism
- VCU's Center on Transition Innovation: [Postsecondary Education & Training](#)
- [Disability Resource Offices](#) on Campus
- [ACE-IT in College](#): An inclusive college experience for students with intellectual disabilities

A Life 4 Me!

We live in neighborhoods in towns and cities of all sizes. Neighborhood roads connect a community. But, communities are more than roads and a zip code. Communities have schools, stores, places to eat and worship, and services for our health and safety. Communities should be where we have a sense of belonging. [A Life 4 Me](#) is an educational website intended to help people with disabilities explore how to create connections in their community. Meet people, plan places to live, work and volunteer during and after high school, and learn about services at [A Life 4 Me](#). [The Partnership for People with Disabilities](#) and [The Virginia Department of Education \(VDOE\)](#) led a group of youth as they created this website to provide outreach to people with disabilities.

Resource Guide for People With Disabilities to Find Roommates

Integrated, independent housing offers individuals with developmental disabilities opportunities for community inclusion and choices in where to live, with whom to live, and who will provide supports to be safe, healthy and productive. Housing is affordable, often with the help of rent assistance. Services and supports are provided through sources separate from housing, such as Medicaid Waiver-funded services, natural supports, privately paid supports and other community resources.

ServiceSource and The Arc of Northern Virginia administrators, reviews each [Roommate i-Match Service Survey](#) and makes potential matches based on location and gender preferences, tobacco use, pet status, accessibility and transportation needs, rent and affordability requirements, move readiness and other considerations.

Virginia Family Network

[Virginia Family Network](#) is a statewide grassroots movement of families committed to providing opportunities that support, educate, and empower other families with children and youth with mental health needs towards balance and improved family functioning. Similarly, Youth [MOVE Virginia \(Motivating Others through Voices of Experience\)](#) is a statewide grassroots movement to provide youth and young adults with opportunities to support, educate, and empower other young people with mental health needs towards becoming more empowered and active guides in their own care. Both movements hope to move individual resilience into system advocacy to help inform and transform the service system.

Check out an informational [flyer](#) from these two groups.

Spotlight On...

Family Highlight



Meet Noelle!! She is absolutely a miracle! Born at 24 weeks gestation (weighing 1lb 11oz and 12 inches long), 9 years later she is still oxygen dependent and uses a g-tube for nutrition. Without Medicaid and waiver services, her family would not be able to care for her at home! Medicaid provided them with the services she needed to learn how to walk, talk and be a fully functional individual. Her lungs may need a lot of help, her gut sometimes has issues and they travel out of state for the best medical care...but her smile will charm anyone!

Noelle qualified for waiver services about 8 years ago. Her mom, Stacie was struggling with 18 round the clock medications, nebulizer treatments, monitoring that she was well oxygenated and she also had a typical 2 year old son, Andon. Noelle's family qualified to have attendant care in the home and it was the biggest blessing of all time! Noelle's mom was finally able to get some sleep and have help with her medically complex and fragile kiddo.

Noelle still has a lot of needs, just ask her and she'll tell you. Otherwise, she is a pretty typical 9 year old. She loves to play barbies and play with makeup. She has the best of friends and is currently in the 4th grade. Noelle is currently waiting on a Double Lung Transplant Evaluation in the hope that new lungs come soon. Noelle has always been held back by her lungs, she's

hoping that new lungs will help her reach her goal of being able to play on the playground and run with friends! Feel free to follow Noelle's story on [Facebook at "Miracle Kid Noelle"](#).



The Virginia Network of Consultants

[The Virginia Network of Consultants \(VNOC\)](#) are professionals who work with children that are deaf and hard of hearing. VNOC promotes and enhances educational services for children VNOC find consultants who have been identified as

having expertise in various aspects of working with children who are deaf and hard of hearing. These professionals are educational interpreters, educational psychologists, speech language therapists, teachers of the deaf and others, who know how to work with students with hearing loss. VNOC coordinates with public school divisions and state operated agencies to find the appropriate professionals. Funds are available to reimburse school divisions and state operated programs for VNOC services.

Hook Law Center's Special Needs Planning Legal Services

[Hook Law Center](#) has Special Needs Attorneys and other Long Term Care Planning Services. If you are injured or disabled, or if you are the parents of a child with special needs, you do not want an inheritance, an award, or a settlement to threaten your entitlement to public benefits. Hook Law Center will assist you in protecting resources such as Supplemental Security Income (SSI) and/or Medicaid. A Special Needs Trusts (SNT) must have a trustee who will properly manage the trust assets. The choice of the trustee is a critically important decision. In most instances, a family member will be designated as the trustee. Hook Law Center can assist family members who are trustees, or can serve as a trustee if so desired.



From The Arc of Northern Virginia, on the first Friday of the month from 10am - 12pm, Tia Marsili, Director of Trusts, will present to families, siblings and adults with disabilities or others interested in learning about Special Needs Trusts and other tools to consider when developing a plan for the future. These [sessions](#) are free but you must register to reserve your seat.

Spend Down to be Eligible for Medicaid

The term "spend down" describes the process of literally spending the excess money received by a benefits recipient down to the maximum allowable resource limits. By spending the excess funds in the month in which they are received, the individual can remain eligible for benefits. Some people have too much income and/or assets to qualify, so they must "spend down" or use up their own money to reach the eligibility levels. Eligibility requirements vary from state to state. Hook Law Center and other law firms can advise you.

Read a [VaWaiver Yahoo group post about spend down](#).

*Moms In Motion is not a legal adviser. We do not claim responsibility for the people we serve as far as their legal decisions.

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:



- [Ashburn Psychological and Psychiatric Services \(APPS\)](#)
 - Located in Northern Virginia, they offers a wide array of diagnostic, psychotherapy, medication and consultation services for children, adolescents, adults and families. They effectively integrate the most recent advances in psychology and psychiatry with time-tested treatment approaches. They serve children, adolescents, adults and families.
- [BeneCounsel, Inc.](#)
 - Located in Richmond Virginia, they serve the entire state. They assist, advise and advocate in legal matters regarding transition planning, disability benefits planning, and special needs estate planning. They offer free consultations.

Buzz about Moms In Motion

What people have been saying about us:

"(x) is FANTASTIC. And I don't give out compliments. I'm pretty much a B^*%@ and think that no one is good enough. (x) is actually fantastic. I am completely pleased with her and she knows exactly what she is doing. So thank you very much for taking my kids cases on and for creating an agency that obviously knows what the he!! they're doing."

"I wanted you all to know that I think your newsletter this month was full of goodness and great information. Thank you. I constantly forward this on to families I support. Thank you for all that you do."

Our First Annual BOO-FEST!

Moms In Motion's Division 2 had their first annual BOO-FEST! in Front Royal Virginia on October 14, 2017. It was an amazing day, full of fun and connecting with the community. Division 2 were excited to be able to participate in this wonderful community event. We look forward to our next BOO-FEST! and hope you can join us next year for the parade, kid friendly activities and more.



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:
 - Spanish Speaking Facilitator - All Counties
 - Abingdon/ Bristol/ Washington County
 - Albemarle County/ Charlottesville
 - Alexandria
 - Alleghany County
 - Amelia/ Cumberland/Powhatan Counties

- Arlington/ Falls Church/ McLean
 - Bedford County/ Vinton
 - Bland/ Smyth/ Wythe Counties
 - Branchville/ Emporia/Jarett Counties
 - Brunswick/ Greenville Counties
 - Campbell County
 - Caroline County
 - Carroll County/ Floyd County/ Galax/ Grayson/ Hillsville
 - Clifton Forge/ Covington
 - Colonial Heights/ Dinwiddie/ Petersburg Counties
 - Craig Co/ Roanoke County/ Salem
 - Craigs ville/ Goshen
 - Culpepper
 - Danville/ Pittsylvania County
 - Deerfield
 - Eastern Shore
 - Fairfax County
 - Fauquier County
 - Frederick County/ Winchester
 - Fredericksburg
 - Giles County/ Pulaski County/ Radford
 - Goochland/ Louisa Counties
 - Greene County
 - Halifax County/ South Boston
 - Hampton Roads
 - Harrisonburg
 - Lee/Norton. Russell/Scott/Wise Counties
 - Loudoun County
 - Lunenburg/ Mecklenburg Counties
 - Lynchburg
 - Manassas
 - Monterey
 - Nelson County
 - Orange County
 - Page County
 - Prince William County (Dumfries, Triangle, Woodbridge)
 - Richmond
 - Roanoke
 - Shenandoah County
 - Warren County
 - Waynesboro
- Pay range: \$20-\$25 per visit
 - Time requirement: 15-40 hrs/week, work from home.

Customer Service Representative:

Position overview: An hourly position with our sister company, [Ability Unlimited](#).

Events



[Ticket to Work Presentation](#) An overview of the

Tools You Can Use

[Intro to Virginia Medicaid Waivers](#)

Video by Moms In Motion.

[Frequently Asked Questions](#)

SSA Disability Programs (SSDI, SSI) The Myths & Facts about the program. Common SSA rules and work incentives. Dec 6 10am Falls Church, Va.

[Learn about Medicaid Waivers](#) There have been big changes to the waivers. Come learn the A,B,C's of Medicaid Waivers. Dec 14 9am Fredericksburg, Va.

[Advocacy Day Training](#) An Advocacy Training for the community. Learn about current autism-related advocacy issues and how to advocate, for yourself or a loved one. Jan 6 12pm Oakton, Va.

[DD Advocacy Day and Rally at Bell Tower](#) Visit your representatives at the General Assembly and network with other families that live with disability. Jan 17 10:30am Richmond, Va.

[Caregivers Cafe'](#) Join other caregivers for conversations about critical aspects of self-care including resilience, social connections, and concrete supports in times of need. Jan 19 11:30am Fauquier County, Va.

[6th Annual Disability Education and Transition Conference](#) Join over 300 parents, educators and other professionals representing 40+ school districts from throughout Virginia joined together for a day of learning, networking and inspirations. Feb 3 9am Richmond, Va.

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

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.

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

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 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 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 CL or FIS Waiver, on a waitlist for the CL or FIS Waiver, etc).

Finding Attendants

[Read](#) about becoming a Consumer Directed Personal Care Attendant and find who to contact for employment options.

[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. (OT, PT, etc)
- Local Department of Social Services and Center for Independent Living likely has a list of people interested in working as attendants.
- Ask your school's paraprofessionals.
- [Virginia Employment Commission](#)
- Utilize sites such as:
 - [Craig's List](#)
 - [Care.com](#)
 - [MySupport](#)
 - [SitterCity](#)
 - [MyChoice4Care](#)



Moms In Motion is a Service Facilitation provider for Medicaid EDCD/CCC+, CL & FIS Waiver enrollees.

MomsInMotion.net