



Moms In Motion

Helping to Improve Family Quality of Life is Our Reward!

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A Note From the Founder

The only way to make sense out of change, is to plunge into it, move with it, and join the dance.

-Alan Watts



For those of you who know me personally, you will know that I can be as resistant to and slow to change as Eeyore:) However, as we grow, we learn, and I am learning to embrace change. This is probably because there have been many changes to the environment in which we work and the rules that govern how we do what we do, as well as the experiences that have taught us how to do our work better.

Moms In Motion made a big change in 2015 by centralizing our DD Waiver Case Management services and pouring all of our resources and experience into our new key point people: Harmony Stearns, Josh Floyd, Jessica "Flip" Grey and support team members.

We appreciate your patience with us and being along for the ride of this change. We believe it was a necessary change as the management of

these critical DD Waiver services is so important and at the same time very complex. We want to ensure that we are providing the best services available in the most efficient manner. We can already see a huge improvement in our delivery of these services.

We ask for you to join in the dance with us knowing that as we continue to improve and grow this service and Moms In Motion in general, more change will come. It will be the result of lessons learned, your input and our natural growth. Ultimately we will all benefit from it.

- More change is coming very soon in Northern Virginia. We are adding **Shannon Harris to our DD Case Management** key point team. She will serve many of our families in the northern Virginia area. We can see that we are reaching the point that our current field team, Flip and Josh, will not be able to service all of our families at the level we require of Moms. If we continue to grow as we are, we anticipate adding at least one other Case Manager to the team by the end of the year. Thank you :)
- Also, keep in mind that as the amount of families we provide **Service Facilitation** to continues to increase, we will continue to add quality team members to meet this need. This could mean that you might get a new team member coming to your home to conduct your regular visits. We ask that you are aware that this may happen and are open the possibility.

Still Looking for Spanish Speaking Team Members:

Moms In Motion has seen the need for hiring Spanish speaking team members for along time. We are still actively pursuing filling this need to better serve this portion of our community. If you or someone you know would be a good fit, please visit our [Job Opportunities](#) page on our website and contact us! Thank you :-)

- **Family Resource Specialist - Serve the entire state from your phone!**
- **Service Facilitators - Looking for 1 (more) in all of our divisions.**

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What You and Your Service Facilitator Should be Discussing

1. **New for this period:**

1. **Who is your Primary Care Physician?** - If we do not have this on file, we need to update our information.
 2. **How did you first hear of Moms In Motion?** - We like to know who is referring us so we can thank them for believing in us.
1. **At every visit:**
 1. **Are you enrolled in Commonwealth Coordinated Care (CCC)? If so, which Managed Care Organization (MCO) are you using?** - CCC is an optional program for individuals who are served by both Medicare and Medicaid and meet other requirements. If you are enrolled, please let us know as you enroll, change MCO's or opt out. We have to get your hours re-authorized in each and every case.
 2. **Any medical and/or functional changes.** - It is important to keep your service facilitator informed of any changes, big or small. This includes changes in medications, behavior, orientation, diagnoses, or abilities. Keeping this information up to date will ensure you and your loved ones are receiving the highest quality care.
 3. **Who are your attendants and are they getting paid?** - Please be sure to update your service facilitator immediately if your attendants are not getting paid and you have not had luck troubleshooting with PPL. The quicker we can work together to get this corrected, the better for all involved :-)
 4. **Have there been any recent hospitalizations?** - **If you have stayed in a hospital for more than 30 days or an inpatient rehabilitation center/nursing facility/mental health facility for 1 or more days**, your services could be interrupted. This is why it is important to keep your service facilitator in the know. Please note ER visits do not count as hospitalizations, but are helpful to mention as part of the medical updates.
 5. **Turning 18** - We have an amazing [resource page](#) for young adults on our website. All of these issues and more are addressed there. If your child is turning 18 or just turned - it's a must read! Important steps to take to make sure there is no lapse in your waiver services. - You must get a disability determination to keep your waiver!

Waivers

Not sure what waivers are?

Check out our YouTube video [Intro to Virginia Medicaid Waivers](#)

Maximizing Your Benefits

Screening Trip Reimbursement for Non-Medicaid Patients

Do you or someone you know need assistance traveling to their waiver screening appointment? Through LogistiCare, your benefits can begin even prior to being approved for Medicaid. LogistiCare offers reimbursement for gas mileage for the trip to get screened. See below for steps on how to make this happen for your upcoming trip!

****Call and request a [Gas Reimbursement form](#)-1-866-386-8331****

- Step 1: Call Logisticare Utilization Review Dept. at 1-866-809-4620. Speak with Mandy Blair Ext. 2653 or Tammy Dodson ext.2652. (only contacts that can set up non-medicaid trips to screenings).
- Step 2: Info needed: Name of Individual being screened, DOB, SSN, complete address and phone number of where they are leaving from and complete address and phone number of where they are going for the screening and time of appt.. They will also need the driver's complete address, phone number & SSN to set up the trip.
- Step 3: They will be given a trip number. They need to place trip number on the gas reimbursement form. ****They MUST have the gas reimbursement form prior to going on the appt.***
- Step 4: The Screener must sign the gas reimbursement form while on visit.
- Step 5: Return reimbursement form to Logisticare: PO Box 248 Norton Va, 24273. It takes 4-6 wks to be reimbursed.
- NOTE: This is a one time coverage until Medicaid is obtained.

Any questions about the screening reimbursement go to Mandy Blair ext.2653 or Tammy Dodson ext. 2652 Utilization Dept.1-866-809-4620.

PPL



Check out Moms in Motions'

[PPL & Aides Resource Page](#)

Check out PPL's:

- [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

Act Now to Prevent Cuts to Social Security Disability Insurance

The U.S. Senate is proposing budget cuts to the benefits for people who receive both Social Security Disability Insurance (SSDI) and Unemployment Insurance (UI). SSDI and UI are earned benefits, paid for by workers and their employers.

The Arc of Virginia outlines their call to action and details how you can [take action](#).

Contact your Senators and tell them:

- Please oppose Senate Budget Amendment 667 and any similar amendments to cut Social Security Disability Insurance (SSDI) for people who also receive Unemployment Insurance.
- Any cuts to Social Security or SSDI would harm the financial security of people with significant disabilities and their families.
- SSDI beneficiaries who try to work should not be treated differently from other American workers. Unemployment Insurance should be there for them when they need it. It's fair and it's right.
- For decades Congress has passed bipartisan laws to open up employment opportunities for SSDI beneficiaries. Cutting SSDI for people who also receive Unemployment Insurance would instead penalize SSDI beneficiaries who have tried to work -- creating new, harmful work disincentives.

The Arc of Virginia's 2015 General Assembly Summary

[Read](#) about what Virginia's General Assembly and Governor McAuliffe has allotted in the state budget. This state budget covers Fiscal Year 2015 (July 2014-June 2015) and Fiscal Year 2016 (July 2015-June 2016).

[The Arc of Virginia](#) has highlighted such items as these in their summary: Waiver Slots, Training Centers, Manage Care, Early Intervention, Housing, Vocational Rehabilitation Program and MORE important items effecting Virginians with disabilities and their families.

First Call Program

[The Down Syndrome Association of Hampton Roads \(DSAHR\)](#) has created the [First Call Program](#) to provide support and medically accurate, up to date, balanced information to expectant and new families of a child with Down Syndrome. They are an experienced group of parents of a child with Down Syndrome. The group are available to expectant and new families to offer support, connect families, offer assistance locating resources such as Early Intervention and medical services, and provide current information about Down Syndrome. They work with local hospitals and medical facilities to ensure that families with a prenatal or postnatal diagnosis of Down Syndrome for their child have resources and information available to them.

Virginia's Family to Family Network

Are you searching for a way to jump into the advocacy world? The [Family to Family Network](#) just might be the way to ease you in!

The Family to Family Network a.k.a Family Navigators, is a unique program where families assist and guide new families with their first child with a disability who maybe overwhelmed at navigating the service system for their first time. You can apply and receive training to join this network.

The Family to Family Network is a branch of the [Partnership for People with Disabilities](#) at VCU is a "one-stop center" where families who have children ages birth to 26 years with developmental disabilities can receive:

- information and referrals regarding special education and early intervention services and placements, health care and related financing, disability services, and other community resources;
- a family assessment to identify needs and form the basis of an individual family empowerment plan;
- peer-to-peer systems navigational support; and
- leadership training advocating for and participating in the design of more family-friendly, effective service systems.

Center for Independent Living Youth Transition Blog

This [blog](#) has a wide variety of youth transition topics in an effort to encourage additional discussion about how Center for Independent Living (CILs) can get more involved in this broad and dynamic area of independent living. Topics such as employment, youth and self-advocacy, peer-mentoring, and leadership development. Find a [Virginia CIL](#) near you.

Youth Opportunities

- The Advocates in Disability Award - What would you do with \$10,000? We are seeking the next generation of leaders with disabilities! Youth between the ages of 14-26 are encouraged to [apply](#) for up to \$10,000 in funding.
- The John Hudson Internship Program - Fairfax County Government is looking for college students and recent graduates with disabilities. [Application](#) materials are due on April 17, 2015. For more information, please contact Jill Clark at jill.clark@fairfaxcounty.gov or 703-324-5874, 703-449-1186 (TTY).

Special Needs Blog

The International Council on Infertility Information Dissemination, Inc (INCIID) has an excellent [blog](#) on topics such as Special Education, Advocacy, IDEA, Therapy, Parenting, and much more. Please give this resource a look.

Spotlight On...

If I Need Help Their Mission

Help For Our Loved Ones Who May Wander or Need Assistance! We Help Reunite those who might become lost or disoriented with their Families, Loved ones, and Caregivers using new and existing technologies in ways that are practical, easy to access and affordable.





When a loved one wanders off

When he or she is found they often are unable to identify themselves and do not ask for help or carry an ID. They are usually unable to communicate their needs, share personal information and what might be done to help calm them. Also, what the rescuer should know in an emergency such as medical conditions. That's where If I Need Help comes in.

Sign up for a free account.

[Use Promo Code "Moms" To receive 5% off any purchases.](#)

Washington Group Special Care Planning Team

Focusing on the DC, Maryland and Virginia area [The Washington Group Special Care Planning Team](#)'s mission is to help make a positive difference in the lives of individuals with special needs, their caregivers, and other family members.



Their knowledgeable and dedicated Special Care Planners, many of whom focus on this field because of close ties to Special Needs individuals in their own lives, assist families with developing valuable financial strategies, and creating strategic financial solutions that integrate with Government programs and other community supports. They network with organizations, professionals, and specialists, to provide appropriate referrals to further assist families with their unique situations. The group also helps to coordinate family education and communication.

Washington Group Special Care Planning Team is featured on [Special Needs Kids Information, LLC](#) website and has a wealth of information such as Pediatricians, Summer camps, Housing Program and much more.

Special Needs Resource Network

The Washington Group Special Care Planning Team invite speakers working in the special needs community to come in and talk about what they / their organization does. The meetings usually have around 8 attendees in attendance and they serve lunch. Fourth Tuesday of the month 11:45am -1:30pm 3925 Old Lee Highway, Suite 53-B Fairfax, VA. Call Carey Alford at (703) 865-6502 for more information.

Medical Home Plus

[Medical Home Plus](#) believes a medical home is not a building, rather an approach to providing health care services in a high-quality and cost-effective manner. The pediatric health care professionals and parents act as partners in a medical home to identify and access all the medical and non-medical services needed to help children and their families achieve their maximum potential.



Everlene's Sky Project

[Everlene's Sky Project](#) is a movement to bring awareness to global childhood diseases and prevention methods. Through the [book](#), Everlene's Sky, about the life of a little seven year old girl struck down with polio, the book will create a movement or a Project in order to garner attention towards this critical cause. Through a partnership with Samaritan's Purse, a portion of the proceeds of the book will go to that organization's efforts to assist children with disabilities throughout the world. Your donations (either alone or through the book) will help provide vaccinations, critical care for those who contracted diseases, as well as supplies like soap, and education for families on safe food preparation and hand-washing to reduce transmission. Additionally, community workers and other leaders will be trained to identify early signs of childhood diseases like polio and other disease cases and respond quickly. It will also provide help to those children and families who struggle with disabilities, providing equipment and aids to assist them.

Resource Directory

A comprehensive [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.

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:



- This month, we'd like to thank our team members. The commitment of them in providing exceptional service and speaking at community events lead to many new referrals. I'd like to thank all 70+ of them for their passion for and belief in what they do on a daily basis. THANKS FOR ALL YOU DO!!! You work with a great organization because you and people like you work with and believe in the organization's mission and vision AND each other. Go TEAM! - Keri Ayres

What people are saying about Moms In Motion:

"I've always loved these (newsletter) emails. It's obvious a lot of thoughts and research goes into these. Please keep it up!"

On February 4th Moms in Motion's Online Newsletter earned a 2014 Constant Contact All Star Award!

Thank you to all of our newsletter readers. We couldn't have done it without you.



Events



[2015 Behavioral Strategies Conference](#) Learn practical strategies for meeting the behavioral concerns you may have for your family member with a disability. April 11, 2015 8:45 AM to 4:30 PM Westin Washington Dulles Airport. Herndon, Virginia.

[2015 Disability Policy Seminar](#) Your best opportunity to cultivate new champions on Capitol Hill and advance the grassroots movement for people with intellectual and developmental disabilities (I/DD). April 13th - 15th 2015 Washington, DC.

[Vision 2015 - Career and Transition Services](#) Learn about what transition options there are after High School and experience a mock college classroom. April 14, 2015 2-5pm in Annandale, Virginia.

[Looking Beyond High School: Special Needs Employment Workshop](#) This free workshop will showcase options and working models available for employment for individuals with special needs. April 14th from 6:30-8:00 pm in Vienna, Virginia.

Tools You Can Use

[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.

[Intro to Virginia Medicaid Waivers](#)

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.

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

[Seussical!](#) Art Inclusion Company's production of Seussical April 18th at 7:00pm and April 19th at 2:00pm in Norfolk, Virginia

[Disability Resource Fair](#) The Annual Resource Fair by Hampton City Schools Special Education Advisory Committee and Transition Department. April 21st at 6:30pm in Hampton, Virginia

[Family Support Group in Gainesville](#) A parent support group where parents can talk to other parents/grandparents/guardians about any topic regarding their child's/grandchildren's Special Education process and what their experiences are and etc. 2nd Thursdays each month 7-8pm.

Events listed here and future events can be viewed at Moms in Motion's [Calendar](#).

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](#)

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