

# What to Expect While You're Waiting for a DD Waiver



# The Arc of Northern Virginia's Work

- History
- Advocacy
- Education
- Information and Referral
- Case Management for the DD Waivers
- Public Guardianship of Last Resort
- Special Needs Trusts
- Tech for Independent Living

# Outline

- ❖ What to Expect When You're Waiting...
- ❖ Preparing for a Waiver Offer and Acceptance
  - Types of Waivers
    - ❖ To Dos
    - ❖ Moving from CCC Plus Waiver
- ❖ Waiver Services
  - ❖ Agency and Consumer Directed
  - ❖ Choosing and Changing Providers
  - ❖ Partners and Visits
- ❖ Contact information for The Arc of Northern Virginia and the CSBs

What to Expect  
While You Wait...

# Community Services Board (CSB) is Point of Contact



- Proposed slots going out quarterly in FY25-FY26
- You'll be contacted if you are being considered for a slot based on need
  - Slot Allocation Review Form (SARF) completed
- Notify CSB of what you need and if you're ready for a Waiver (or not)
  - Discuss needs for immediate residential care
  - May affect your Priority Level
- Waiver Slot Assignment Committee (WSAC) makes recommendations

# Being Ready for Your Waiver

- Tell CSB what services you need immediately and are ready to use
- Apply for Medicaid, if eligible
- Apply for Social Security, if eligible



# Waiver Offer and Acceptance

# Slot Offer and Acceptance To Dos

- You'll be contacted by the CSB to tell you the type of Waiver you're being offered
  - Work with CSB to accept the Waiver slot offered
  - Contact any existing service providers
  - Apply for Medicaid\* (everyone) and Social Security\* (if over 18)
  - Disability Determination if 17  $\frac{3}{4}$ -18 years old\*
- \*See handouts from The Arc of Northern Virginia



# *Types of DD Waivers in Virginia*

- **Community Living Waiver**
  - For high need individuals
  - Offers 24/7 residential support
  - Few available
  - Should be ready to move if in need of residential support
- **Family and Individual Supports Waiver**
  - For most people
  - Same services as CL Waiver without congregate or Sponsored Residential services
- **Building Independence Waiver**
  - For people 18+ who can live with a lot of independence
  - Currently no waiting list, so contact CSB to explore this option

SAME SAME  
BUT DIFFERENT

# I'm Stuck...

## Medicaid Application

- Person with disability is applicant/head of household
- Apply on paper with proof of Waiver offer
- Talk to Benefits Division at Fairfax CSB and CSB Support Coordinator
- Fill out everything
- Include SNT/ABLE Info

## Other Changes

- Impact on Local Funding
  - Day/employment
  - Self-Directed Services
- Moving from a CCC Plus Waiver
  - Service changes
  - Keeping or changing providers
- Need 24/7 residential *later* (i.e., moving to CL Waiver)

# Getting Services Started

# Checklist for Starting Services

- ❑ Get Medicaid Started
- ❑ Meet with Support Coordinator to create plan
- ❑ Select providers\*
- ❑ SC gets requests authorized
- ❑ Possible extensions if there are challenges in starting services

\*See The Arc of Northern VA resources on this



<h1>Residential Services</h1>	<b>Community Living Waiver-</b> Designed for people with higher needs	<b>Family Supports Waiver-</b> Designed for people with moderate needs	<b>Building Indep. Waiver-</b> Designed for people with lower needs
<b>Group Homes-</b> 24/7 staffed home where 3+ people with disabilities live. Homes usually have 4-7 residents and staff that rotate around the clock on shifts.	X		
<b>Shared Living-</b> Individual lives with someone without a disability who is reimbursed for room and board in exchange for companionship	X	X	X
<b>Independent Living-</b> Supports brought into the home focused on skill building and preparing for greater independence			X
<b>Sponsored Residential-</b> Option where person with disability lives with a paid caregiver in the home of the caregiver.	X		
<b>Supported Living-</b> Residence owned by a support provider that offers up to 24/7 help with support needs	X	X	

<h1>Day &amp; Employment Services</h1>	<b>Community Living Waiver- Designed for people with higher needs</b>	<b>Family Supports Waiver- Designed for people with moderate needs</b>	<b>Building Indep. Waiver- Designed for people with lower needs</b>
<b>Community Engagement-</b> Service focused on ability to improve skills for employability and independence using the community as the environment	X	X	X
<b>Supported Employment (Group and Individual)-</b> Supports on the job to allow people to work in competitive employment	X	X	X
<b>Day Support-</b> Either center or community based supports that are typically unpaid and involve skill development	X	X	X
<b>Workplace Assistance Services-</b> Services for someone who needs to fill the gap between initial job training and following along services	X	X	
<b>Community Coaching*-</b> 1:1 support to build a specific skill or break a barrier to employment and community engagement	X	X	X
<b>Benefits Planning*-</b> Services to help individuals receiving social security benefits understand the impact of work on those benefits	X	X	X

<h1>In Home Services</h1>	<b>Community Living Waiver-</b> Designed for people with higher needs	<b>Family Supports Waiver-</b> Designed for people with moderate needs	<b>Building Indep. Waiver-</b> Designed for people with lower needs
<b>In-home Support Services (up to 24/7)-</b> 1:1 services in the home focused on life skills	X	X	
<b>Companion Services-</b> 1:1 service in the home used to monitor for safety	X	X	
<b>Respite-</b> Supplemental annual hours of personal care to provide relief to the unpaid caregiver	X	X	
<b>Environmental Modifications-</b> Up to \$5000 per year to modify a primary home or vehicle to better adapt it to the needs of the individual	X	X	X
<b>Attendant/Personal Care-</b> Either Agency or Consumer Direction options to bring a caregiver to the home on a routine schedule	X	X	

# Other Services

**Community Living Waiver-** Designed for people with higher needs

**Family Supports Waiver-** Designed for people with moderate needs

**Building Indep. Waiver-** Designed for people with lower needs

**Electronic Home-Based Supports-** Good and services to be used in the home for greater independence in lieu of paid staff

X

X

X

**Assistive Technology-** Up to \$5000 per year on portable items to assist the individual with safety, communication, and independence. *Must work with Medicaid approved provider on eval.*

X

X

X

**Crisis Supports (center and community based)-** crisis prevention and stabilization

X

X

X

**Community Guide-** Direct assistance in promoting and developing community relationships that promote integration and self-determination

X

X

X

**Non-medical transportation-** Reimbursement for transport to locations associated with an individual's support plan and goals

X

X

X



<h1>Medical and Training Services</h1>	<b>Community Living Waiver- Designed for people with higher needs</b>	<b>Family Supports Waiver- Designed for people with moderate needs</b>	<b>Building Indep. Waiver- Designed for people with lower needs</b>
<b>Private Duty Nursing-</b> 1:1 continuous care nursing for people with complex medical needs	X	X	
<b>Skilled Nursing-</b> Intermittent nursing related to a specific medical care need	X	X	
<b>Therapeutic Consultations-</b> Limited consultations with therapists in qualifying areas	X	X	
<b>Transition Services-</b> Funding and supports to assist people with leaving institutional settings	X	X	X
<b>Individual and Family/Caregiver Training-</b> Education and training on disability related issues for the primary caregiver or family of the individual		X	

# Agency vs. Consumer Directed

## Agency

- Agency provides caregivers and backup
- Agency helps with paperwork, oversees timesheets
- Family has little control over attendants

## Consumer Directed

- Family recruits, hires, trains caregivers
- Works with Service Facilitator and Fiscal Agent
- Lots of paperwork, but lots of control over attendants

\*Can do both or move from one to the other as desired

# Having a Waiver is Hard Work

- ❑ People in your home
- ❑ Monthly or quarterly Support Coordinator Visits
- ❑ Service Facilitator Visits
- ❑ Fiscal Agent paperwork
- ❑ Agency paperwork
- ❑ Provider tours
- ❑ Service approval and authorization
- ❑ Medicaid renewals
- ❑ VIDES
- ❑ SIS
- ❑ Annual Plans



# Community Services Board Contacts

Ask for your specific Support Coordinator  
(based on where you live)

- **Arlington:**  
703-228-1700
- **Alexandria:**  
703-746-3400
- **Fairfax:**  
703-324-4400
  - [CSBDDWaiverSupport@fairfaxcounty.gov](mailto:CSBDDWaiverSupport@fairfaxcounty.gov)
  - <https://tinyurl.com/CSBWaiver>

These are the  
people that can:

- Notify you of a slot
- Confirm your services
- Schedule team meetings
- Authorize services
- Set up tours

# Thank You



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Visit [www.thearcofnova.org/answers](http://www.thearcofnova.org/answers)  
anytime with questions!

