

## FAQs about Navigating the Waiver System

This is a highly simplified handout on Waivers. For more in-depth information, visit <http://www.thearcofnova.org/programs/waivers/>. To watch our recorded webinar that walks you through Waivers from start to finish, visit <https://www.youtube.com/user/VideosatTheArcofNoVA>

You can also call the state's Waiver assistance hotline at 1-844-603-9248 or visit the Department of Behavioral Health and Developmental Services' website at <http://www.mylifemycommunityvirginia.org/>

### **What Is a Waiver?**

A Waiver is a long-term support system for someone who will have long-term care needs. Once you're awarded a Waiver, you will have access to a menu of services offered by your Waiver. Frequently used services include attendants who work one on one with the person with a disability, respite care so parents can have a break from care provision, group home supports where a person with a disability lives in a home shared by other people with disabilities, long term employment or meaningful day services, assistive technology, environmental modifications, nursing, and more. These services are offered at no or very low cost.

Waivers are funded by Medicaid and are often called Medicaid Waivers. The person with a disability must qualify for long-term care Medicaid to use a Waiver. As of 2020, this means that the person with a disability cannot have more than \$2,000 in assets in their name (no cap if under 18 years old), unless those assets are in a Special Needs Trust or ABLE Account, and they cannot earn more than \$2,349 per month. The person with a disability will get Medicaid once they get a Waiver.

### **Who Needs a Waiver?**

People who need assistance with taking care of themselves, managing their environment, or maintaining a job because of a disability should consider Waivers. It is the only public funding for long term developmental disability supports.

### **Why Should I Apply?**

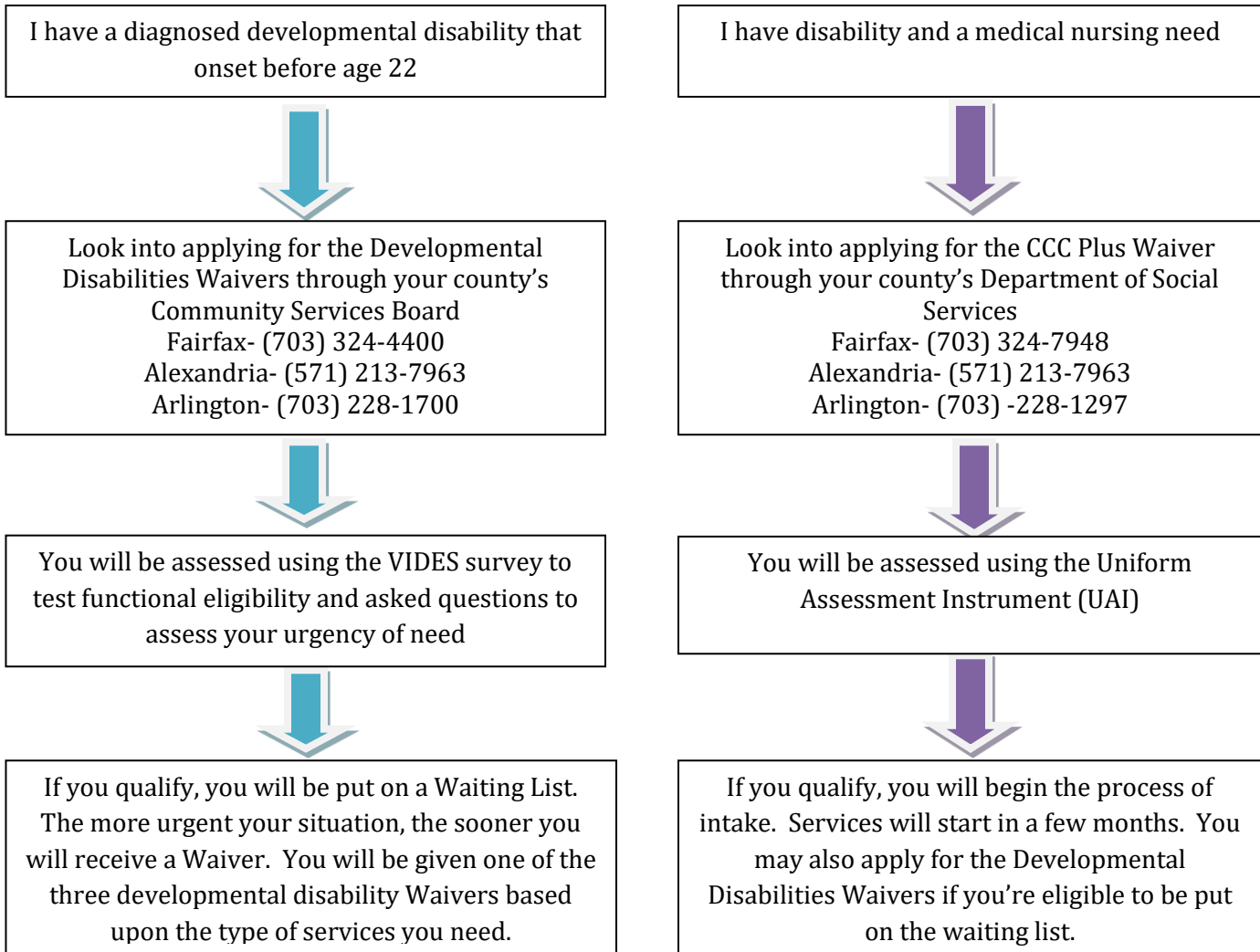
Anyone with a developmental disability should apply. Even though some Waiver have waiting lists, if you qualify for a Waiver, you will eventually receive services. As you grow and change, you can use more or fewer Waiver services to meet your needs. The Waiver should grow with you over time and provides the supports you need to be as independent as possible in your community.

Also, as a result of a Department of Justice settlement agreement with Virginia in 2012, if you're on the waiting list for either an ID or DD Waiver, you can apply for up to \$1,000 each year to purchase supports you need to be independent and safe. This is called the Individual and Family Supports Program.

### **How Do I Get a Waiver?**

Virginia currently has five Waivers. Three are most commonly used by people with intellectual and developmental disabilities. These are the Developmental Disabilities Waivers- the Community Living Waiver, the Family and Individual Supports Waiver, the Building Independence Waiver. People with disabilities and medical support needs often use the Commonwealth Coordinated Care (CCC) Plus Waiver. The Developmental

Disabilities Waivers are far more robust and offer many more services than the CCC Plus Waiver. Follow the general guidelines below to figure out which Waiver(s) may be right for you, how to apply, and what to expect.



### Where Do I Find Out More?

- General Waiver Information- <https://thearcofnova.org/programs-services/library/#waivers>
- Uniform Assessment Instrument- [https://www.dss.virginia.gov/files/division/dfs/as/as\\_intro\\_page/forms/032-02-0168-01-eng.pdf](https://www.dss.virginia.gov/files/division/dfs/as/as_intro_page/forms/032-02-0168-01-eng.pdf)
- Individual and Family Supports Program- <https://ifsponline.dbhds.virginia.gov>
- To sign up for The Arc of Northern Virginia's e-newsletter that shares Waiver news and learning opportunities- <https://thearcofnova.org/about-us/newsroom/newsletters/>
- For a self-assessment on CCC Plus (formerly called EDCD) Waiver eligibility, visit <https://momsinmotion.net/commonwealth-coordinated-care-plus-eligibility-self-help-tool/>