

## FAQs about Navigating the Waiver System

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

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 <a href="http://www.mylifemycommunityvirginia.org/">http://www.mylifemycommunityvirginia.org/</a>

### 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 <u>person with a disability</u> must qualify for long-term care Medicaid to use a Waiver. As of 2025, 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 \$2,901 per month. The person with a disability will get Medicaid once they get an active Waiver (not when they are placed on a waiting list).

## Who Needs a Waiver?

People who need assistance with taking care of themselves, managing their environment, working toward greater independence, 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. You can apply for both Waivers if you think you may be eligible for both. Then, you'll move from one to another with more services as they're made available.

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 \$500-\$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 two main types of Waivers. One type, the Developmental Disabilities (DD) Waivers, are most commonly used by people with developmental disabilities. They're called 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 DD 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.

I have a diagnosed developmental disability that onset before age 22



Look into applying for the Developmental Disabilities Waivers through your county's Community Services Board Fairfax- (703) 324-4400 Alexandria- (703) 346-9893 Arlington- (703) 228-1700 Loudoun- (703) 777-0597 Prince William- (703) 792-7800



You will be assessed using the VIDES survey to test functional eligibility and asked questions to assess your urgency of need



If you qualify, you will be put on a Waiting List.
The more urgent your situation, the sooner you will receive a Waiver. You will be given one of the three developmental disability Waivers based upon the type of services you need.

I have disability and a medical nursing need



Look into applying for the CCC Plus Waiver through your county's Department of Social Services

Fairfax- (703) 324-7948 Alexandria- (571)213-7963/(703)746-5999 (over 18) Arlington- (703) 228-1297/(703)-228-1700 (over 18) Loudoun- (703) 737-8949

Prince William- (703) 792-7500



You will be assessed using the Uniform Assessment Instrument (UAI)



If you qualify, you will begin the process of intake. Services will start in a few months. You may also apply for the Developmental Disabilities Waivers if you're eligible to be put on the waiting list.

### Where Do I Find Out More?

- General Waiver Information and Waiver assessment forms- <a href="https://thearcofnova.org/resource-library/#waivers">https://thearcofnova.org/resource-library/#waivers</a>
- Uniform Assessment Instrument- https://tinyurl.com/UAIAssessment
- For a self-assessment on CCC Plus (formerly called EDCD) Waiver eligibility, visit
   <a href="https://momsinmotion.net/commonwealth-coordinated-care-plus-eligibility-self-help-tool/">https://momsinmotion.net/commonwealth-coordinated-care-plus-eligibility-self-help-tool/</a>
- To ask Waiver questions- <a href="https://thearcofnova.org/answers">https://thearcofnova.org/answers</a>