

FAQs about Navigating the Waiver System

This is a highly simplified handout on Waivers. For more in-depth information, visit <https://thearcfnova.org/resource-library/#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 2026, 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 \$2,982 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 is encouraged to apply. Although there may be a waiting list for one of the waivers, individuals who qualify will eventually receive services. Waiver services are designed to adapt to your changing needs over time, allowing you to increase or decrease supports as needed. The goal is to provide the assistance necessary to help you live as independently as possible within your community. If you believe you may be eligible for more than one Waiver, you can apply for both. This can help ensure access to additional services as they become available, and you may transition between Waivers to receive the level of support that best meets your needs. Also, as a result of a Department of Justice settlement agreement with Virginia in 2012, if you're on the waiting list for a Developmental Disability Waiver, you can apply for up to \$500-\$1,000 each year to purchase needed items or services. This is called the IFSP-Funding Program (Individual and Family Supports Program). For more information go to [IFSP Funding Information](#) on the My Life My Community site.

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.

Type of Waiver	Developmental Disability Waiver (DD Waiver)	Commonwealth Coordinated Care Plus Waiver (CCC Plus Waiver)
Diagnostic Eligibility	Diagnosed Developmental Disability before age 22 and/or Intellectual Disability before age 18	Diagnosed Disability and Medical Nursing Need
Who to contact to get started	Apply through your local Community Services Board (CSB) Fairfax- (703) 324-4400 Alexandria- (703) 346-9893 Arlington- (703) 228-1700 Loudoun- (703) 777-0597 Prince William- (703) 792-7800	Apply through your local Department of Social Services/Department of Family 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
Assessment Instrument	A VIDES will be used to assess functional eligibility with also asking about urgency of need for DD Waiver services.	You will be assessed using the Uniform Assessment Instrument (UAI)
Differences in Funding	- Current documentation of a Developmental and/or Intellectual Disability diagnosis, functional support areas, and age of onset information is required to apply - Move to waiting list based on urgency of need - Can get up to 24/7 care (based on need), with 56 hour per week cap on most in-home care services - One of the three types of DD Waiver will be awarded based on your immediate needs - Case management is provided	- No documentation required when applying - If eligible, begin intake and enrollment (no waiting list) 56 hour/week cap on most in-home care - No employment or residential care. Day Health services and not Day Support. - Only one type of Waiver in this program - No case management is offered - May also apply for the Developmental Disabilities Waivers to be put on the waiting list.
Links for more information	- General Waiver Information and Waiver assessment forms (VIDES, UAI) https://thearcofnova.org/resource-library/#waivers - For a self-assessment on CCC Plus (formerly called EDCD) Waiver eligibility, visit https://momsinmotion.net/commonwealth-coordinated-care-plus-eligibility-self-help-tool/	