



# **Supporting Persons with Disabilities**

Community Services and Resources  
for Persons with Disabilities

Arlington County

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# Creating a Plan and Making Connections in the Community for Persons with IDD

## Goals

- Gain an understanding about connecting persons with IDD to community resources
- Identify resources and services that may be available to them
- Learn about resources specific to Arlington County
- Obtain a basic understanding of supports and terminology
- Begin to learn the questions to ask an individual that may help **YOU** identify if the person has a disability

# Questions that you might ask ....

- Do you have a support person that you would like to help you?
  - Where do you live and who do you live with?
  - If you work, tell me a little about your job and what you do.
- Do you have a support person, a job coach, a case manager, support coordinator, social worker or a helper?
- Do you receive Social Security benefits and/or have you applied for them (SSI & SSDI)?
  - Did you have any extra help while you were in school?
    - Does someone help you manage your money?

# Resources related to Housing & Other Benefits

Applying for Social Security at the age of 18 is important for a number of reasons:

- At 18 you are applying as an **Adult Child** with a disability which connects an individual with their parents' work history
- Provides a verifiable income source for eligibility and income
- Apply through [www.ssa.gov](http://www.ssa.gov) or by calling your local Social Security Office

Department of Justice Settlement Population – definition

- The target population under this agreement - individuals with an intellectual or developmental disability who meet any of the following additional criteria:
- (1) Currently reside at any of the training centers, (2) Meet the criteria for the Developmental Disability (DD) Waiver wait lists, or (3) Currently reside in a nursing home or ICF/IID.

# Community Services Board

- Community services boards (CSBs) are the single points of entry into publicly funded mental health, developmental, and substance abuse services in Virginia.
- In Arlington, the Aging and Disability Services Division administers three Community Service Board (CSB) programs:
  - Intellectual and Development Disabilities (IDDS) Bureau
  - Regional Older Adult Facilities Mental Health Support (RAFT) program
  - Senior Adult Mental Health (SAMH)

# Eligibility

- Must be a resident of Arlington County
- Age 3 years and older
- Have a “documented” DD diagnosis
  
- Submit the Application for Services
  
- Documents that help to determine eligibility may include:
  - Psychological or Neuropsychological Evaluation
  - Medical records
  - IEP
  - Adaptive functioning assessments (i.e., Vineland)
  - Previous assessments

# Developmental Disability Definition

"Developmental disability" means:

- a severe, chronic disability of an individual that:
  - (i) is attributable to a mental or physical impairment, or a combination of mental and physical impairments, other than a sole diagnosis of mental illness;
  - (ii) is manifested before the individual reaches 22 years of age;
  - (iii) is likely to continue indefinitely;



# Developmental Disability Definition (continued)

- (iv) results in substantial functional limitations in three or more of the following areas of major life activity:
  - self-care
  - receptive and expressive language (this used to be “Communication,” in general, but was changed in 2016)
  - learning
  - mobility
  - self-direction
  - capacity for independent living or
  - economic self-sufficiency; and

# Developmental Disability Definition (continued)

- (v) reflects the individual's need for a combination and sequence of special interdisciplinary or generic services, individualized supports, or other forms of assistance that are of lifelong or extended duration and are individually planned and coordinated.

# Intellectual Disability Definition

- "Intellectual Disability" means:
- A disability, originating before the age of 18 years,
- characterized concurrently by (i) significant subaverage intellectual functioning as demonstrated by performance on a standardized measure of intellectual functioning, administered in conformity with accepted professional practice, that is at least two standard deviations below the mean and
- (ii) significant limitations in adaptive behavior as expressed in conceptual, social, and practical adaptive skills.

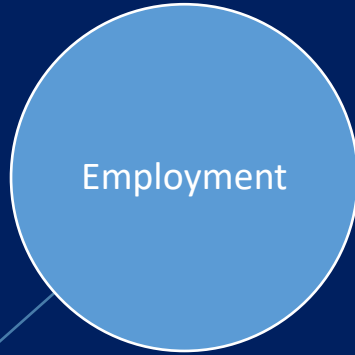
# Services

## Support Coordination

- Support Coordination assists individuals and their families with accessing appropriate services based on their needs and preferences. We provide Support Coordination to adults and children. We promote maximum independence of Arlington County residents with developmental disabilities by helping individuals and their families access services that enable them to have choices within their lives, at home and in the community.
- *Requirements for Support Coordination are not the same as those for the Developmental Disability Waiver.*

# Locally Funded Services

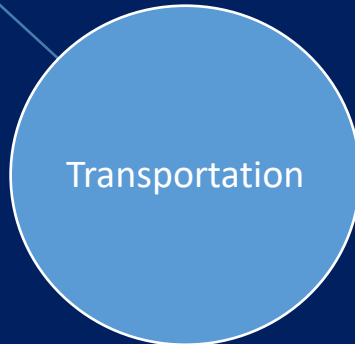
When other funding sources are exhausted



- Options include employment (group and individual support) and group day support programs.



These programs enable adults with developmental disabilities to prepare for and engage in meaningful employment and/or training to increase their functional skills and self-sufficiency



- Transportation enables (locally-funded) individuals unable to use public transportation to attend their day support services only. Local funding is no longer available to aid transportation for employment and employment services

# The Developmental Disability Medicaid Waiver (DD Waiver) Waitlist

- Eligibility
  - Meets the definition of a Developmental Disability as defined by the Code of Virginia (this determination is embedded in the “application for services” process)
  - Meets criteria for an Intermediate Care Facility level of care as determined by the Virginia Individual Developmental Disability Eligibility Survey (VIDES). The VIDES is completed by the Support Coordinator or other qualified DDS staff.
  - Applicant, or substitute decision maker, chooses to receive Home and Community-Based Services. This is documented by the Support Coordinator or other qualified DDS staff.
- Tip!
  - If an individual does NOT meet on the VIDES, this assessment can be completed again at any time, upon request by the individual or guardian.
  - Individuals that do not meet on the VIDES, but are determined to have a DD diagnosis, may still be eligible for local-funded employment and day support services. This is specific to Arlington County and may not transfer across County lines.

# DD Medicaid Waiver Information

- Individuals are assigned a DD Waiver slot based on need, not when they are placed on the waiting list
  - A Priority Needs Checklist is completed by the Support Coordinator to determine an individual's priority number (1, 2, or 3)
  - The Priority Needs Checklist may be updated by the Support Coordinator based on new information from the individual, parent, or legal guardian at any time
- There are 3 types of DD Medicaid Waivers: Building Independence (BI), Family and Individual Supports (FIS), and Community Living (CL)
  - The BI Waiver is only available to individuals 18+ and living outside of his or her family home.
  - The FIS and CL Waivers are assigned to individuals on Priority 1 only. The BI Waiver may be assigned based on P1, P2, or P3 status

# Developmental Disability Waiver Information

- Commonly used services with the DD Waiver include:
  - Personal care assistance
  - Therapeutic Consultation
  - In-home Residential Supports
  - Supported Employment
  - Center-based Group Day Support
  - Residential Group Home (must have the CL Waiver for the service)
  - Supervised Living
  - Supported Living



# Self-Directed Services Funding

- Self-Directed Services Funding is a CSB program in which the family, with input from the service recipient, directs the service recipient's meaningful day and community activities. The family enters into a contract/agreement (signs a formal agreement drafted by the County Attorney) and is allocated a set amount of funding that can be used to ensure the service recipient is engaged in community activities and skill building. The amount for FY22 is \$12, 248.00. This amount can change each FY. It is important for the family to understand that the "designated family representative" (the person who signs the agreement) is fully responsible for directing and planning their family member's services. Support Coordinators monitor the service and ensure that the family is satisfied, but the SC is not responsible for making referrals, finding community activities, securing personal care attendants/companions, or anything else directly related to "directing the service".
- All activities MUST be community based. No activities (other than a short amount of time for planning purposes) can be delivered in the home.

# Eligibility for Self-Directed Services Funding

- An individual may be eligible to receive Self-Directed Services funding if he or she is:
  - An Arlington County resident
  - A “recent graduate”, defined as someone completing school within 12 to 24 months of the request date for SDS funding and no longer eligible for Individuals with Disabilities Education Act (IDEA)-funded education services
  - Age 22 years or older
  - Eligible for Developmental Disabilities Services and has completed an intake
  - Not actively assigned to a DD Medicaid Waiver
  - Not actively receiving any other locally funded services or supports

# Housing Opportunities

Not related to DD Waiver

- **Permanent Supportive Housing**
  - Section 8 Housing
  - Pay a percentage of income toward rent
  - Priority Status given to DOJ Settlement Population
- **Housing Grant**
  - Unique to Arlington County
  - Pay a percentage of income toward rent
- In Fairfax and Loudoun – an alternative program is the State Rental Assistance Program (SRAP)

# Therapy and Medication Management for IDD



Therapist  
Counseling



Psychiatrist  
Medication  
Management

Specifically for IDD  
Bill Medicaid or Sliding  
Scale

# What County Do You Live In?

## Emergency Services in Arlington County

can access basic information if open to services with Developmental Services and can provide connections to the Support Coordinator who works with the individual.

# Contacts – Arlington County

- Morgan Theilacker, Administrative Services Program Manager (*questions about application process*)
  - Phone: 703-228-4068
  - E-mail: [mtheilacker@arlingtonva.us](mailto:mtheilacker@arlingtonva.us)
- La Voyce B. Reid, Bureau Chief, Developmental Disability Services (*general questions*)
  - Phone: 703-228-1731
  - E-mail: [Lreid@arlingtonva.us](mailto:Lreid@arlingtonva.us)
- Elizabeth Cannon, Supported Employment and Group Day Support Services Contract Manager (*questions about day support and employment services*)
  - Phone: 703-228-1704
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## Contact – Loudoun County

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Questions?