

◆ *Into the Light* ◆

Volume 20 Issue 12 Autism Society , Central Virginia January 2013



Mission & Philosophy

The Autism Society, the nation's leading grassroots autism organization, exists to improve the lives of all affected by autism. We do this by increasing public awareness about the day-to-day issues faced by people on the spectrum, advocating for appropriate services for individuals across the lifespan, and providing the latest information regarding treatment, education, research and advocacy.

2012-2013 OFFICERS AND BOARD:

President: Sandi Wiley
Vice-President Fundraising: Pam Mines
Vice President Outreach: Kelly Domaleski
Treasurer: Adam Bailey
Meeting Secretary: Bill Thompson
Corresponding Secretary: Tim Jones

Board members: Dave Faulders, J.D.
Norm Geller Ph.D.
Katherine Gray, J.D.
Shawn Kirk
Donna Sabel
Karen Singleton, M.D.

KEY VOLUNTEER POSITIONS:

Office Manager: Tammy Burns
Newsletter Editor: Elizabeth Selko
Webmaster: Anthony Wiley

STAFF:

Executive Director: Bradford Hulcher
Asperger's Interest Group Facilitator: Brie King

HOME AND COMMUNITY BASED WAIVERS HOW THEY CAN HELP YOUR CHILD AND FAMILY

The mission of the Autism Society, Central VA is to improve the lives of all affected by autism. One of the ways we do this is through education. As often as we have sponsored workshops on home and community based waivers, I am often surprised at the number of families who have never heard of waivers or have heard of them and not applied. Hopefully, this article will encourage those reading it to explore waivers further or to share this information with someone they know who may benefit.

Supporting a child, youth or adult with autism can be challenging, sometimes overwhelming, for families, given the complex needs of many of our children. Decades ago, services and supports for children and adults with disabilities could only be accessed by placing an individual in a state institution. Since the 1980s, home and community based waivers have been an alternative to institutions.

Services and Supports

Depending on a person's individual needs, waivers might provide supports such as respite, assistive technology, therapeutic consultation (e.g. behavior, speech, OT), day support, supported employment, crisis stabilization, in-home residential supports and much, much more. Adults with autism might be able to live in their own home or apartment with a combination of waiver supports.

Eligibility

Generally, individuals are assessed by a screening team to see if they meet the functional and/or medical criteria for a particular waiver. After being screened and determined eligible, financial eligibility is determined. Because the waivers are often referred to as "Medicaid" Waivers, many families are under the false assumption that their child will not meet the financial criteria. **PARENT INCOME AND RESOURCES DO NOT COUNT REGARDLESS OF THE AGE OF YOUR SON OR DAUGHTER.**

Types of Waivers

Children, youth, or adults who have complex needs and their families can receive services and supports in their homes and

(Continued on page 3)

AUTISM SOCIETY JANUARY CALENDAR

The Autism Society, Central VA will sponsor the following meetings in January. For information: 257-0192 or asacv@aol.com

- | | | |
|------|-----------|---|
| 1/7 | 7:00 p.m. | Asperger's Interest Group for parents of school aged children with AS |
| 1/8 | 7:00 p.m. | Board Meeting |
| 1/11 | 6:30 p.m. | My Child Was Just Identified with an Autism Spectrum Disorder: Now What Do I Do? continued on 1/18 & 1/25 (see flyer insert) |
| 1/13 | | Bowling League for Elementary School Children w/ Autism , Grades K-5 FREE for chapter members; \$25 /non-members (includes annual membership fee) ; preregistration required |
| 1/13 | | Bowling for Middle/High School Students w/ Autism FREE for chapter members; \$25/non-members (includes annual membership fee); preregistration required |
| 1/14 | 6:30 p.m. | Transition to Adulthood with ASD: What Parents and Guardians Need to Know continued on 1/21 & 1/28 (see flyer insert) |
| 1/19 | 1:00 p.m. | Inclusive Lego Club for children of all abilities in grades K - 8; Dumbarton Library |
| 1/25 | | Asperger's Middle School Social Club pre-registration required; e-mail asacv@aol.com |
| 1/28 | 7 p.m. | Adults with Asperger's/HFA Interest Group (open only to adults w/ Asperger's/HFA) |

THANKS TO THE FOLLOWING INDIVIDUALS/ORGANIZATIONS VOLUNTEERING IN DECEMBER!

Nancy Andelin
Staci Carr
Meredith Eads
Micah Eads
Bobbie Ellis
Taryn Goodwin

Katherine Gray
Dawn Hendricks
Sam Hollins
Neal Hollins
Sam Hulcher
Erin Shedd

Doozie Sparrow
Zolandria Vega
Moody M S students
Alpha Xi Delta @ VCU
Skills Development Center

This newsletter is a publication of: Autism Society, Central VA □ P.O. Box 29364 □ Richmond, Virginia 23242-0364 (804) 257-0192

We accept for consideration any comments, personal vignettes, book reviews, information, announcements or advertisements for publication in our chapter newsletter. The deadline for submission for the February newsletter is January 15. You may send your contributions to the Chapter at the above address or email contributions to SELKO1@aol.com.

The Autism Society, Central Virginia does not endorse nor promote any program or service provider. The information contained in this newsletter is provided for informational purposes only. The Chapter is a volunteer organization providing information, support and encouragement to parents, family members and professionals in the Central VA area.

This edition was edited by Elizabeth Selko and Bradford Hulcher.

WAIVERS

(Continued from page 1)

communities through "waivers". There are 3 waivers that individuals with autism might qualify for, depending on a variety of factors: the Intellectual Disability (ID) Waiver, the Developmental Disabilities (DD) Waiver, or the Elderly OR Disabled with Consumer Direction (EDCD) Waiver.

Waiting Lists

When it comes to waiting lists, there's good news and there's bad news. Bad news: the ID and DD Waivers both have waiting lists. Good news: the EDCD Waiver, which many of our sons and daughters may be found eligible for, does not have a waiting list. One can receive services through the EDCD Waiver while on a waiting list for the ID or DD Waivers. Additional good news: the 2012 Department of Justice Settlement Agreement with the Commonwealth mandates that funding be allocated by the VA General Assembly to provide waiver slots to address the waiting lists on a specific timeline.

Next Steps for Families

Learn more about waivers by requesting a copy of the Medicaid Waiver Guide from the Autism Society at asacv@aol.com. We can send it to you electronically or through the mail.

Learn more about waivers by accessing the Arc of VA's free webcast/podcast on Medicaid Waivers here: http://www.thearcofva.org/help_for_families/podcasts.html

Apply for a waiver! Call (804-257-0192) or e-mail (asacv@aol.com) the Autism Society for additional information about how to apply for waivers. Our Executive Director, Bradford Hulcher, is one of a couple of dozen people in the state trained as a Medicaid Waiver Mentor.

HAVE YOU APPLIED FOR EDCD WAIVER AND BEEN DENIED?

Recently, we have heard from several families that they have:

- Called Social Services to apply for ED CD Waiver and been "screened" over the phone and told that their child does not qualify or
- been screened by a screening team and been sent a letter of denial stating that their child is not at risk of placement in a nursing home within 30 days, and therefore, does not qualify.

If this has happened to you, we would like to help.

You have the right to have your child screened face-to-face. If you are "screened" over the phone and told that your child does not qualify, ask for a letter of denial (which you have a right to) and note the date and time, the name of the individual denying your request, and the reason they state for denying your request for a screening.

If your child is screened face-to-face and you receive a letter of denial stating the denial is based on the child not being at "imminent risk" of placement in a nursing home within 30 days, please let us know.

You should be informed of your right to appeal if you are denied.

If you have questions about applying for the ED CD Waiver or if you have been denied, please contact us at asacv@aol.com or 804-2570192.

NEWS FROM THE AUTISM SOCIETY, CENTRAL VA

The ASCV worked to fulfill our mission to "improve the lives of all affected by autism" in December in the following ways:

Advocacy and Public Policy

- Participated in a Medicaid Waiver Network meeting on potential legislative issues related to waivers
- Participated in the Region IV START (Systemic Therapeutic Assessment Respite and Treatment) Advisory Council, which will address the Crisis Stabilization portion of the Department of Justice (DOJ) settlement agreement
- Participated in a Medicaid Waiver Mentor Training
- Participated in a stakeholder group with the Independent Reviewer for the DOJ Settlement

Services and Supports

- Sponsored a Tacky Light Bus Tour for Adults with Asperger's Syndrome/HFA
- Sponsored bowling leagues for elementary school students with ASD and middle and high school students with ASD
- Sponsored our annual Holiday Party at the Science Museum
- Sponsored annual Holiday Respite

Conferences, Workshops, and Webcasts

Jan. 8 **Prevention, Intervention, Post-Vention: What to Do After the Meltdown - Part 1** first part to the two-part series on management strategies for after the meltdown. Kathy Morris will discuss practical strategies to use throughout the meltdown cycle. Morris will explain preventative techniques and intervention strategies to teach coping skills to the student with ASD prior to the meltdown. Webcasts are free. To register: www.vcuautismcenter.org/training/webcasts/details.cfm/239

Jan. 11/18/25 **My Child Was Just Identified with an Autism Spectrum Disorder: Now What Do I Do?** a free 3 session training for parents of young children with ASD; must attend all 3 sessions; must preregister; see flyer insert (limited childcare available w/ registration)

Jan. 14/21/28 **Transition to Adulthood with ASD: What Parents and Guardians Need to Know** free 3 session training; MUST preregister; see flyer insert

Jan. 15 **Understanding Special Education** sponsored by the Hanover County Parent Resource Center; 8:30 a.m. @ Henry Clay ES; free for info: hanoverprc@hcps.us

Jan. 19 **Autism Workshop** sponsored by the Hanover County Parent Resource Center; free; for details: hanoverprc@hcps.us

Jan. 22 **Understanding Special Education** sponsored by the Hanover County Parent Resource Center; 6 p.m. @ South Anna ES; free for info: hanoverprc@hcps.us

Feb. 28 **Evidence Based Strategies for Enhancing Social Skills and Teaching Students with Autism Spectrum Disorder** w/ James Ball, Ed.D, BCBA-D; specific skills (including social skills), enhancing motivation, and generalization training will all be provided using step-by-step demonstrations with real life, current examples; techniques applicable to students from early elementary to adulthood, with Asperger's as well as students severely challenged with autism; fee; to register: www.aepconnections.com/store/page3.html

Mar. 1 **Strategies that Work! Social Skills and Behavior Solutions for the Student/Child with Autism Spectrum Disorder** strategies for managing challenging behaviors of students with ASD; interventions to teach new skills, manage students' behavior, and promote competence of students with ASD; video technology including the iPad, iPod Touch, PowerPoint, Video, Flip Camera, etc. will also be discussed; fee; to register: www.aepconnections.com/store/page3.html

Mar. 11/12 **Virginia Transition Forum 2013** brings together students, parents, educators, rehabilitation professionals, and others to guide youth with disabilities to achieve successful employment and life outcomes; \$79 before 2/11/13; Richmond; to register: www.virginiatransitionforum.org

Mar. 13/14 **Autism: Illuminating the Future** Commonwealth Autism Service Annual Conference; fee; for info: <http://www.autismva.org/2013conference>

Mar. 1 - 29 **Autism Spectrum Disorders for Paraprofessionals: Providing Effective Instruction and Supports** free online self-paced course from VCU ACE; to register: www.vcuautismcenter.org/training/paraprofessionals.cfm

For additional information on autism conferences and workshops in VA, visit www.autismtrainingva.org

WISH LIST FOR ASCV'S NEW OFFICE

Very soon we'll be moving our "office" from Bradford Hulcher's home to a REAL office where folks can visit or meet with us. The office is small but we do have a few items on our wish list and would welcome contributions of the following:

- a coffee maker
- a small upright vacuum
- a small fridge (dorm size)
- a small microwave

Would You Like To Place An Ad in "Into The Light" ?

Our newsletter reaches over 500 families, professionals and educators on a monthly basis. If you would like to place an advertisement, please email it to asacv.org or mail it to the Chapter at P.O. Box 29364, Richmond, VA 23242-0364. Call the Chapter if you have any questions. Deadline for entry is the 15th of each month.

Ad Rates:

- \$25.00 1/8 Page
- \$50.00 1/4 Page
- \$75.00 1/2 Page
- \$100.00 Full Page

Discounts/Non Profits/Long Term Ads (3 months or longer) may have negotiated rates with board approval.

The board reserves the right to refuse to place an advertisement

Community Events/ Meetings of Interest

Jan. 4 **TACA** free journals and library to borrow 7 - 9 p.m.; @ St. Andrews United Methodist Church, 9801 Fort King Road, Richmond; for info: LisaAnn.Setchel@TacaNow.org

Jan. 7 **Aspie Bible Study** meet on the first and third Monday of each month @ Good Shepherd UMC, 9155 Hungary Rd, Richmond; 7:15 pm. - 9 p.m.; call Shawn at 804-339-4393 for info; open to mature teens 17 or older and adults with HFA/Asperger's

Jan. 7 **Hanover County Special Education Advisory Committee** business meeting @ School Board Office; 7 p.m.; open to the public; for info: rob.rlipc@comcast.net

Jan. 9 **Chesterfield County Special Education Advisory Committee** @ the Fulgum Center; 5 - 6:30 p.m.; open to the public; for info: 594-1732

Jan. 10 **Richmond Asperger's Meetup** the second Thursday from 7-9 pm @ River City Diner on Parham Rd.; RSVP at <http://www.meetup.com/aspergers-397/>

Jan.12/13 **Jensen-Schmidt Tennis Academy** 2 day camp for children/youth/adults w/ disabilities; for info: <http://jensen-schmidt.com/>

Jan. 15 **Richmond/Northern Chesterfield Asperger's Meetup** third Tuesdays @ Positive Vibe Cafe, 6:30- 8:30; children 10+ diagnosed with Asperger's, HFA, PPD-NOS, and ADHD and their parents, as well as adults with these diagnoses, are welcome RSVP at <http://www.meetup.com/aspergers-397/>

Jan. 15 **Monkey Joe's Special Needs Night** every third Tuesday from 5 p.m. to 7 p.m.; kids ages 2 - 12 w/ special needs just \$5; closed to the public; siblings welcome; 11304 Midlothian Tnpk, Richmond; 897-5867

Jan. 17 **A Journey of Rest and Restoration**; a monthly Christian-based support group designed for couples/caregivers of children with any special needs; 7 to 8:30 p.m.; Mechanicsville Christian Center; free childcare and sign language interpreter; pre-registration required; contact bfrank.ResourceConnectioninc@gmail.com

Jan. 19 **Buddy Break** a free respite care program for chil-

dren with special needs ages 3-21 and their siblings ages 3-11; 10 a.m. - 1 p.m.; sponsored by Southside Nazarene Church, Courthouse Rd.; 804-778-7800 ext. 247 or BuddyBreakSouthsideVA@gmail.com for info

Jan. 20 **Rhythms of Grace** a special worship service to and for children w/ special needs and their families; the third Sunday of each month @ St. Mary's Episcopal Church, 12291 River Rd, Goochland; 1 - 2 p.m.; for info: 347-8755

Jan. 21 **Aspie Bible Study** meet on the first and third Monday of each month @ Good Shepherd UMC, 9155 Hungary Rd, Richmond; 7:15 pm. - 9 p.m.; call Shawn at 804-339-4393 for info; open to mature teens 17 or older and adults with HFA/Asperger's

Jan. 29 **Henrico County Special Education Advisory Committee** open to the public; 6:30 p.m. to 8:30 p.m. at Fairfield MS; topics: *Assistive Technology* and *504 Plans*

Thank You For the Following Donations

Jack Nix
Mary and Jim Miller
Paul Quel
GFWC Worthington Womans Club
Lori Bonjo
Brian Mize
Brendan Moran
Jennifer & Rick Jackson

Carolyn Graham in Memory of Billy Page
Wilson

The Following Donations were in Memory of
Michael Morlino

Sarah Wright
Kristin Breen
Sally Baughan & Betty Spencer

Autism Society, Central Virginia
P.O. Box 29364
Richmond, VA 23242-0364
(804) 257-0192

Non-Profit
Organization
U.S. Postage
PAID
Richmond, VA
Permit No. 132

Address Service Requested