Autism Society
Central Virginia

# Welcome to Virginia: A Fact Sheet for Families of Individuals with Disabilities

This fact sheet provides an overview of key disability-related services, systems, and next steps for families relocating to Virginia.

## Medicaid & Long-Term Services and Supports

Virginia offers several Medicaid Waivers that provide long-term services and supports to individuals with disabilities and those with significant medical needs.

### Key points to Know:

**Because each state manages Medicaid and waiver programs differently, benefits do not transfer automatically when you move to a different state.**

**If you move to Virginia, you will need to reapply for Medicaid and complete a screening to determine eligibility for Virginia's Medicaid Waiver programs.**

- Medicaid Waivers help individuals receive services in their home and community rather than in an institution.
- Family income is not considered when determining waiver eligibility.
- A Medicaid application is not required prior to being screened for a waiver.
- Some waivers have waiting lists, while others do not.

## Common Types of Waivers

### CCC Plus Medicaid Waiver

- **For adults age 65+ and individuals under 65 with a disability who have a medical or nursing need. There is no waiting list.**

### Developmental Disability Medicaid Waivers (DD Waivers)

- **Includes the Community Living, Family and Individual Supports, and Building Independence Waivers. These waivers have waiting lists.**

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Central Virginia

# Welcome to Virginia

## Medicaid Waiver Eligibility Screenings

Eligibility for Medicaid Waivers is determined through a formal screening process.

- CCC Plus screenings are conducted by representatives from the local Health Department and Department of Social Services.
- DD Waiver screenings are conducted through the local Community Services Board (CSB) or Behavioral Health Authorities.
- Screening assess functional needs, medical or nursing needs, and risk of institutional placement.

## Virginia Community Services Boards (CSB) or Behavioral Health Authorities (BHA)

Community Services Boards or Behavior Health Authorities are the primary access point for:

- Developmental Disability Waiver screenings
- Case management and service coordination
- Mental health, developmental disability, and substance use services

Each city or county is served by a local CSB. Families should contact the CSB/BHA serving their new locality as early as possible after moving.

## Educational Supports (Children and Youth)

Children with disabilities may be eligible for special education and related services through their local public school system.

- Virginia follows federal special education law (IDEA).
- Individualized Education Programs (IEPs) can transfer between states, but Virginia schools may conduct their own evaluations and develop a new IEP.
- Families should contact the local school division promptly to begin enrollment and support planning.
- Virginia Parent Educational Advocacy Training Center (PEATC) provides information and training for families of children with disabilities to support success in school and the community for children birth to 26.

Autism Society
Central Virginia

# Welcome to Virginia

## Insurance and Benefits

**In addition to Medicaid Waivers, families may want to explore:**

- Medicaid for children and adults
- Medicare (for eligible adults)
- Supplemental Security Income (SSI) & Social Security Disability Insurance (SSDI) are federal programs that do transfer if you move out of state. You must report your new address, phone number, and any changes in living arrangements to the Social Security Administration (SSA) immediately, as these affect eligibility and payment amounts.
- SNAP (food stamps) and TANF: Apply or update your information online via CommonHelp or through your local Department of Social Services (DSS)

**Benefit eligibility and enrollment processes vary by program.**

## Employment Supports in Virginia

**Vocational Rehabilitation (VR) Services**

Through the Virginia Department for Aging and Rehabilitative Services (DARS) or the Virginia Department of r the Blind or Visually Impaired

- Career counseling and job exploration
- Job training and skill development
- Resume building and interview preparation
- Job placement and coaching
- Assistive technology and workplace accommodations

Goal: Help individuals prepare for, obtain, and maintain meaningful employment.

Important Notes & Tips

## Housing Supports

**Through Virginia's Developmental Disability (DD) Waivers:**

- Group homes (24/7 staffed support)
- Sponsored residential (living with a host family)
- Supported living (independent living with supports)

**Services are based on assessed need and waiver availability (waitlists may apply).**

**Rental Assistance & Housing Programs**

- Housing Choice Vouchers through local housing authorities
- Disability-specific housing programs

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Central Virginia

# Welcome to Virginia

## Helpful Tips for Families Moving to Virginia

- Gather Documentation: Collect all medical reports, psychological evaluations, school records (IEPs), and therapy records (OT, PT, ST) before moving. Current physicians should write a letter to aid in continuity of care.

- Establish New Healthcare Professionals: Research and line up new doctors and specialists in Virginia to avoid gaps in care. You may need new referrals for private therapies under your Virginia insurance plan.

- Address Housing Needs: Department of Behavioral Health and Developmental Services (DBHDS) offers housing resources, including rental assistance and flexible funds for security deposits, for eligible individuals on a waiver or waitlist. Contact a DBHDS Regional Housing Coordinator for assistance. Fair Housing laws require landlords to allow reasonable modifications at the tenant's expense.

- School Enrollment (for children): Contact the new public school district to discuss special education services and the transfer of the current Individualized Education Program (IEP). Parent Resource Centers are available at some local schools for support.

- Begin waiver screenings as soon as possible: do not wait until services are needed. Ask about local waitlists and priority categories.

- Update address:
  - SSDI: No interruption in payments, just update your address with the Social Security Administration.
  - SSI: Payments may change due to Virginia's state supplement and shared living expenses rules.
  - SNAP and TANF: Apply or update your information online via CommonHelp or through your local Department of Social Services (DSS)

## Need Help?

If you have questions or would like assistance navigating Virginia's disability services, consider connecting with a waiver mentor, case manager, or local advocacy organization. Support is available, and you do not have to navigate this system alone.

- The Autism Society of Central Virginia local Social and Recreational Activities, Statewide resource and support navigation.
- Virginia Parent Educational Advocacy Training Center (PEATC) provides information and training for families of children with disabilities to support success in school and the community.
- Virginia Autism Resources/Events Calendars These calendars serve as a community resource to help you learn about local events, services, and organizations supporting the autism community.