

TRANSFORMING VIRGINIA'S LONG TERM CARE SYSTEM

By Julie Stanley

YOUR LIFE, YOUR CHOICE, YOUR HOME!

WHAT VIRGINIA'S LONG-TERM SUPPORT SYSTEMS TRANSFORMATION MEANS FOR YOU

Do you know people using long-term services or supports (also known as long-term care), who are not happy with their life, their choices, or their living situation? Do you work in the long-term services and supports system and experience problems in getting individuals what they need? Will you or anyone in your family ever need long-term services and supports?

If you answered yes to any of these questions, we have good news for you: Virginia's state and local human services and housing agencies are laying the groundwork for a dramatic transformation of the long-term support services system designed first and foremost to benefit individuals and families who use these services.

WHAT ARE LONG-TERM SUPPORT SYSTEMS?

These systems include many unpaid caregivers and a variety of state, local and private agencies that deliver, oversee, screen for, or pay for services for seniors and children and adults with disabilities who seek assistance with activities of their daily lives. Some of these systems are:

- Virginia's Medicaid program, administered by the Department of Medical Assistance Services, that pays for long-term supports for many individuals;
- The aging services system which includes the Virginia Department for the Aging, Area Agencies in Aging, and public and private services and institutions for seniors;
- The mental health, intellectual disabilities (formerly mental retardation) and substance abuse services system which includes: the Virginia Department of Mental Health, Mental Retardation and Substance Abuse Services, that operates institutions for individuals with mental health issues and institutions for individuals with intellectual disabilities; local community services boards that provide publicly funded mental health, intellectual disabilities and substance abuse services; and private agencies that provide mental health, intellectual disabilities and substance abuse services;
- The disabilities services system which includes the Virginia Departments of Rehabilitative Services, Blind and Vision Impaired, Deaf and Hard of Hearing, Woodrow Wilson Rehabilitation Center, private non-profit Centers for Independent Living, and many public and private programs;
- The social services system which includes the Virginia Department of Social Services, local departments of social services, and programs such as Adult Foster Care that are operated by local departments of social services;

- The health services system which includes the Virginia Department of Health and health services provided by hospitals, home health agencies, and public and private nursing facilities
- Public and private assisted living facilities.

WHY TRANSFORMATION?

It's easy to see from the lengthy list above that long-term support systems in Virginia are numerous, complex and fragmented. Consequently, planning, management and administration of related activities--many of which can directly impact the same individual--are extremely challenging to coordinate. Add to this the fact that housing systems--which assist in providing low-income individuals with one of their most basic needs--plan and deliver their services in entirely different systems. As a result, many individuals seeking long-term supports do not find what they need, and many of those who do find the experience confusing and frustrating.

WHAT IS VIRGINIA DOING ABOUT IT?

The work started in 2006, when the Virginia Department of Medical Assistance Services, working hand-in-hand with state and local agencies, private and public providers, advocates, people who currently use long-term supports, and families-- all of whom share a common vision and goals and a passionate belief that Virginia can do better--successfully applied to the Centers for Medicare and Medicaid Services for two key Medicaid initiatives--a Systems Transformation Grant and a Money Follows the Person Rebalancing Demonstration. As a result of these two initiatives:

- ☐ Everyone now has instant access to comprehensive information about supports on the Virginia Easy Access website. www.easyaccess.virginia.gov. You can explore information about a variety of community supports, financial help, housing, transportation, emergency preparedness, and your rights.
- ☐ Easy Access also offers customized searches for supports near you, and e-mail support by 2-1-1 VIRGINIA. If you prefer getting information by telephone, effective July 1 you can dial 2-1-1 VIRGINIA for information 24 /7, 365 days a year.
- ☐ Beginning this summer, if you live in a nursing home, "ICF/MR" or long-stay hospital, you will have more options for moving to the community through the Money Follows the Person Project.
- ☐ Also beginning this summer, if you currently use home and community-based Medicaid waiver services in the community, you will be able to access new services you may need.

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Individuals participating in the Money Follows the Person Project will be transitioning into one of the following five Medicaid Waivers: Elderly or Disabled with Consumer Direction (EDCD); HIV/AIDS; Technology Assisted, Individual and Families Developmental Disabilities Support (IFDDS), or Mental Retardation/Intellectual Disabilities (MR/ID). These individuals will have access to all of the particular waiver's current, new and added services, plus:

- Additional funding for home modifications, and rent to cover the time between signing a lease and moving in after modifications are completed--provided by the Virginia Department of Housing and Community Development; and
- 24-hour-per-day, 365-day-per-year emergency back-up service--provided by 2-1-1 VIRGINIA for the first 12 months after moving back into the community.

But this is only part of the transformation story. The work continues at a rapid pace, so that in the future you or your family member will:

- Control more of the supports you use, and family, friends and neighbors can play a more active role supporting you through use of "person-centered practices." Person-centered practices put individuals at the center of all planning that impacts their lives.
- Have faster access to supports through:
 - An on-line Medicaid application to be made available on Virginia Easy Access
 - An on-line form that you can fill out to tell you if you might be eligible for certain supports to be made available on Virginia Easy Access
 - Streamlined processing of applications for certain Medicaid waivers
- Be able to avoid your having to fill out multiple applications for supports at multiple agencies. Public and private aging and disability service agencies are forming a comprehensive network to collaborate and plan together and share information (but only with your permission!). Six current local or regional "No Wrong Door" sites will expand to 10 by September, with a goal of a statewide network of No Wrong Door resource providers statewide by 2010.

- Have more housing and transportation choices.
 - In September, an Annual Housing and Transportation Action Plan to increase options for seniors and people with disabilities will address ways Virginia can create affordable housing, make accessible transportation available, connect housing and transportation, and develop lasting partnerships among housing stakeholders and human services system stakeholders.
 - Sixteen Centers for Independent Living will work with local housing and human service agencies to address housing needs of individuals with disabilities and seniors; assure that these needs are incorporated into housing planning; and track related policy changes.

All of these transformation efforts are designed to assure that you have more choices about your supports--and whether you receive them in an institution or in the community--and that your choices are honored by whomever you choose to provide your supports. After all, it's Your Life, Your Choice, and Your Home that matter most! ■

For more information, contact the Systems Transformation Grant Project Director at kristin.burhop@governor.virginia.gov or 804-692-2540 or the Money Follows the Person Project Director at mfp@dmass.virginia.gov or 804-225-2984, or www.olmsteadva.com/mfp

Julie Stanley currently chairs a state and local cross-governmental Team and staffs the cross-disability, 21-member, stakeholder Community Integration Advisory Commission. The Team and Commission jointly developed and are working together to implement the Cross-Governmental Strategic Plan to Assure Continued Community Integration for Virginians with Disabilities. She coordinated the activities of the Governor's Hammond/Anderson Commission on Mental Health Services from 1998 to 2000, and Virginia's Olmstead Task Force from 2002 to 2003. She was named Director of Community Integration for People with Disabilities in January 2004, and reappointed to that position in 2006. Julie has worked with the Supreme Court of Virginia, the Office of the Attorney General, the Department of Mental Health, Mental Retardation and Substance Abuse Services, and currently the Governor's Office.

CSC is proud to be one of the community agencies providing input for the strategic planning and implementation phases of this grant.

Services being added to the Medicaid waivers are:	EDCD Waiver	HIV/AIDS Waiver	TECHNOLOGY ASSISTED Waiver	IFDDS Waiver	MR/ID Waiver	DAY SUPPORT Waiver
Service New: Transition Coordination: to support individuals with transition activities before and after transition	X					
New: Transition Services: a one-time, life-time maximum \$5,000 for individuals transitioning from institutions to the community for up-front household expenses	X	X	X	X	X	
Added: Personal Emergency Response Systems including Medication Monitoring		X	X			
Added: Environmental Modifications	X	X				
Added: Assistive Technology	X	X				
New: Consumer Directed Individual Supported Employment				X	X	X