

Virginia

When a family or individual is faced with a progressive condition such as DM1 or DM2 they are often presented with additional financial expenses as well as loss of a steady income. This section attempts to gather financial resources that are available on a state level for persons living in the United States. By no means is this section complete; we invite you to share with us any resources you've identified.

This is an on-going project. We will add more resources as we gather them; please send us resources you know of that are not currently listed.

Please be advised that each organization has its own eligibility and application requirements. None of these organizations are affiliated with Myotonic. We hope you will share your experiences with us – let us know if you are successful in finding a good resource to help your family.

Caregivers

Respite Care Voucher Program: Virginia families who care for a loved one with chronic conditions can apply for up to \$400 reimbursement to get help taking a break from their duties. <https://vda.virginia.gov/vlrp.htm>

Virginia Caregiver Coalition: Members include family caregivers, disability and aging community agency staff, state agency employees, and university independent researchers. <https://vda.virginia.gov/vcc.htm>

Employment

Employment Service & Special Programs (ESSP): Programs partner with community rehabilitation provides to provide employment and vocational services throughout the state. ESSP provides long-term support fund management; standards oversight of Employment Service Organizations (ESOs); and coordination and support of special programs. <https://www.vadars.org/essp/>



Pre-Employment Transition Services (Pre-ETS): offer students with disabilities an early start at career exploration and preparation for adult life. Beginning at age 14, students with disabilities can connect with the Division of Rehabilitation Services (DARS) for Pre-ETS. Topics covered through Pre-ETS include: career exploration work-based learning experiences; exploration of education and training programs for after high school; workplace readiness training to develop social and independent living skills; and self-advocacy. <https://www.vadars.org/drs/transitionservices.htm#pre>

SNAP Employment & Training Program (SNAPET): the federal government requires states to design and operate an employment and training companion to SNAP. In Virginia the program is known as SNAPET. Program participation is voluntary. However, those individuals who are not expect from work registration and who have their benefits time-limited have an opportunity to extend SNAP by choosing to participate in the SNAPET program, where offered. Not participating can prevent SNAP recipients from receiving services that could help them find and keep employment. <https://www.dss.virginia.gov/benefit/snap.cgi>

Unemployment Insurance (UI): <https://www.vec.virginia.gov/unemployed>

Vocational Rehabilitation (VR) Program: The Consumer Vocational Rehabilitation (VR) program helps people with disabilities get ready for, find, and keep a job. It helps to increase their ability to live independently in their communities. The Consumer VR program works with individuals with every type of disability. VR services include but are not limited to, vocational counseling, training, and job placement. <https://www.vadars.org/drs/vr/>

Financial Resources

Auxiliary Grant (AG) Program: provides financial assistance to eligible individuals with Supplemental Security Income (SSI) and other low-income aged, blind, and disabled individuals interested in residing in a Department of Social Services licensed Assisted Living Facility or a local department of social services approved Adult Foster Care Home. The grant supplements the individual's income to pay the established AG rate. <https://www.vadars.org/aps/AuxGrants.htm>

Child Care Services: financial assistance is provided to eligible families to help with the cost of child care so they can work or attend education programs. <https://www.dss.virginia.gov/family/cc/assistance.cgi>



Temporary Assistance for Needy Families (TANF): TANF provides eligible families with a monthly cash payment to meet their basic needs. For eligibility information, visit <https://www.dss.virginia.gov/benefit/tanf/>.

Food/Nutrition

Child and Adult Care Food Program (CACFP): provides nutritious meals and snacks that contribute to the wellness, healthy growth, and development of young children, and the health and wellness of older adults and chronically impaired disabled persons. <http://www.vdh.virginia.gov/child-and-adult-care-food-program/>

Farm Market Fresh for Seniors: and WIC Program is a federal nutrition program offered in certain areas of the Commonwealth where benefit checks are provided to individuals to purchase locally grown produce from farmers certified by the Virginia Department of Agriculture and Consumer Services. <https://vda.virginia.gov/sfmnp.htm>

Supplemental Nutrition Assistance Program (SNAP): can be used like cash to buy eligible food items for authorized retailers. A SNAP account is established for eligible households and automatic deposits are made into the account each month. To access the account an EBT Card will be used. <https://www.dss.virginia.gov/benefit/snap.cgi>

Women, Infants and Children (WIC): is a supplemental nutrition program for pregnant women, breastfeed women, women who had a baby within the last six months, infants, and children under the age of five. The WIC program provides breastfeeding support, nutrition education, referrals to appropriate health agencies, and nutritious foods for eligible applicants. <https://www.myvawic.org/>

Housing

Emergency Home and Accessibility Repair Program (EHARP): provides funds to remove urgent, emergency health and safety hazards. It also addresses physical accessibility barriers for low-income Virginians. <https://www.dhcd.virginia.gov/eharp>

Energy Assistance (EA): The purpose of this program is to help eligible low-income households offset expenses associated with heating and/or cooling their home. <https://www.dss.virginia.gov/benefit/ea/>



Rural Homeowner Rehabilitation Program: provides federal HOME funding to eligible sub-recipient organizations to administer local owner-occupied housing rehabilitation programs targeted to low-and moderate-income homeowners in non-entitlement areas of the commonwealth. <https://www.dhcd.virginia.gov/rural-rehab>

Weatherization Assistance Program (WAP): provides funds to install measures that reduce residential heating and cooling costs for low-income families and enhance the health and safety of residents. The program provides repairs and improvements to home heating and cooling systems and provides for the installation of energy-saving measures in the house, such as insulation and air sealing. <https://www.dhcd.virginia.gov/wx>

Virginia Homeless Solutions Program (VHSP): is a Homeless and Special Needs Housing (HSNH) funding source that supports the development and implementation of localized emergency crisis response systems with housing-focused coordinated community-based activities. <https://www.dhcd.virginia.gov/vhsp>

Living with Disabilities and/or Elderly

Centers for Independent Living (CILs): are non-residential places of action and coalition designed and operated by people living with disabilities. CILs work with individuals to promote leadership and independence. Services include: advocacy, peer counseling, independent living skills training, information and referral, and transition services for youth, people living in institutions, and services that prevent institutionalization. <https://www.vadars.org/cbs/cils.htm>

Early Periodic Screening, Treatment, and Diagnosis (EPSDT) Services for Children: Children under the age 21 who are eligible for Medicaid or FAMIS Plus have the right to have regular free well child check-ups as part of EPDST services. https://www.dss.virginia.gov/files/division/bp/medical_assistance/intro_page/covered_groups/children_under_19/screening.pdf

Long-Term Care Ombudsman: Ombudsmen advocate for older persons receiving long term care services, whether the care is provided in a nursing home or assisted living facility, or through community-based services to assist persons still living at home. Ombudsmen provide older Virginians, their families and the public with information, advocacy, and assistance to help resolve care problems. <https://www.elderrightsva.org/>

Long Term Rehabilitation Case Management (LTRCM): assists people with severe physical and sensory disabilities to build a quality of life of their choosing through self-direction, support, and community resources. <https://www.vadars.org/cbs/ltrcm.htm>

Personal Assistance Services: This program provides consumer-directed personal assistance services to persons with significant physical disabilities who need assistance in performing daily living activities related to employment or community living.

<https://www.vadars.org/cbs/pas.htm>

Social Security Disability Insurance (SSDI): This program requires a person with a disability to have worked for a substantial period in employment covered by Social Security. Beginning at age 18, a dependent, adult child of a worker who is retired, disabled or deceased, may be eligible for benefits if the child became permanently disabled before age 22. Benefits also may be paid to a widow or surviving divorced spouse. SSDI is funded through the Social Security Trust Fund.

<https://www.virginiadds.org/>

Supplemental Security Income (SSI): This federally funded program is based on financial need- it is not necessary for persons with disabilities to have worked under Social Security. Basic medical criteria for eligibility are the same for both SSI and SSDI.

Recipients of benefits under both programs also may be eligible for Medicaid or Medicare benefits. <https://www.virginiadds.org/>

Virginia Assistive Technology System (VATS): is to ensure that Virginians of all ages and abilities can acquire the appropriate, affordable assistive and information technologies and services they need to participate in society as active citizens. <http://www.vats.org/>

Virginia's Medicaid Waivers for Persons with Disabilities, Their Parents, and Caregivers: https://www.dss.virginia.gov/files/division/bp/medical_assistance/intro_page/covered_groups/children_adults_ltc/ltc_waiver.pdf

Medical/Health-Related

Commonwealth Coordinated Care Plus (CCC Plus): is a new statewide Medicaid managed long term services and support programs that services approximately 210,000 individuals with complex care needs, through an integrated delivery model, across the full continuum of care. Enrollment into CCC Plus is required for qualifying populations. For more information, visit <https://www.dmas.virginia.gov/#/cccplus>.

COVID-19 Resources: <https://www.virginia.gov/coronavirus/>

FAMIS: is Virginia's health insurance program for children. It makes health care affordable for children of eligible families. FAMIS covers all the medical care growing children need to avoid getting sick, plus the medical care that will help them if they do get sick or get hurt. <https://coverva.org/famis/>

FAMIS MOMS: Provides full coverage benefits while a woman is pregnant and for two months following the birth of her baby. Additionally, pregnant women may be eligible for full coverage under Medicaid. Visit the following sites for more information: <https://coverva.org/famismoms/> and <https://coverva.org/medicaid/#mpw>.

Long Term Services and Support Resources: <https://www.dmas.virginia.gov/#/ltss>

Medallion 3.0 Medicaid Managed Care: is a state program that provides its members with access to preventive and coordinated care. In managed care, you become a member of a managed care organization. For more information, visit <https://www.dmas.virginia.gov/#/med3>.

Medallion 4.0 Transition: <https://www.dmas.virginia.gov/#/med4>

Medicaid: is a jointly funded, Federal-State health insurance program for low-income and needy people. It covers children, the aged, blind, and/or disabled and other people who are eligible to receive federally assisted income maintenance payments. A separate application for Medicaid must be filed through the Virginia Department of Social Services (DSS).

https://www.dmas.virginia.gov/files/links/221/Medicaid%20At%20A%20Glance%2020%20FINAL%201_29_20.pdf

Virginia Insurance Counseling and Assistance Program (VICAP): The VICAP program can assist you with free, unbiased, confidential counseling to compare insurance plan options. Individual counseling assistance is available through the VICAP.

<https://vda.virginia.gov/vicap.htm>

Virginia Medicaid Preferred Drug List (PDL) Fee-for-service:

<https://www.dmas.virginia.gov/#/prescriptiondrug>

Additional Resources

2-1-1 Virginia: is a free service that can help you find the local resources you need 24 hours a day, seven days a week. <https://www.211virginia.org/consumer/index.php>

Muscular Dystrophy Association (MDA) Virginia Clinics:
<https://www.mda.org/clinic/university-virginia-adult-care-center>