

VIRGINIA WAIVER TYPES

CCC+ (Commonwealth Coordinated Care Plus): All ages, *no waitlist*. Generally, an individual has the CCC+ waiver while waiting for a “slot” in one of the DD (developmental disability) waivers.

FIS (Family & Individual Supports Waiver): Support at home/community

CL (Community Living Waiver): Higher-level, 24/7 support

BI (Building Independence Waiver): More independent living

**Important: CCC+ and DD Waivers are separate—you can be on CCC+ and still request to be added to the DD Waiver waitlist.*

**The Arc of Northern Virginia’s waiver PDF can be found [here](#).*

ORGANIZATIONS

DMAS (Department of Medical Assistance Services): Virginia Medicaid

DBHDS (Department of Behavioral Health and Developmental Services): Disability services agency

CSB (Community Services Board): Where you start (screening + eligibility)

DARS (Department for Aging and Rehabilitative Services): Helps individuals with disabilities with employment services, vocational rehabilitation, and independent living support

CD (Consumer-Directed): You hire your own caregivers

AD (Agency-Directed): Agency provides caregivers

SF (Service Facilitator): Helps guide consumer-directed services

Consumer: Person receiving services

Provider / Attendant: Person providing care

EOR (Employer of Record): Manages and hires caregivers
(Can be the consumer or their representative)

ADLs (Activities of Daily Living): Bathing, eating, dressing

IADLs (Instrumental Activities of Daily Living): Cooking, cleaning, daily tasks

ISP (Individualized Support Plan): A person-centered plan that clearly outlines an individual's unique needs, goals, and the specific services and supports designed to meet those needs.

UAI (Uniform Assessment Instrument): Determines level of care

HCBS (Home and Community-Based Services): Care at home/community

DD (Developmental Disability): A long-term mental or physical condition that begins before age 22 and is expected to continue throughout life

ID (Intellectual Disability): A type of developmental disability that begins before age 18 and affects learning, reasoning, and everyday life skills

EPSDT (Early and Periodic Screening, Diagnostic and Treatment): Medicaid services under 21

LRI (Legally Responsible Individual): Parent of minor consumer or spouse of consumer

SIS (Supports Intensity Scale): Assessment that measures the type and level of support an individual needs to be successful

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Helping make sense of what isn't always explained

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