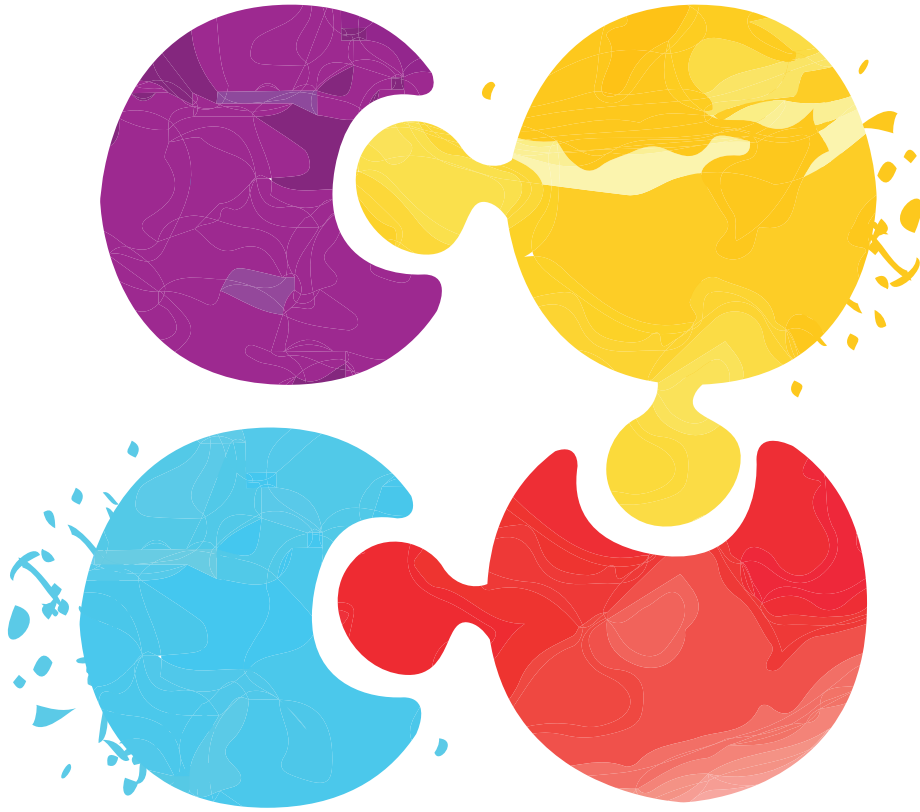


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# disAbility

resource guide

..... BROUGHT TO YOU BY: .....



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Disclaimer: Content in this resource guide is not necessarily endorsed by The Arc of Greater Prince William or The Arc of North Central Virginia nor does it claim to be a complete guide.

## ADVOCACY ORGANIZATIONS

### ● THE ARC OF GREATER PRINCE WILLIAM/INSIGHT

13505 Hillendale Drive, Woodbridge / 703-678-4800 / <https://arcpw.org>

The Arc of Greater Prince William serves Prince William County and the cities of Manassas and Manassas Park. Our services include vocational, residential, child care, family support, recreation, and adult day programs.

### ● THE ARC OF NORTH CENTRAL VIRGINIA (NCV)

PO Box 3186, Warrenton / 571-399-5390 / [www.arcofncv.org](http://www.arcofncv.org) / <https://www.facebook.com/ArcofNCV/>

The Arc of NCV serves Culpeper, Fauquier, Madison, Orange, and Rappahannock Counties. We are committed to enhancing the lives of people with intellectual and developmental disabilities to help them to reach their full potential. We support families through information and referral, and host workshops and social events.

### ● THE ARC OF VIRGINIA

2147 Staples Mill Road, Richmond / 804-649-8481 / <https://www.thearcofva.org>

The Arc of Virginia provides support through information and referral to individuals with DD, families, caregivers and service providers directly. They connect people to local, state and national resources as appropriate. Contact The Arc of Virginia for assistance even if you're unsure what to ask.

### ● CENTER FOR FAMILY INVOLVEMENT (CFI)

700 East Franklin Street, P.O. Box 843020, Richmond / 877-567-1122 / TTY relay: 800-828-1120 / <https://centerforfamilyinvolvement.vcu.edu>

CFI at the Partnership for People with Disabilities at Virginia Commonwealth University works with families to increase their skills as advocates, mentors and leaders so that families, children and young adults with disabilities can lead the lives they want.

### ● disAbility LAW CENTER OF VA (DLCV)

1512 Willow Lawn, Suite 100, Richmond / 800-552-3962 or 804-225-2042 / <http://dlcv.org>

dLCV advocates for those with disabilities. While it's not possible for dLCV to provide legal services to all who inquire, dLCV may provide information, written materials or limited technical assistance as well as referrals to other agencies or resources when appropriate. dLCV provides a great deal of information about topics related to transition services: <https://www.dlcv.org>

### ● INDEPENDENCE RESOURCE CENTER (IRC)

815 Cherry Ave. Charlottesville / (434) 971-9629 / <http://charlottesvilleirc.org>

The IRC is the primary advocacy and service organization for individuals with physical and sensory disabilities in a large central VA region including Madison and Orange Counties. IRC provides four basic core services to persons with disabilities: peer counseling, independent living skills training, information and referral, and individual advocacy.

### ● PARENT EDUCATIONAL ADVOCACY TRAINING CENTER (PEATC)

8003 Forbes Place, Suite 310, Springfield / 703-923-0010 / <http://www.peatc.org>

The Parent Educational Advocacy Training Center builds positive futures for Virginia's children by working collaboratively with families, schools and communities.

They provide services and supports for families and professionals; easy-to-understand, research-based information and training; and opportunities for strategic partnerships and advocacy for systemic improvement.

### ● VIRGINIA BOARD FOR PEOPLE WITH DISABILITIES (VBPD)

1100 Bank St, 7th Floor, Richmond / 804-786-0016 / <https://www.vboard.org>

VBPD serves as Virginia's Developmental Disabilities (DD) Council. DD Councils are in every state and territory of the United States. They offer the Partners in Policymaking training for people with developmental disabilities and/or parents of young children with developmental disabilities, and the Youth Leadership Academy for high school students. They work for the benefit of individuals with DD and their families to identify needs and help develop policies, programs and services.

### ● VA DISABILITY NAVIGATOR

7501 Boulders View Drive, Suite 630, N. Chesterfield / 804-525-7728 / <http://disabilitynavigator.org>

VA Disability Navigator provides information about health, aging, disability and post-military resources. The information focuses on issues such as financial concerns, legal questions, health facilities, housing options, transportation, exercise programs, and more. The information is organized on its website, where you can search using your city/county or zip code to identify resources available in your community.

● **REGIONAL CENTERS FOR INDEPENDENT LIVING (CILS):**

• **DISABILITY RESOURCE CENTER OF THE RAPPAHANNOCK AREA, INC. (DRC).**

409 Progress Street, Fredericksburg / (800) 648-6324 / <http://www.cildrc.org>

The dRC serves the counties of Caroline, Spotsylvania, Stafford and King George, and the city of Fredericksburg. The dRC works to enable people of all disabilities of all ages to reach their greatest potential of independent living by providing information to individuals, their families, and the community about available services and supports.

• **INDEPENDENCE EMPOWERMENT CENTER (IEC)**

8409 Dorsey Circle #101, Manassas / 703-257-5400 / [www.ieccil.org](http://www.ieccil.org)

IEC is a community-based non-profit operated by and for people with disabilities. Their service area covers Prince William and Fauquier Counties, Manassas and Manassas Park. They work with individuals to maintain or take charge of their own lives, choices, and decisions in order to be as self-sufficient as possible.

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**EDUCATION**

[EARLY INTERVENTION \(birth - 3yrs\)](#)

● **MILESTONES IN ACTION**

<https://www.cdc.gov/ncbddd/actearly/milestones/milestones-in-action.html>

Children reach developmental milestones in how they play, learn, speak, act, and move (crawling, walking, etc.). This link provides FREE milestone checklists for children from 2 months to 5 years, as well as a milestone tracker system. Tracking your child's development will enable early action should you have a

concern. The earlier concerns are addressed, the better the outcomes for children.

● **INFANT AND TODDLER CONNECTION (ITC)**

540-829-7480, ext 105 / ITC@rrcsb.org / <https://www.rrcsb.org/infant-youth-services/infant-toddler-connection/>

ITC serves families in Culpeper, Fauquier, Madison, Orange, and Rappahannock. They provide early intervention services to infants and toddlers (birth through age 2) who have a diagnosed condition with a high probability of resulting in a developmental delay, have an existing delay, or have atypical development. The goal of these services is to help parents and caregivers support their child's development, lessen the effects of the delay or disability, improve the overall functioning of the child, and increase the child's participation in home and community activities.

● **THE INFANT INFORMATION CENTER (IIC)**

703-792-7879 / <http://www.pwcgov.org/government/dept/cs/Pages/Infant-Toddler-Services.aspx>

IIC is the central point of entry for Early Intervention services in Prince William County, Manassas, and Manassas Park. They provide developmental screening and follow-up with the family as appropriate, service coordination with other agencies and professionals, coordination of eligibility determinations, development of an Individualized Family Service Plan (IFSP) for eligible children, and more. If deemed eligible, the Parent-Infant Education (PIE) Program can provide therapy and educational services. Also available on their website is a Resource Directory for Parents of Infants and Toddlers for Prince William County.

[PUBLIC SCHOOLS - Special Education](#)

● **CULPEPER COUNTY PUBLIC SCHOOLS**

450 Radio Lane, Culpeper / 540-825-3677 / [http://culpeperschools.org/departments\\_\\_programs/special\\_education](http://culpeperschools.org/departments__programs/special_education)

Special Education Director: Angela Neely, [aneely@culpeperschools.org](mailto:aneely@culpeperschools.org)

● **FAUQUIER COUNTY PUBLIC SCHOOLS**

430 E. Shirley Ave, Bldg B, Warrenton / 540-422-7140 / <https://www.fcps1.org/domain/52>

Special Education Director: Randy Corpening, [rcorpening@fcps1.org](mailto:rcorpening@fcps1.org)

● **MADISON COUNTY PUBLIC SCHOOLS**

60 School Board Court, Madison / 540-948-3780 / <https://www2.madisonschools.k12.va.us/domain/73>

Special Education Director: Becky Dodson, [bdodson@madisonschools.k12.va.us](mailto:bdodson@madisonschools.k12.va.us)

● **MANASSAS CITY PUBLIC SCHOOLS**

8700 Centreville Rd, Suite 400, Manassas / 571-377-6069 / <https://www.mcpsva.org/Page/1569>

Supervisor of Special Education: Brian Maceyak, [bmaceyak@mcpsva.org](mailto:bmaceyak@mcpsva.org)

● **MANASSAS PARK CITY PUBLIC SCHOOLS**

One Park Center Court, Manassas Park / 703-335-8861 / <https://www.mpark.net/departments/specialprograms>

Director of Special Programs: Jennifer Braswell-Geller, [jennifer.braswell@mpark.net](mailto:jennifer.braswell@mpark.net)

● **ORANGE COUNTY PUBLIC SCHOOLS**

200 Daley Dr, Orange / 540-661-4550 / <http://www.ocss-va.org/special-education-home/>

Special Education Director: Susan Aylor, [saylor@ocss-va.org](mailto:saylor@ocss-va.org)

● **PRINCE WILLIAM COUNTY PUBLIC SCHOOLS**

14715 Bristow Road, Manassas / 703-791-7287 / [https://pwcs.edu/academics\\_\\_programs/special\\_education](https://pwcs.edu/academics__programs/special_education)

Special Education Director: Michelle Roper, [ROPERMM@PWCS.EDU](mailto:ROPERMM@PWCS.EDU)

● **RAPPAHANNOCK COUNTY PUBLIC SCHOOLS**

6 Schoolhouse Rd, Washington / 540-227-0259 / <http://www.rappahannockschools.us/?DivisionID=18544&DepartmentID=20611>

Assistant Superintendent Carol Johnson, [cjohnson@rappahannockschools.us](mailto:cjohnson@rappahannockschools.us)

● **PARENT RESOURCE CENTERS**

Virginia's Parent Resource Centers (PRCs) are committed to a positive relationship between parents and schools for students' sake. PRCs assist parents with questions and planning, as well as provide resources and training sessions. Parent Resource Centers are not available in every county.

• **CULPEPER - PARENT TEACHER RESOURCE CENTER (PTRC)**  
16332 Cyclone Way, Culpeper / 540-825-3677

PRTC Coordinator: Tammy Potts [tpotts@culpeperschools.org](mailto:tpotts@culpeperschools.org)

• **FAUQUIER - PARENT RESOURCE CENTER (PRC)**  
430 E. Shirley Ave, Bldg A, Warrenton / 540-422-7116 / PRC Coordinator: Marianna Shuping, [prc@fcps1.org](mailto:prc@fcps1.org)

• **MANASSAS CITY - PARENT TEACHER RESOURCE CENTER (PTRC)**  
MCPS Administrative Offices,  
8700 Centreville Road, 4th floor,  
Manassas /571-377-6000

• **PRINCE WILLIAM - PARENT RESOURCE CENTER (PRC)**  
14715 Bristow Rd., Manassas /  
703-791-8846 or 703.791.8337  
  
Parent Coordinator: Rhonda  
Tabor, taborrd@pwcs.edu

● **VIRGINIA DEPARTMENT OF EDUCATION (VDOE)**  
Special Education: [http://www.doe.virginia.gov/special\\_ed/](http://www.doe.virginia.gov/special_ed/)  
  
Dept of Special Ed and Student  
Services Interim Assistant  
Superintendent:  
  
Doug Cox, [doug.cox@doe.virginia.gov](mailto:doug.cox@doe.virginia.gov)

● **VDOE PARENT OMBUDSMAN**  
  
Gloria Dalton / 804-371-7420  
or 800-422-2083 /  
[Gloria.Dalton@doe.virginia.gov](mailto:Gloria.Dalton@doe.virginia.gov)  
  
The ombudsman acts as a source  
of information and referral,  
aids in answering individuals'  
questions, and assists in the  
resolution of concerns and  
issues. The ombudsman serves  
as a resource to parents in non-  
legal special education matters.

● **STATE SPECIAL EDUCATION ADVISORY COMMITTEE (SSEAC)**  
Email: [SSEAC@doe.virginia.gov](mailto:SSEAC@doe.virginia.gov) / [http://www.doe.virginia.gov/boe/committees\\_advisory/special\\_ed/](http://www.doe.virginia.gov/boe/committees_advisory/special_ed/)  
  
The SSEAC is organized and  
functions in accordance with  
state and federal requirements.  
It is composed of representatives  
of stakeholder groups as  
prescribed by IDEA. A majority of  
the members must be individuals  
with a disability or parents of  
children with a disability eligible  
to receive services under IDEA.  
Members are appointed by the  
Virginia Board of Education. They  
welcome public comment at each  
regular meeting.

● **SPECIAL EDUCATION REGULATIONS:**  
  
Regulations Governing Special  
Education Programs for Children  
with Disabilities in Virginia  
[http://www.doe.virginia.gov/special\\_ed/regulations/state/regs\\_speded\\_disability\\_va.pdf](http://www.doe.virginia.gov/special_ed/regulations/state/regs_speded_disability_va.pdf)  
  
Federal Regulations, Law, and  
Policies:  
  
[http://www.doe.virginia.gov/special\\_ed/regulations/](http://www.doe.virginia.gov/special_ed/regulations/)

### COLLEGE OPTIONS

● **ACE-IT IN COLLEGE AT VIRGINIA COMMONWEALTH UNIVERSITY (VCU)**  
1310 West Main St, Richmond,  
VA / 804-828-2315 / <https://aceitincollege.org>  
  
VCU's ACE-IT in College is an  
inclusive learning and training  
program for transition-age adults  
with intellectual disabilities.  
With individualized support,  
ACE-IT in College students  
participate in four semesters of  
employment, college classes, and  
campus activities. These college  
experiences create opportunity  
and prepare students to pursue  
self-determined futures.

● **BUREAU OF NEURODIVERSITY (BOND) CLUB AT MIDDLETOWN CAMPUS OF LORD FAIRFAX COMMUNITY COLLEGE (LFCC)**  
Advisor: Ramon Selove /  
[rselove@lfcc.edu](mailto:rselove@lfcc.edu) / <https://lfcc.edu/2018/08/17/news/new-student-club-gives-those-on-spectrum-room-to-bond-and-flourish/>  
  
This club creates a nurturing  
environment and provides  
social support for neurodiverse  
students. The BOND Club meets  
at noon every Thursday in Fairfax  
Hall, Room 215.

● **COLLEGE STEPS**  
<https://www.collegesteps.org/>  
  
Located at Northern Virginia  
Community College (NOVA)  
Annandale, Alexandria, and  
Loudoun Campuses.

A nonprofit 501(c)(3), College  
Steps' mission is to provide  
personalized college support  
for students with learning and  
social challenges in college,  
work, and life.

● **THE MASON LIFE PROGRAM AT GEORGE MASON UNIVERSITY (GMU)**  
4400 University Dr, Fairfax /  
703-993-3905 / <http://masonlife.gmu.edu/>

The Mason LIFE Program is  
an innovative post-secondary  
program for young adults with  
intellectual and developmental  
disabilities who desire a university  
experience in a supportive  
academic environment. The  
mission of the Mason LIFE  
Program is dual purpose: 1) to  
provide a supportive academic  
environment for students with I/  
DD; 2) to supply an apprenticeship  
for GMU students.

● **THINK COLLEGE**  
<https://thinkcollege.net/>  
  
Search their college database  
for information on 265 college  
programs for students with  
intellectual disabilities. The  
online Resource Library  
includes over 600 selected  
resources on a wide range of  
topics related to postsecondary  
education for people with  
intellectual disabilities.

### COMMUNITY BASED SUPPORT FOR ADULTS

SEE ALSO - *Advocacy Organizations, Transition*

● **BRIDGES PROGRAM**  
13523 Beverly's Ford Rd,  
Elkwood / 540-829-7628 /  
<https://www.rrcsb.org/adult-services/bridges-pre-vocational-services/>  
  
Run by RRCS, the program offers  
day-support and pre-vocational  
services for adults with  
intellectual or developmental  
disabilities. Bridges utilizes a  
person-centered approach to  
provide training and supports,

including meaningful community  
activities and inclusivity.

● **BUDDY CLUB**  
Manassas Park Parks  
and Recreation / 703-  
335-8872 / <https://www.manassasparkcommunitycenter.com/programmevents/recreation-services/buddy-club/>  
  
The Buddy Club is a one of  
a kind self-facilitated adult  
social group. This program  
is designed to meet the  
needs of individuals with  
developmental/cognitive  
disabilities. Daily activities  
include arts and crafts, fitness  
classes, movies, computer and  
video games. Buddies will also  
have access to the wellness  
center and the pool at the  
Manassas Park Community  
Center.

● **BRIGHTCARE CENTER**  
7845 Ashton Ave Manassas  
/ [info@brightcarecenter.org](mailto:info@brightcarecenter.org)  
/ 703-330-5836 / <https://brightcarecenter.org>  
  
Provides care for adults with  
disabilities age 18 and older.

● **DIDLAKE**  
8621 Breeden Avenue, Manassas  
/ 703-361-4195/ <http://www.didlake.org> / Locations in Opal,  
Manassas, and Woodbridge.  
  
Didlake believes all people have  
the right to work and contribute  
to their community in meaningful  
ways. Their mission is to create  
opportunities that enrich the lives  
of people with disabilities. Their  
programs and services help people  
find competitive employment and  
get engaged with their community  
and include employment, day  
support, and government and  
commercial business services.

## COMMUNITY SERVICES BOARDS

### ● PRINCE WILLIAM COMMUNITY SERVICES

7969 Ashton Avenue, Manassas / 703-792-7800  
 15941 Donald Curtis Drive, Suite 200, Woodbridge / 703-792-4900  
<http://www.pwcgov.org/government/dept/cs/Pages/default.aspx>

Prince William Community Services is a public agency providing mental health, intellectual disability, substance abuse, emergency services, and early intervention programs for residents of Prince William County and the cities of Manassas and Manassas Park. Many services are covered by Medicaid and Medicare, depending on family size and income. They are the central point of contact for and oversight of the DD Medicaid Waiver program in the greater Prince William area.

### ● RAPPAHANNOCK-RAPIDAN COMMUNITY SERVICES (RRCS)

15361 Bradford Road, Culpeper / 540-825-3100 / [www.rrcsb.org](http://www.rrcsb.org)

RRCS serves families in Culpeper, Fauquier, Madison, Orange, and Rappahannock Counties. The mission of RRCS is to improve the quality of life of citizens by providing comprehensive behavioral health, intellectual disability, substance use disorder, and aging services. They are the central point of contact for and oversight of the DD Medicaid Waiver program in their 5-county service area.

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## CRISIS SERVICES

### ● REGIONAL EDUCATION ASSESSMENT CRISIS HABILITATION (REACH) PROGRAM

REACH Program Director, Northern District / 855-897-8278 / <http://www.dbhds.virginia.gov/developmental-services/Crisis-services>

The REACH Program serves children and adults with a developmental disability who also have significant behavioral and/or mental health issues. Through center and community based supports it provides crisis prevention and intervention services. Referrals and requests for REACH services may be made by individuals, families or service providers. For individuals who utilize the DD waivers, REACH services are included in each waiver. Regardless of waiver status, any individual who meets qualifying eligibility criteria can access REACH services at no cost.

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## DISABILITY SPECIFIC SUPPORT

### ● AUTISM SOCIETY OF NORTHERN VIRGINIA (ASNV)

10467 White Granite Drive, #324, Oakton / 703-495-8444 / <https://www.asnv.org/> Facebook: <https://www.facebook.com/AutismNOVA/>

ASNV is one of more than 90 chapters of the Autism Society, which has been a leading source for trusted and reliable information about autism.

### ● AUTISM SPEAKS

1990 K Street, NW, Second Floor, Washington, DC / (888) 288-4762 / <https://www.autismspeaks.org/>

Autism Speaks is dedicated to promoting solutions, across the spectrum and throughout the lifespan, for the needs of individuals with autism and their families through advocacy and support; increasing understanding and acceptance of people with autism spectrum

## DISABILITY ACRONYMS

<b>ADA</b>	Americans with Disabilities Act	<b>IFSP</b>	Individual Family Supports Program OR Individual Family Services Plan
<b>BIP</b>	Behavior Intervention Plan	<b>LOC</b>	Level of Care
<b>CCC+</b>	Commonwealth Coordinated Care Plus Waiver	<b>LOF</b>	Level of Functioning
<b>CIL</b>	Center for Independent Living	<b>LRE</b>	Least Restrictive Environment
<b>CSB</b>	Community Services Board	<b>MCO</b>	Managed Care Organization
<b>DD</b>	Developmental Disability	<b>OCR</b>	Office for Civil Rights
<b>DSS</b>	Department of Social Services	<b>PCA</b>	Personal Care Attendant
<b>EPSDT</b>	Early Periodic Screening, Diagnosis, and Treatment	<b>PERS</b>	Personal Emergency Response System
<b>FAPE</b>	Free Appropriate Public Education	<b>SC</b>	Service Coordinator
<b>FAPT</b>	Family Assessment and Planning Team	<b>SEAC</b>	Special Education Advisory Committee
<b>FBA</b>	Functional Behavior Assessment	<b>SF</b>	Service Facilitator
<b>I/DD</b>	Intellectual or Developmental Disability	<b>SSDI</b>	Social Security Disability Income
<b>ID</b>	Intellectual Disability	<b>SSI</b>	Supplemental Security Income
<b>IDEA</b>	Individuals with Disabilities Education Act	<b>UAI</b>	Uniform Assessment Instrument
<b>IEP</b>	Individualized Education Program		

disorder; and advancing research into causes and better interventions for autism spectrum disorder and related conditions.

● **CA - AUTISM RESOURCE DIRECTORY**  
Information and Resource specialists: (804) 355-0300  
<https://cahumanservices.org/establishing-change/information-resource-assistance/>

CA (formerly Commonwealth Autism) offers a comprehensive autism resource directory that is searchable by category, subcategory, region, and age.

● **PARENTS OF AUTISTIC CHILDREN OF NORTHERN VIRGINIA (POAC-NOVA)**  
8003 Forbes Place, Suite 310 (PEATC Headquarters), Springfield / 703-249-5099 / <https://poac-nova.org>

President, Susan Edgerton: [president@poac-nova.org](mailto:president@poac-nova.org)

POAC-NoVA has worked to improve the quality and quantity of education for students with autism in Northern Virginia. They offer a private member listserv and monthly newsletter and hold meetings several times per year on topics of interest to our community.

● **PWC AUTISM**  
<https://www.facebook.com/groups/pwcautism/>

This Facebook group shares resources for parents, caregivers and professionals in support of individuals with special needs who live in greater Prince William area.

● **CEREBRAL PALSY FOUNDATION**  
3 Columbus Circle, 15th Floor, New York / [info@yourcpf.org](mailto:info@yourcpf.org) / 212-520-1686 / <https://www.yourcpf.org>

The Cerebral Palsy Foundation defines and addresses Moments of Impact – the times at which interventions and insights, if properly implemented, have the power to change lives.

● **DOWN SYNDROME ASSOCIATION OF NORTHERN VIRGINIA (DSANV)**  
10467 White Granite Drive, Suite 320, Oakton / 703.621.7129 / <https://www.dsanv.org/>

This organization ensures that all individuals with Down syndrome and their families receive the support necessary to participate in, contribute to, and achieve fulfillment of life in their community.

## DRIVER TRAINING

● **THE ASSOCIATION FOR DRIVER REHABILITATION SPECIALISTS**  
[www.aded.net](http://www.aded.net)

Driver education resource for wherever you live:

1. Once on the website, click on Directory & Services, then on CRDS vs DRS. The page reviews the differences between a Certified Driver Rehabilitation specialist and a Non-Certified DRS.
2. Staying on that same page, scroll down to Types of Programs, then click on Spectrum Driver Services and Driver Rehabilitation Program. This takes you to a 4-page pdf, the third page of which will help you determine how much assistance your special needs driver needs. Basic, Low-Tech or High-Tech.
3. Once you have made that determination, go back to Directory & Services and click on either DRS Provider Search or CDRS Provider Search. Enter the requested information (leave the name section empty – that's only if you already know the name of a DRS or CDRS provider), click, and a list of providers in your state will pop up.

● **WILSON WORKFORCE - SPECIAL NEEDS DRIVER TRAINING**  
<https://www.wwrc.net/DrivingServices.htm>

● **CHIPPENHAM/JOHNSTON WILLIS DRIVER EDUCATION PROGRAM**  
Conducted by Johnston Willis Hospital in Richmond  
Dana Moore-Wills / 804-267-6725 / <https://johnstonwillismed.com/service/driving-assessment-program>

## MEDICAID WAIVERS

Medicaid waivers are the key to accessing supports and services in your home and community. The application process varies by county. Contact your local Arc chapter for assistance in applying.

The term "waiver" means that you are "waiving the right" to receive services in an institution, which historically was the primary means in Virginia for people with disabilities to receive supports.

There are different types of Medicaid Waivers and each waiver provides a different set of services.

Medicaid waiver eligibility for children is NEVER impacted by parent income.

When an individual is approved for a waiver, they also receive Medicaid health insurance.

● **Commonwealth Coordinated Care Plus (CCC+) Waiver:** For individuals with a medical need and who need assistance with activities of daily living. No age restrictions if you have a disability. No waiting list.

● **Developmental Disability (DD) Waiver:** For individuals with developmental disabilities and young children with a substantial developmental delay. This waiver is accessed through a Waiting List prioritized by urgency of need.

## OTHER HELPFUL RESOURCES

- **AGING SERVICES:**
  - RRCS AREA AGENCY ON AGING <https://www.rrcsb.org/senior-services/>
  - PRINCE WILLIAM AREA AGENCY ON AGING <http://www.pwcgov.org/government/dept/aaa/Pages/default.aspx>
  - AGING TOGETHER <https://agingtogether.org/index.html>

● **ALTRUSA INTERNATIONAL**  
[fauquieraltrusa@yahoo.com](mailto:fauquieraltrusa@yahoo.com) / <https://districttwo.altrusa.org/fauquier-county/>

Altrusa is an international non-profit organization making our local communities better through leadership, partnership, and service. The Fauquier County club offers an opportunity to make a real difference through a variety of service, literacy, fundraising and international projects. They hold two dances every year for people with different abilities at Didlake in Opal.

● **JILL'S HOUSE**  
9011 Leesburg Pike, Vienna / (703) 639-5660 / <https://www.jillshouse.org>

Jill's House provides overnight respite care for children up to age 18 in their "respite lodge."

● **WRIGHTSLAW**  
<https://www.wrightslaw.com>

A resource for parents, educators, advocates, and attorneys for accurate, reliable information about special education law, education law, and advocacy for children with disabilities.

## SPORTS & RECREATION

### ● ACCESSIBLE PLAYGROUNDS

#### • BRIGHT SPOT INCLUSIVE PLAYGROUND

16358 Competition Drive, Culpeper / (540) 727-3412

Located at the Culpeper Sports Complex

• **FUN FOR ALL PLAYGROUND**  
800 Waterloo Rd, Warrenton / 540-349-2520 / Located at the Warrenton Aquatic and Recreation Facility (WARF)

#### ● A PLACE TO BE

8 North Jay St, Middleburg / 540-687-6740 / <http://www.aplacetobeva.org>

A Place To Be serves ALL ages with any challenges related to (but not limited to) Physical, Medical, Behavioral, Learning, Intellectual, Developmental, Social, and Life. Through a wide variety of programming staff work daily to help people face, navigate, and overcome life's challenges using clinically based practices of music therapy and expressive arts therapy.

#### ● CHALLENGER BASEBALL

• Dale City / 703-615-8487/ VP-Challengers@dalecitylittleleague.com info@dalecitylittleleague.com / <https://www.littleleague.org/play-little-league/challenger/about-challenger/>

• Culpeper / 571-762-4452 / culpeperllinfo@gmail.com / [www.culpeperll.org](http://www.culpeperll.org)

• Coles / registration@coleslittleleague.com / <http://www.coleslittleleague.com/sites/coleslittleleague/content/11788/Challenger-Program>

## EQUINE THERAPY

### ● HIGGINS HILLS FARM

27195 Old Office Road, Culpeper / (540) 220-1305 / thiggins@horseandsoulcounseling.com / <https://www.horseandsoulcounseling.com/higgins-hills-farm/>

### ● NORTH STAR STABLES

12894 Livia Dr, Catharpin / 703.606.3406 / kisslerdressage@gmail.com / [www.kisslerdressage.com](http://www.kisslerdressage.com)

### ● RAINBOW THERAPEUTIC RIDING

16198 Silver Lake Rd., Haymarket / 703-754-6159 / rainbow@rainbowriding.org <https://www.rainbowriding.org>

### ● SPROUT THERAPEUTIC RIDING AND EDUCATION CENTER

40685 John Mosby Hwy, Aldie / (571) 367-4555 / info@sproutcenter.org / <https://sproutcenter.org>

### ● IGNITE FITNESS

Sharon Gregory / (540) 718-0147 / sgregory@ignitefitnessllc.org / <http://www.ignitefitnessllc.com>

Inclusive fitness programs for all ages and abilities.

### ● PRINCE WILLIAM PARKS AND RECREATION

Veronica Laughman, ADA Coordinator / 703-792-8066

For information about inclusion-based activities, go to <http://www.pwcgov.org/government/dept/park/summercamp/pages/inclusion.aspx>

### ● SPECIAL OLYMPICS VIRGINIA

3212 Skipwith Road, Suite 100, Richmond / 800.932.4653 / <http://specialolympicsva.org>

Special Olympics provides year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults.

• **CULPEPER, MADISON, ORANGE AND RAPPAHANNOCK (AREA 17)**  
Ali Barnard / 540.479.6918 / [abarnard@specialolympicsva.org](mailto:abarnard@specialolympicsva.org) / [www.facebook.com/groups/sovaarea17/](http://www.facebook.com/groups/sovaarea17/)

• **FAUQUIER (AREA 27)**  
540-347-1708 / Neil.Rossmeissl@gmail.com / [www.facebook.com/fauquierspecialolympics](http://www.facebook.com/fauquierspecialolympics)

• **PRINCE WILLIAM, MANASSAS, MANASSAS PARK (AREA 23)**  
Peggy Van Lowe / 540-729-2915 / [AreaCoordinator@pwsova.org](mailto:AreaCoordinator@pwsova.org) / [www.facebook.com/SOVAGreaterPWArea/](http://www.facebook.com/SOVAGreaterPWArea/)

### ● TOP SOCCER

The primary objective of the TOPSoccer Program is to provide an opportunity for children with special needs to learn about, and enjoy, the game of soccer while improving their self-esteem, socialization skills, and physical fitness.

• **FAUQUIER COUNTY**  
John Schlenker / [piedmonttopsoccer@gmail.com](mailto:piedmonttopsoccer@gmail.com) / <http://www.fcsc.org/topsoccer>

• **PRINCE WILLIAM**  
Kristie Williams / 703-670-6061 / <https://www.pwsi.org/topsoccer>  
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## TRANSITION

This area lists services that may assist with transition to adulthood. An 18-year old is legally considered an adult in Virginia, which means automatic transfer of responsibility for all legal, financial, medical, and educational decisions. Individuals with disabilities may not be able to manage these additional responsibilities, therefore requiring specialized planning for transition. Individuals transitioning also may become eligible for new supports such as job training and Supplemental Security Income (SSI). *SEE ALSO - Advocacy Organizations, Community Based Support for Adults*

### ● DEPARTMENT FOR AGING AND REHABILITATIVE SERVICES (DARS)

19006 Crossroads Parkway, Culpeper / 540-829-7360 / [www.vadars.org](http://www.vadars.org)

9300 W. Court House Road, Manassas / 703-335-5550 / [www.vadars.org](http://www.vadars.org)

DARS transition services support students as they move from high school to the world of work and adult life. Its Vocational Rehabilitation (VR) program offers such employment-related services and resources as career counseling, vocational evaluation, and job training.

### ● SOCIAL SECURITY ADMINISTRATION (SSA)

1-800-772-1213  
<https://www.ssa.gov>

Manassas Office:  
9300 Center Street, Manassas

Culpeper Office:  
1014 S Main St, Culpeper

Provides information about applying for SSI and SSDI.

### ● WILSON WORKFORCE AND REHABILITATION CENTER (WWRC)

243 Woodrow Wilson Avenue, Fishersville, VA 22939 / 540-332-7352 / <https://www.wwrc.net/>

To attend WWRC an individual must be referred from DARS.

WWRC offers vocational training options as well as vocational evaluations, guidance and counseling, life skills training and driver's training as a post-secondary option. In addition, it has a program for high school aged students eligible for PERT. PERT is a 10-day evaluation that assesses vocational, independent living and recreational skills.

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## THE ARC OF GREATER PRINCE WILLIAM

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For over 55 years **The Arc of Greater Prince William/INSIGHT, Inc.** has provided services and supports to thousands of children and adults with developmental disabilities and their families living in our community. In

the process, we have tirelessly promoted the acceptance and inclusion of people of all abilities and opened new doors in helping individuals achieve a lifetime of success.

We accomplish this by providing internationally accredited, quality services to children and adults with developmental disabilities and support for their families so they can live **“a life like yours.”** We serve over 2,500 children and adults through a vast array of services funded through Medicaid waivers, grants, fees, United Way and CFC, and other donations.

**Family Support** offers a variety of services including bi-monthly Parents' Night Out; parent workshops on topics such as “Challenging Behaviors,” “Autism 101,” and “Anxiety in Children;” information and referral services; and the annual Circle of Support Conference held in November of each year. A volunteer attorney offers free 45 minute consultations to discuss special education difficulties such as IEPs and 504 plans. In addition, we collaborate with Prince William County Schools as part of the Sibshops team and co-sponsor parent workshops.

**Recreation and Leisure** provide a wide variety of activities throughout the year to provide enjoyment and enhance social skills for children and adults. Bowling and Wellness for Life are offered weekly during the school year, while dances and other events are held seasonally. The Arc also has an affiliate of Lions Club International that meets monthly.

**Developmental Childcare** is provided at two licensed centers: Muriel Humphrey in Woodbridge and Robert Day in Manassas. The centers offer warm, nurturing environments for children and young adults from six months to twenty-two years of age with developmental disabilities. We specialize in serving those with medical and behavioral needs.

In addition to these programs, The Arc of Greater Prince Williams also offers a number of DD Waiver funded programs. These include INSIGHT, our residential corporation; VOSAC, our day support program; and vocational programs, including Spinaweb, our specialty shop in Occoquan, and Little Creek Services, providing janitorial services at various locations in the community.

Waiver-funded Services:

- **INSIGHT** provides a variety of supportive housing options for adults throughout the community in both community residences and supported living options.
- **VOSAC**, an adult day program for those needing intensive support, provides opportunities for volunteering in the community, social development, activities of daily living, and community integration through leisure activities.
- **Spinaweb**, our specialty shop in the quaint town of Occoquan, employs weavers who produce hand-woven fabric made into clothing and boutique items sold in the store;
- **Little Creek Services** provides janitorial service at various locations throughout the community through mobile work crews.

For further information about any of our services, call **(703) 670-4800**, visit our website at [www.arcgpw.org](http://www.arcgpw.org), or join us on Facebook at The Arc of Greater Prince William.

## THE ARC OF NORTH CENTRAL VIRGINIA

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The Arc of North Central Virginia (NCV) serves families in Culpeper, Fauquier, Madison, Orange, and Rappahannock counties. We are an advocacy organization that promotes and protects the human rights

of people with intellectual and developmental disabilities (I/DD), ensuring they are valued members of the community, and supported to reach their fullest potential. We strive to partner with other community organizations to expand the supports to people in our community, and inform and empower families in all areas of community living. Our vision is to foster development of a community that encourages inclusiveness and acceptance through education and advocacy, and support to families, caregivers, and friends.

Among our services, The Arc of NCV:

- Provides direct, individualized consultations with families;
- Hosts informational and social events for people with I/DD, their families and caregivers;
- Collaborates with local public and private organizations to foster an understanding of individuals with I/DD and their needs, and to advocate for appropriate services;
- Serves as a local clearinghouse for information on I/DD;
- Participates in advocacy at the state and local levels to protect the rights of, and develop improved supports for, individuals with I/DD; and
- Offers “Caregiver Cafes” where caregivers meet and support each other in small and large group conversations designed to build resilience and connection.

For further information: Email us at [info@arcofncv.org](mailto:info@arcofncv.org), call 571-399-5390, visit our website at [www.arcofncv.org](http://www.arcofncv.org), or join us on Facebook at The Arc of North Central Virginia.