

August, 2025



TRANSITION GUIDE

For the Greater Fredericksburg Area
A guide to life after high school for individuals with disabilities

For the most recent copy of this guide, please visit www.factfred.com.

*Created and maintained by
The Fredericksburg Area Council on Transition (FACT)*

Table of Contents

Click on the links to go directly to each section.

[Who is FACT?](#)

[What is transition?](#)

[Why should transition be important to me?](#)

[What are transition services?](#)

[Where do I start?](#)

[Age of Majority](#)

[Selective Service](#)

[Post Secondary - College](#)

[Post Secondary - Vocational Programs](#)

[Supported Employment & Self-Employment](#)

[Day Support](#)

[Guardianship](#)

[Special Needs Trusts and Letters of Intent](#)

[SSI - Supplemental Security Income](#)

[ABLEnow Accounts](#)

[Medicaid](#)

[Medicaid Waivers](#)

[Early and Periodic Screening, Diagnosis, and Treatment \(EPSDT\)](#)

[Resources for Transition](#)

[Autism Services](#)

[Deaf and Hard of Hearing Services](#)

[Department of Aging and Rehabilitative Services](#)

[Department of Blind and Vision Impaired](#)

[Department of Labor and Industry](#)

[Department of Social Services](#)

[disAbility Resource Center \(dRC\)](#)

[Division of Motor Vehicles \(DMV\)](#)

[Back to Table of Contents](#)

[Education - Post Secondary](#)
[Emergency Services](#)
[Employment](#)
[Guardianship](#)
[Housing](#)
[Job Corps](#)
[Mental Health](#)
[Project Lifesaver](#)
[Proprietary Schools](#)
[Public Schools](#)
[Rappahannock Area Community Services Board](#)
[Social Opportunities](#)
[SSI and SSDI \(Supplemental Security Income and Social Security Disability Insurance\)](#)
[Supported Decision Making](#)
[Tax Advantaged Savings Programs for People with Disabilities](#)
[Traumatic Brain Injury Services](#)
[Transportation](#)

[Important Timelines to Consider](#)

[Acronym List](#)

This guide is created and maintained by the
Fredericksburg Area Council on Transition (FACT).

The Fredericksburg Area Council on Transition is a regional, multi-agency nonprofit organization that meets monthly at various community agency locations. Contact any of the Resource Centers for additional information regarding resources or upcoming meetings or events:

Caroline County Public Schools Parent Teacher Resource Center	(804) 633-7083
Spotsylvania County Public Schools Parent Resource Center	(540) 582-7060
Stafford County Public Schools Parent Teacher Resource Center	(540) 899-6000
disAbility Resource Center	(540) 373-2559

Email: councilontransition@gmail.com
Facebook: @FACTfred
<https://www.factfred.com>

[Back to Table of Contents](#)

Who is FACT?

Members of the Fredericksburg Area Council on Transition are comprised of individuals representing the following:

- Caroline County Public Schools
- Fredericksburg City Public Schools
- Spotsylvania County Public Schools
- Stafford County Public Schools
- Department of Aging and Rehabilitative Services
- disAbility Resource Center
- Germanna Community College
- The Oberle Academy
- Rappahannock Community Services Board
- Rappahannock Goodwill Industries
- School Liaison Program, Marine Corp Base Quantico
- Families of individuals with disabilities
- Consumers with disabilities

What is transition?

Transition is the process students and their families use to think about life after high school, to identify their desired outcomes, and to plan their community and school experiences to assure that the students acquire the knowledge and skills to achieve their goals.

Why should transition be important to me?

- *Do you want to have a job and earn money when you leave high school?*
- *Do you want to go to college or attend a trade/technical school when you leave high school?*
- *Do you want to have your own apartment or live with friends when you leave high school?*
- *Do you have favorite activities that you would like to continue when you leave high school like singing in a musical group, bowling, hiking or helping in the community?*

If you answered “yes” to any of these four questions, then transition planning can help you reach those post-high school goals.

[Back to Table of Contents](#)

What are transition services?

The Individuals with Disabilities Education Act (IDEA) 2004 defines secondary transition as a coordinated set of activities designed to be within a results-oriented process, focused on improving the academic achievement and functional performance to facilitate movement from school to post-school activities. The purpose of transition planning for youth at age 14 and 16 is similar; good planning should address academic achievement and functional performance that will facilitate movement from school to post-school activities such as postsecondary education, career and technical education, integrated employment, continuing and adult education, adult services, independent living, and community participation.

Where do I start?

1. Review the material in this booklet.
2. Sit down with future caregivers, guardians, or individuals that will support your child to openly discuss plans for your child.
3. Determine what services may be needed and make contact with service agencies to start any necessary application processes. Many agencies and programs have waiting lists, some as long as 8-10 years.
4. Start a file of paperwork (dates/times/contact persons, names and contact information) to keep a record of who you have contacted and who you need to follow up with.
5. As services are identified, schedule visits to any programs of interest to educate yourself. This way you have firsthand knowledge on the facilities and staff available to carry out the vocational/employment, residential/independent living, or support services needed.

Age of Majority

In Virginia the age of majority is 18 years old. When a student turns 18, he or she gains the legal power to make key decisions about school services and life decisions.

At least one year before your child reaches the age of majority (18), the IEP must include a statement that you and your child have been informed of the rights that will transfer from you to your child at age 18. You may, however, continue to make educational decisions for your adult child through either full guardianship, limited guardianship, or a power of attorney.

Supported Decision Making

Supported decision making (SDM) is a tool that allows people with disabilities to retain their decision-making capacity by choosing supporters to help them make choices. A person using SDM selects trusted advisors, such as friends, family members, or professionals, to serve as supporters. Contact the National Resource Center for Supported Decision Making for more information: <http://supporteddecisionmaking.org/>

Transfer of Rights

1. "Age of Majority: Preparing Your Child for Making Good Choices",
www.idonline.org/ld-topics/transition-school-work/age-majority-preparing-your-child-making-good-choices
2. "Transfer of Rights for Students with Disabilities Upon Reaching the Age of Majority in Virginia" (click on the link below to download word document)
athomeyourway.com/wp-content/uploads/2019/11/TransferOfRightsForStudents.pdf
(VA Department of Education)
3. "So You're 18: A handbook on your legal rights and responsibilities,
vsb.org/soyoure18/groups/SoYouRe18/Home.aspx (Conference of Local Bar Associations)

Guardians and conservators are appointed by the court for persons who do not have the physical and/or mental capacity to care for themselves and/or their property. Guardians and conservators make decisions regarding personal and financial affairs. Contact your attorney of choice that specializes in guardianship or elder care, or reach out to the disAbility Resource Center or your local Parent Resource Center/Parent Teacher Resource Center for more information.

[Back to Table of Contents](#)

Selective Service

Almost all males living in the U.S., 18 through 25 years of age, are required to register with Selective Service. You must register within 30 days of the 18th birthday, however Selective Service accepts early registrations as young as 17 years and 3 months. It's important to know that when a man is registered, he will not automatically be inducted into the military.

Males with disabilities who live at home must register with Selective Service if they can reasonably leave their homes and move about independently. A friend or relative may help him fill out the registration form if he can't do it himself.

Males with disabilities that would disqualify them from military service still must register with Selective Service. Selective Service does not presently have authority to classify males, so even males with obvious disabilities must register now and if needed, classifications would be determined later. You can register online and find more information at www.sss.gov.

Post Secondary - College

As a student makes the transition from high school to college, it is important to recognize the significant differences between high school and college.

Public High School	College
Applicable Laws: IDEA (Individuals with Disabilities Education Act); Section 504 (Rehabilitation Act of 1973)	Applicable Laws: ADA (Americans with Disabilities Act of 1990); Section 504 (Rehabilitation Act of 1973)
Students with an IEP are guaranteed an education by law through age 21, or until they obtain a high school diploma.	Students have no rights for education but cannot be discriminated against.
Schools must screen and evaluate students with a possible disability.	Colleges are not obligated to screen or evaluate.
<p>An Individual Education Plan (IEP) must be developed for students identified with a disability under IDEA.</p> <p>A Section 504 Plan must be developed for students identified as requiring a plan under ADA.</p>	Students are responsible for disclosing their information to the office of disability services if accommodations are needed and wanted.
<p>When eligible for an IEP, high schools must provide appropriate fundamental services, modifications and accommodations to meet the individuals' needs.</p> <p>When eligible for a Section 504 Plan, high schools must provide appropriate accommodations to support the individual's needs.</p>	Colleges are obligated to provide "reasonable accommodations," as long as documentation includes specific functional limitations and demonstrates the need for specific accommodations.

[Back to Table of Contents](#)

Students and parents have the right to request a due process hearing.	Students may only file a grievance with the college and have no right to due process.
Parents are legal advocates for students until age 18.	Students, age 18 and older, act as their own advocates.

Individual Roles

Due to these differences it is important to recognize the individual roles the family, student and others play in selecting a college or post secondary education.

- Family Considerations
 - Transition from being the primary advocate to being a supporter.
 - Assist the student in understanding and following through the search and selection process of choosing the school.
 - Encourage the student to self-advocate and be prepared to speak on his/her own behalf.
 - Be realistic about options.
- Student Considerations
 - Assume responsibility for the process in search and selection of the school.
 - Understand his/her disability.
 - Be able to explain his/her needs to others.
 - Be able to self-advocate.
 - Take responsibility for his/her future.
- Educator/Counselor Considerations
 - Prepare the student to be responsible for the search and selection of the school.
 - Encourage the use of appropriate strategies and accommodations that enable the student to be successful.
 - Be a mentor to the student.
 - Be encouraging and supportive.

Additional Tips

- Parents and students must be able to identify and prioritize the student's most significant areas of need in regards to accommodations.

- Parents and students must be able to utilize the expertise of their high school academic counselor, transition coordinator, teachers and other school personnel.
- Parents and students must be able to take advantage of both print and computer resources.
- Parents and students must be able to seek information for their specific question(s). i.e. college admission policy, fees for services, deadlines, etc.
- Parents and students must be able to collect and compare all information to determine the college that best fits their criteria. All colleges that receive Federal funding must provide accommodations based on the Americans With Disabilities Act.
- Students with disabilities should be prepared to meet with the disability services office on a higher education or trade school campus to disclose disability in order to receive accommodations in postsecondary education. Students should take the most current Individualized Education Plan (IEP) or Section 504 Plan, most current psychological evaluations, and any appropriate medical documentation.

For more information:

Note: There are specific programs for students with Intellectual Disabilities and Developmental Disabilities in some colleges and universities. See Section: “Education - Post Secondary” under Community Resources for Transition, for local and state program information.

Virginia’s College Guide for Students with Disabilities

www.crisoregon.org/cms/lib/OR01928264/Centricity/Domain/45/Documents/college_guide.pdf

Post Secondary - Vocational Programs

There are several local vocational training options available for students who have exited high school.

[Back to Table of Contents](#)

The Rappahannock Goodwill Industries (RGI)

RGI focuses services on the person served. RGI consistently follows an approach of working with the individual served to (1) determine where s/he would like to be, (2) where s/he is currently, (3) identify gaps/hurdles, and (4) develop a plan of service built around the needs of the individual. This approach recognizes that each individual served, regardless of disability, is unique in terms of gifts and challenges, approach to learning, individual life circumstances, and drive/resolve to work on self-development.

www.fredgoodwill.org

Wilson Workforce and Rehabilitation Center

WWRC is sponsored by the Department of Aging and Rehabilitation Services (DARS) and offers evaluations and job training for students and adults. Training may include life skills, driving, carpentry, masonry, food service, childcare, materials handling, business skills, cosmetology, medical assistant, horticulture, auto body, small engine, electronics, maintenance, welding, etc. To learn more about WWRC, visit their website, or contact your local DARS counselor.

Wilson Workforce Rehabilitation Center: wwrc.net/

Department of Aging and Rehabilitation Services:

www.dars.virginia.gov/drs/#gsc.tab=0

Community Colleges

Local Community Colleges can offer:

- Associate's Degree - Awarded upon completion of a two year program of study which includes specialized curricula, as well as career specific classes.
- Certificate - Awarded to students who complete one of the approved non-degree curricula which is usually less than two years in length.
- Coursework that can be utilized for career readiness, career advancement or transferred into a four-year college or university.

Also note that community colleges have connections with DARS and the Virginia Employment Commission's (VEC) One Stop Centers in various Workforce Development programs. Another thing you need to consider is the Virginia's *Career Readiness Certificate* (CRC), an assessment-based credential endorsed by the Governor that gives employers and career seekers a uniform measure of key workplace skills. The opportunity to earn a CRC is available through Virginia's Community Colleges and Workforce Centers. Call (804)819-4985 or visit the VCCS website for more information.

www.vccs.edu/community-college-workforce-development-services-locator/

[Back to Table of Contents](#)

Job Corps

Free training for individuals with low income offering live-in programs such as: health occupations, LPN, CNA, medical assistant, automotive repair, business technologies, carpentry, culinary arts, hotel clerk, network cable installer, painter, masonry, electrician, plasterer, plumber, welder, computer service technician, security officer, landscape technician, data entry, pharmacy technician, or facilities maintenance. Contact your local Job Corps Counselor for more information. Visit the [Resources for Transition](#) section for local contact information, or visit www.jobcorps.gov/.

Apprenticeships

Apprenticeships in Virginia are sponsored by the Virginia Department of Labor and Industry (DOLI). A registered apprenticeship program is a structured training program which combines on-the-job training with technical classroom training at a community college for careers that require a high level of skills. Areas offered include manufacturing and construction trades. One to six years are often needed to complete an apprenticeship. See your local Department of Labor and Industry representative for more information. www.virginia.gov/agencies/department-of-labor-and-industry/

Proprietary Schools

Proprietary Schools are for-profit, privately run schools in Virginia. They should be certified by the State Council of Higher Education for Virginia (SCHEV). All schools offer “placement assistance” but none can guarantee a job. Many of these offer good, flexible, alternative education but be sure to do plenty of research before paying the high tuition. Some examples are computer technology schools, cosmetology schools, massage schools, bartending schools, medical assistant schools, dog grooming schools, nail technician schools, automotive schools, etc. You can find information at www.schev.edu/

Military

A military career offers possible training options for individuals with disabilities. Contact a local recruiter to discuss these options. Some medications and physical/mental conditions may not qualify an individual for military service. Research is recommended before talking to a recruiter. Guide books are available such as Scott Ostrow’s ***Guide to Joining the Military***. You can also download a PDF of “The Need to Know Guide to Joining the Military” at images.military.com/media/shared/guides/join-the-military.pdf.

On-the-job Training

On-the-job training offers individuals the chance to learn the job while getting paid. Most employers will not be able to provide extended one-on-one job coaching. They will

[Back to Table of Contents](#)

expect an individual to learn the job quickly with minimum support.

Supported Employment & Self-Employment

Supported Employment

Supported employment facilitates competitive work in integrated work settings for individuals with the most significant disabilities (i.e. mental health, intellectual disabilities, developmental disabilities, traumatic brain injury). Supported employment can provide assistance such as job coaches, transportation, assistive technology, specialized job training, and individually tailored supervision. Supported employment encourages people to work and encourages work, social interaction, and integration within their local communities.

Definitions

A **job coach** provides specialized on-site training to assist the employee with a disability in learning and performing the job and adjusting to the work environment.

Natural supports are support from supervisors and co-workers, such as mentoring, friendships, socializing at breaks and/or after work, providing feedback on job performance, or learning a new skill together at the invitation of a supervisor or co-workers. These natural supports are particularly effective because they enhance the social integration between the employee with a disability and his/her co-workers and supervisor. In addition, natural supports may be more permanent, consistently and readily available, thereby facilitating long-term job-retention.

Basic Components

Supported employment services should achieve the following outcomes: opportunity to earn equitable wages and other employment-related benefits, development of new skills, increased community participation, enhanced self-esteem and improvement in quality of life. The types of supported employment services used depend on the needs of individual consumers. The following are the basic components of supported employment:

- **Paid Employment** - Wages are a major outcome of supported employment. Work performed must be compensated with the same benefits and wages as other workers in similar jobs. This includes sick leave, vacation time, health benefits, bonuses, training opportunities, and other benefits. Employment must be for at least 18 hours per week.
- **Integrated Work Sites** - Integration is one of the essential features of supported employment. Individuals with disabilities should have the same opportunities to

[Back to Table of Contents](#)

participate in all activities in which other employees participate and to work alongside other employees who do not have disabilities.

- **Ongoing Support** - A key characteristic which distinguishes supported employment from other employment programs is the provision of ongoing support for individuals with significant disabilities to maintain employment.

Self-Employment

Self-employment is an employment option in which an individual with a disability creates, with a support team, his/her own business and is employed by that business. Self-employment allows a person to do something they like and can do...when, where and how they want. This employment option is a good choice for those individuals that have unique needs and abilities or for those that live in rural settings. The Department of Aging and Rehabilitation Services (DARS) may be able to help. More information can also be found in the following publication from the National Collaborative on Workforce & Disability (NCWD): [ROAD TO SELF-SUFFICIENCY: A Guide to Entrepreneurship for Youth with Disabilities](https://dpi.wi.gov/sites/default/files/imce/mmee/pdf/entrepreneurship_guide.pdf).
dpi.wi.gov/sites/default/files/imce/mmee/pdf/entrepreneurship_guide.pdf

Customized Employment

Customized Employment is an integrated employment opportunity in which the job requirements are customized or individualized to meet the needs of the individual and the employer to the benefit of both parties. Customized Employment may be short term as the individual works towards the goal of complete, integrated employment.

Day Support

Day Support Services can provide a planned combination of individualized activities, support, training, and supervision to individuals with developmental disabilities to improve their skills or maintain an optimal level of functioning.

Enrollment in these programs varies and frequently requires a form of sponsorship through one of the three types of DD Waivers, private pay, or income-based rate.

A day support program can be center-based where individuals meet at a facility and might travel in the community on various outings or non-center-based where individuals participate in community activities for the entire day. A day support program is designed to provide training and support in a variety of areas, examples might include self-care, independent living, communication, socialization and motor skills. Some programs focus on non-vocational areas and others specialize in building work readiness skills through community volunteer opportunities.

[Back to Table of Contents](#)

With the redesign of DD Waivers, day options have expanded. Some organizations provide a variety of services in a given day and others concentrate on a specific area:

- Community Coaching is a service designed for individuals who need one to one support in order to build a specific skill or set of skills to address a particular barrier(s) preventing a person from participating in activities of Community Engagement.
- Community Engagement Services are provided in groups of no more than one staff to three individuals. Community Engagement fosters the ability of the individual to acquire, retain, or improve skills necessary to build positive social behavior, interpersonal competence, greater independence, employability and personal choice necessary to access typical activities in community life such as those chosen by the general population. These may include community education or training, retirement, and volunteer activities.
- Group Day Services are provided in groups of no more than one staff to seven individuals. They provide opportunities for peer interactions, community integration, career planning and enhancement of social networks. Support may also be provided to ensure an individual's health and safety.

Programs that are not sponsored by the DD waiver might offer the same or additional areas of concentration. Individuals are encouraged to tour day programs of interest to learn more about program operations. Programs may offer transportation and others might refer individuals to transportation providers in the community. When individuals enroll, an Individual Support Plan (ISP) meeting should occur to develop an individual's plan tailored to address specific needs and desires of the individual participant. Learn more here: [Navigating the Developmental Disability Waivers: Covered Services by Waiver Type & Glossary of Key Terms:
regionten.org/wp-content/uploads/2020/02/Waiver-Services-by-Covered-Services-and-Key-Terms.pdf](https://regionten.org/wp-content/uploads/2020/02/Waiver-Services-by-Covered-Services-and-Key-Terms.pdf)

Guardianship

Adult guardianship is a legal, court-ordered relationship in which one court appointed individual becomes the substitute decision maker for another person who is deemed to be incapacitated. The substitute decision making by a guardian is the most restrictive form of legal rights, restricting all or most of the legal decisions that arise in the life of the legally incapacitated person. Guardians are appointed to protect an incapacitated person, i.e. someone who cannot make decisions without assistance. Incapacitation should not be confused with poor judgment.

Only a Circuit Court judge can decide that a person is incapacitated and appoint a guardian to act for the person. A guardian's authority can be very broad or can be limited to making specific decisions. Usually a guardian will make personal and health care decisions but may be

[Back to Table of Contents](#)

responsible for other personal decisions that most people take for granted. Guardians' authority to make decisions may be limited depending on the ability of the incapacitated adult to care for some of his own personal, health and safety needs. The extent of the guardian's authority will be set forth in the judge's order and in the Virginia Code.

The appointment of a Guardian removes a person's right to make decisions for themselves and should be considered only as a last resort. This option should be used only when there are no less restrictive alternatives that will protect the interest of the incapacitated person. Sometimes a person who might otherwise need a guardian can be served in a less restrictive way.

Once a Circuit Court judge has decided that a guardian is needed for an incapacitated adult, the judge has some flexibility in determining what authority to give the guardian. The judge may make specific provisions to preserve as much of the incapacitated person's independence as possible.

Full Guardianship

Unless the Court order appointing them limits their authority, a guardian is responsible for making all personal and personal care decisions for the incapacitated person. Full guardianship should be used only as a last resort, i.e. when there are no less restrictive methods that will provide the needed protection. A guardian is required to report annually to the local department of social services about the care provided to the incapacitated adult.

Limited Guardianship

A limited guardianship is used when decisional help is needed for specific tasks but not for all tasks. For example, an incapacitated adult may be able to take care of his own daily needs but is unable to make health care decisions and has not designated an agent under an Advance Medical Directive. In this situation a judge may appoint a guardian to make healthcare decisions leaving the person free to make all other decisions. A limited guardian has the same responsibility as a full guardian to report annually to the local department of social services about the care provided to the incapacitated adult.

Alternatives to Guardianship

Power-of-Attorney

An Agent, also called an Attorney-in-Fact, is an individual given written authority, under a Power-of-Attorney, to make decisions and take action on behalf of another person (the principal). A power-of-attorney is a document executed by one person (the principal) to choose some other person to act as his agent. The person who is selected as the agent for a principal and named in a power-of-attorney must be someone who is totally trustworthy.

There are three types of powers-of-attorney:

- A **general power-of-attorney** gives the agent the authority to take action on behalf of the principal in order to manage the principal's financial and/or property affairs. However, if the principal becomes incapacitated, the agent's authority under a general power-of-attorney is automatically terminated by Virginia law.
- A **durable power-of-attorney** gives the agent the authority to act even if the principal becomes incapacitated. Having a durable power-of-attorney may make the future appointment of a guardian unnecessary.
- A **health care power-of-attorney** grants the agent authority to make medical decisions for principal if unconscious, mentally incompetent, or otherwise unable to make decisions on their own. While not the same thing as a living will, many states allow you to include a preference about being kept on life support. Some states will allow you to combine parts of the health care power-of-attorney and living will into an advanced health care directive.

Regardless of the type of power-of-attorney, the power ends when the principal revokes it or dies.

Advance Medical Directive

An Advance Medical Directive is a method by which the principal provides instructions about his health care treatment wishes. The principal also designates an agent to make health care decisions when the principal cannot make his own decisions. The agent's powers under the Advance Medical Directive are defined.

Supported Decision Making

Supported decision making (SDM) is a tool that allows people with disabilities to retain their decision-making capacity by choosing supporters to help them make choices. A person using SDM selects trusted advisors, such as friends, family members, or professionals, to serve as supporters. Contact the National Resource Center for Supported Decision Making for more information: supporteddecisionmaking.org

GUARDIANSHIP

DO I NEED GUARDIANSHIP FOR MY CHILD?

A guardian is appointed by the court for an incapacitated person. Guardians can be in charge of some or all personal affairs of the incapacitated person. If you are concerned about the ability of your child with disabilities to make adult decisions when they turn 18, you may want to explore guardianship.



You will want to start this process about 6 months before your child's 18th birthday.

RESOURCES

HOW DO I FIND AN ATTORNEY?

To find guardianship attorneys in Virginia:

<https://www.lawinfo.com/directory.html>
<https://virs.community.lawyer/>
<https://www.valegalaid.org/find-legal-help>

HOW MUCH DOES IT COST?

Legal services for obtaining guardianship can vary among attorneys. Please contact an attorney who specializes in guardianship and inquire about their fees, or if they offer assistance.

WHERE CAN I FIND MORE DETAILED INFORMATION?

- **FREQUENTLY ASKED QUESTIONS**
APPOINTMENT OF GUARDIANS AND CONSERVATORS FOR INCAPACITATED ADULTS (PDF) Find it here: gwarren3.wixsite.com/gcweb
- **Appointment of Guardians and Conservators for Incapacitated Adults** - (Video Tutorial) Find it here: gwarren3.wixsite.com/gcweb
- **Options in Virginia to Help Another Person Make Decisions: Choices Less Restrictive than Guardianship and Conservatorship** (PDF) Find it here: gwarren3.wixsite.com/gcweb
- **Fredericksburg Area Council on Transition**
View the [recorded presentation on Guardianship](#) from the 2020-2021 Pathways to the Future Virtual Series at www.factfred.com.

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THIS RESOURCE WAS CREATED BY REGION 3 PARENT RESOURCE CENTERS:

- [Caroline County Public Schools Parent Teacher Resource Center](#) (804)633-7083
- [Spotsylvania County Public Schools Parent Resource Center](#) (540)582-7060
- [Stafford County Public Schools Parent Teacher Resource Center](#) (540)899-6000



Region 3
Parent Resource Centers

Special Needs Trusts and Letters of Intent

Special Needs Trust

A **Special (or Supplemental) Needs Trust (SNT)** is a specialized legal document, which creates an entity to hold assets on behalf of a person with disabilities. Careful planning should be put in place when planning for beneficiaries with disabilities. As the parent of a child with special needs, you know that your child may have financial and other support needs that differ markedly from traditional planning strategies for children. A Special Needs Trust houses assets on behalf of a beneficiary with disabilities, and has specific, federally-mandated language included to direct discretionary distributions on behalf of the beneficiary.

When a parent, grandparent, or guardian creates a Special Needs Trust for the benefit of a beneficiary, the beneficiary remains eligible to receive federal, state, and local benefits, such as medical care and insurance, housing, or professional training or assistance. Special Needs Trusts are allowed under federal law but must be specifically worded to avoid unintended consequences. This type of specific plan can protect inherited assets, and ensure that the beneficiary continues to have access to funds for a higher quality of life; these funds can be used for items not covered by government programs, such as dental care, clothing, and vacations and entertainment.

Who can create a Special Needs Trust?

Under federal law, a Special Needs Trust can be established by a parent, grandparent, or guardian of a beneficiary with disabilities and funded with assets or by the estate of the grantor; if an individual with disabilities owns the assets, a separate type of SNT is established, with different requirements for payback provisions to be built into the establishing document.

Letter of Intent

No one knows your child better than you. A Letter of Intent can help ease the transition to a new caregiver, and ensure that your child's immediate needs are met. Letters of Intent are documents created by a parent or other primary caregiver for a person with developmental or physical disabilities, and are much more detailed than general letters to guardians in standard planning scenarios. An effective Letter of Intent is usually a multi-page document that details the day-to-day care and assistance required by the individual, provides medical and dental information, description of mental and physical conditions and courses of treatment. Letters of Intent should also include preferences for food, clothing, individual habits and pet peeves, daily routines, and various levels of independence.

[Back to Table of Contents](#)

SSI - Supplemental Security Income

SSI stands for Supplemental Security Income and is one of the most important federal programs for people with disabilities. SSI is an income support program and provides monthly payments to persons who have disabilities and have limited income and resources. It is not necessary to have worked to be eligible for SSI. An individual can be considered for SSI regardless of age and whether single or married. SSI may be used as a financial support during periods when an individual is unable to work only minimum hours or is in the process of finding employment. SSI benefits can also be received while in vocational training or attending post-secondary institutions. Almost everyone who receives SSI is also eligible to have health care coverage through Medicaid. SSI rules also allow an individual to take deductions for the cost of special work related expenses while working, training for a job, or attending postsecondary institutions.

SSI provides monthly payments to people with disabilities and older adults who have little or no income or resources. Adults and children might be eligible for SSI if they have:

1. Little or no income, **and**
2. Little or no resources, **and**
3. A disability, blindness, or are age 65 or older.

This section of ssa.gov includes language regarding Income Related Work Expenses: www.ssa.gov/ssi/spotlights/spot-work-expenses.htm

Eligibility

In general, an individual is likely to be eligible for SSI if they meet both disability and financial criteria. This section of ssa.gov lists the general eligibility requirements: www.ssa.gov/ssi/text-eligibility-ussi.htm

Disability Criteria

This means that an individual must be a person with a physical or mental disability. They are unable to perform Substantial Gainful Activity (SGA) because of that condition and that condition is expected to last at least 12 months or result in death. Determination for benefits is made by Disability Determination Services. **If an individual is not determined to have a qualifying disability as determined by DDS by the time they are 19 years of age, the person will not qualify for SSI and may put current Medicaid benefits, including a Medicaid Waiver, at risk.**

This is SSA's definition of disability: [How Do We Define Disability? | The Red Book | SSA](https://www.ssa.gov/redbook/eng/definedisability.htm?tl=0) (<https://www.ssa.gov/redbook/eng/definedisability.htm?tl=0>)

[Back to Table of Contents](#)

Financial Criteria

There are two types of financial assets that are considered when an individual applies for SSI:

1. **Income:** An individual is either unemployed or they are working and earning less than the gross monthly amount established by the Social Security Administration (for up to date income guidelines go to www.socialsecurity.gov). If they are under 18 and living with their parents, the parents' income will be considered for SSI purposes. This link provides SSA language regarding income: www.ssa.gov/ssi/text-income-ussi.htm
2. **Resources:** The individual's financial assets and other assets must be under \$2,000 (excluding house and car if used to obtain medical care or work). This link provides SSA language regarding SSI resources: www.ssa.gov/ssi/text-resources-ussi.htm

Local Social Security Information


- Appointments for residents of Caroline, Spotsylvania, Stafford, King George and Fredericksburg are scheduled for the Fredericksburg office, 9915 Jefferson Davis Highway, Fredericksburg, VA 22407. To schedule an appointment at the Fredericksburg office, call 1-800-772-1213; (TDD 1-800-325-0078).
- To find your local SSA office, visit secure.ssa.gov/ICON/main.jsp
- For a complete review and planning of benefits and income, contact VA ACCSES at vaaccses.org/resources/.

Visit www.factfred.com/additional-resources to access these helpful one-pagers on Supplemental Security Income for adults and children with disabilities.

SUPPLEMENTAL SECURITY INCOME (SSI)

BENEFITS FOR ADULTS WITH DISABILITIES

WHAT IS SSI? Supplemental Security Income (SSI) is a needs-based program for people with limited income and resources. SSI makes monthly payments to people with limited income and resources who are 65 or older, or blind, or disabled. (Social Security Administration, SSA.gov)

 Before your child turns 18, income requirements for SSI eligibility are based on the entire income and resources of family members living in the household. At age 18, your child will be reevaluated using criteria that adults must meet.

RESOURCES

DO I QUALIFY FOR SSI?

Eligibility for SSI at age 18 is determined by the following:

- The individual has limited income and few resources.

AND

- It is determined that there is a physical or mental impairment that:
 - results in the inability to do any substantial gainful activity; and
 - can be expected to result in death; or
 - has lasted or can be expected to last for a continuous period of not less than 12 months(www.ssa.gov/text/eligibility-usa.htm)

HOW DO I APPLY FOR SSI?

Visit www.ssa.gov/benefits/disability to start the disability application process online. You may be eligible to apply for SSI through the online disability application.

Call 1-800-772-1213 (TTY 1-800-325-0778; TKS 1-800-772-1213) and make an appointment to apply for SSI. You can make a telephone appointment with a Social Security representative at your local Social Security office to file for SSI benefits.

WHERE CAN I FIND MORE DETAILED INFORMATION?

www.ssa.gov/pubs

- What You Need To Know About Your Supplemental Security Income (SSI) When You Turn 18** (Publication No. 05-11005, 2021).
- You May Be Able to Get Supplemental Security Income (SSI)** (Publication No. 05-11069, 2021)
- Understanding Supplemental Security Income - 2021 Edition** (Publication No. 17-008, 2021)
- Appeal a Decision - learn more at:** www.ssa.gov/benefits/disability/appeal.html
- Find Your Local Social Security Office:** secure.ssa.gov/ICON/main.jsp or call 1-888-759-3919 (Fredericksburg Region) (TTY 1-800-325-0778)

October 2021

THIS RESOURCE WAS CREATED BY REGION 3 PARENT RESOURCE CENTERS:


- Caroline County Public Schools Parent-Teacher Resource Center (804)633-7083
- Stafford County Public Schools Parent Resource Center (540)582-7060
- Stafford County Public Schools Parent-Teacher Resource Center (540)899-6000

Region 3
Parent Resource Centers

SUPPLEMENTAL SECURITY INCOME (SSI)

BENEFITS FOR CHILDREN WITH DISABILITIES

WHAT IS SSI? Supplemental Security Income (SSI) is a needs-based program for people with limited income and resources. SSI makes monthly payments to people with limited income and resources who are 65 or older, or blind, or disabled. (Social Security Administration, SSA.gov)

 Before your child turns 18, income requirements for SSI eligibility are based on the entire income and resources of family members living in the household. At age 18, your child will be reevaluated using criteria that adults must meet.

RESOURCES

DOES MY CHILD QUALIFY FOR SSI?

Your child's eligibility for SSI is determined by the following:

- Child's income + income and resources of family members in household must meet the low income criteria.

AND

- Child must meet criteria for disability that results in "marked and severe functional limitations." This means that the medical condition(s) must very seriously limit the child's activities.

(See *Benefits for Children with Disabilities*, 2021, SSA.gov)

HOW DO I APPLY FOR SSI FOR MY CHILD?

1. Submit the **Child Disability Report**.
2. A Social Security representative will contact you by phone to begin the application.

Child Disability Report: complete online at www.ssa.gov/benefits/disability/apply-child.html
Or, download and print: www.ssa.gov/forms Form SSA-3820-BK
If you need help completing a form, please call SSA at 1-800-772-1213 (TTY 1-800-325-0778) or contact your local Social Security office.

WHERE CAN I FIND MORE DETAILED INFORMATION?

www.ssa.gov/pubs

- Benefits for Children with Disabilities** (Publication No. 05-10026, 2021)
- What You Should Know Before You Apply for Disability Benefits for Your Child** (Publication No. 64-112, 2018)
- What You Need To Know About Your Supplemental Security Income (SSI) When You Turn 18** (Publication No. 05-11005, 2021)
- Appeal a Decision - learn more at:** www.ssa.gov/benefits/disability/appeal.html
- Find Your Local Social Security Office:** secure.ssa.gov/ICON/main.jsp or call 1-888-759-3919 (Fredericksburg Region) (TTY 1-800-325-0778)

October 2021

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- Stafford County Public Schools Parent-Teacher Resource Center (540)899-6000

Region 3
Parent Resource Centers

[Back to Table of Contents](#)

ABLEnow Accounts

ABLE Accounts

ABLE (Achieving a Better Life Experience) accounts are a tax-advantaged savings option specifically designed for eligible individuals with disabilities. Learn more here: www.ablenow.com/save/eligibility/. ABLE accounts allow individuals to save and invest while maintaining eligibility for certain public benefits. Funds in an ABLE account can be used at any time to pay for qualified disability expenses that support health, independence, and quality of life.

ABLEnow: Virginia's ABLE Program

ABLEnow is Virginia's direct-sold ABLE program, offering eligible individuals and families a simple way to open and manage an ABLE account. The program provides unique advantages for Virginians. Visit ABLEnow.com to learn more and open an account.

ABLE National Resource Center

The ABLE National Resource Center is a leading source of information about ABLE programs and related activities nationwide. Its mission is to educate, promote and support the positive impact ABLE accounts can have on the lives of people with disabilities and their families. Explore the resources at ABLENRC.org.

Medicaid

Medicaid Waivers

Medicaid Waivers provide a variety of supports and services for children and adults with developmental disabilities and their families who need long-term support systems to live successfully in the community rather than in institutional settings. Unlike general Medicaid, household income is not considered. For a waiver, only the income/assets of the individual seeking eligibility are reviewed.

[Back to Table of Contents](#)

There are two waiver programs that are most commonly used by people with developmental disabilities. They are:

Developmental Disability Waiver (formally the DD, ID, and Day Support Waivers)

DD Waivers are for individuals with a diagnosis of intellectual or developmental disability by a credentialed professional. To learn more about eligibility, application procedures, and the types of services that the waiver provides, visit thearcofnova.org/programs/waivers/all-about-waivers/ for the most current information.

Note: There is a long waiting list for Developmental Disability Waivers.

Must be screened to be placed on the waiting list for all three types of DD Waivers:

- Building Independence Waiver
- Family and Individual Support Services Waiver
- Community Living Waiver

To schedule a screening, or to apply, call the Rappahannock Area Community Service Board: rappahannockareacsb.org/

- Fredericksburg: 540-834-6302
- Counties of King George and Caroline: 540-834-7492
- Spotsylvania County: For last names beginning with A-M: 540-834-6302 or last names beginning with N-Z: 540-834-7706
- Stafford County: For last names starting with A-M: 540-623-7520 or last names starting with N-Z: 540-809-2975

The disAbility Resource Center has a trained Virginia Medicaid Mentor on staff available for information or training. Contact dRC at 540-373-2559 to inquire. www.cildrc.org/

Healthy Generations Area Agency on Aging (formerly Rappahannock Area Agency on Aging) provides Options Counseling to persons 18 or over with a disability. Options counselors assist persons to understand self-directed and agency supports using a person-centered approach. The individual is made aware of services available in the community that can meet his/her needs. (540) 371-3375
healthygenerations.org/our-services/

CCC Plus Waiver (formerly the EDCD and Technology Assisted waivers)

The CCC+ Waiver serves residents 65 years of age or older **OR** under the age of 65 and disabled. Individuals must also meet nursing home eligibility criteria, including both medical needs and functional capacity needs (daily living activities) and are at risk for nursing facility or hospital placement within 30 days in the absence of the Home and Community Based Services. Individuals previously served under the Elderly and Disabled with Consumer Direction (EDCD) and Technology Assistance Waivers are included in CCC+ Waiver.

For children under the age of 18: Contact your local Health Department.

For those 18 years of age and older: Contact the local Department of Social Services.

The CCC+ Waiver requires individuals to meet both financial and functional criteria. For financial eligibility, only the income/assets of the individual seeking Medicaid are considered. Children are considered a household of one for the purposes of the CCC+ Waiver financial determinations. Another eligibility requirement is that the individual must not reside in a nursing facility or assisted living facility (ALF) and must have a safe, community-based plan of care in place to support independent living.

For the CCC+ Waiver you will be required to complete the [Medicaid application](#). You must also complete [Appendix D](#) for long term care. coverva.dmas.virginia.gov/apply/

Early and Periodic Screening, Diagnosis, and Treatment (EPSDT)


This is a federal Medicaid benefit, not a waiver. The EPSDT benefit provides comprehensive and preventive health care services for children under the age of 21 who are enrolled in Medicaid. EPSDT is key to ensuring that children and adolescents receive appropriate preventative, dental, mental health, developmental and specialty services. Individuals who qualify can utilize EPSDT benefits while on the DD waiting list. For more information, visit momsinmotion.net/waivers/epsdt/ or visit www.dmas.virginia.gov/for-members/benefits-and-services/maternal-and-child-health/early-and-periodic-screening-diagnostic-and-treatment-epsdt/ for a downloadable fact sheet from the [Virginia Department of Medical Assistance Services](#). Contact EPSDT at 804-786-6134.

[Back to Table of Contents](#)

MEDICAID WAIVERS

WHAT IS A WAIVER?

Home and Community Based Medicaid Waivers give states the flexibility to develop and implement alternatives to institutionalization. Medicaid Waivers are additional services provided through Medicaid once an individual meets criteria. Virginia has two Waivers: CCC+ Waiver and the Development Disability Waiver (DD Waiver).



The wait list for the DD Waiver is very long. Families can also be screened for the CCC+ Waiver. If the child meets nursing home level of care criteria, families can then access waiver services under the CCC+ Waiver along with regular Medicaid services while on the DD Waiver wait list.

RESOURCES

HOW DO I SCHEDULE A SCREENING FOR THE DD WAIVER?

Developmental Disability (DD) Waiver
Contact the Rappahannock Area Community Services Board to schedule a screening.
rappahannockareacsb.org

- Fredericksburg, Caroline County, and King George County:
(800) 633-9997 ext 6116
- Spotsylvania County:
(540) 582-7326
- Stafford County:
(540) 659-2725 ext 6214

HOW DO I SCHEDULE A SCREENING FOR CCC+ WAIVER SERVICES?

Commonwealth Coordinated Care Plus (CCC+) Waiver

- For individuals under 18 years of age, contact your local health department for a screening.
www.vdh.virginia.gov/health-department-locator/
- For individuals 18 years of age or older, contact your local department of Social Services to request a screening for long term care.
www.dss.virginia.gov/localagency/index.cgi

WHERE CAN I FIND MORE DETAILED INFORMATION?

Virginia Department of Medical Assistance Services (DMAS)
dmas.virginia.gov/for-members/waivers


Cover Virginia- Virginia Medicaid Waiver Programs (FACT SHEET)

Individual and Family Support Program (IFSP) Portal - dbhds.virginia.gov/developmental-services/ifsp

April 2022

THIS RESOURCE WAS CREATED BY REGION 3 PARENT RESOURCE CENTERS:

- [Caroline County Public Schools Parent Teacher Resource Center](#) (804)633-7083
- [Spotsylvania County Public Schools Parent Resource Center](#) (540)582-7060
- [Stafford County Public Schools Parent Teacher Resource Center](#) (540)899-6000



Resources for Transition

Autism Services

- **CA Human Services** (formerly Commonwealth Autism)
4108 E Parham Rd, Richmond VA 23228
804-355-0300; 800-649-8481
cahumanserives.org
- **Youth and Adult Self Advocacy Teams**
disAbility Resource Center
409 Progress St, Fredericksburg, VA 22401
540-373-2559
www.cildrc.org
- **Rappahannock Area Autism Council (RAAC)** - Composed of professionals in the community who work with individuals on the autism spectrum, the RAAC's mission is to provide leadership and coordination for agencies and providers to increase knowledge of autism in order to maximize outcomes for those with ASD.
Email: raacinfo@gmail.com

Deaf and Hard of Hearing Services

- **The Virginia Department for the Deaf and Hard of Hearing**
1602 Rolling Hills Drive, Suite 203, Richmond, VA 23229
804-662-9502 (V/TTY); 800-552-7917 (V/TTY); FAX: 804-662-9718
Email: frontdsk@vddhh.virginia.gov
vddhh.org

Department of Aging and Rehabilitative Services

The Division of Rehabilitative Services offers vocational rehabilitation to assist people with disabilities to prepare for, secure, retain or regain employment. You may be eligible for these services if you have a physical, mental or emotional disability; this disability keeps you from working; you live, work or attend school in Virginia; and DRS certifies that there is a good chance that these services will result in your employment. Learn more about [Pre-Employment Transition Services](#) (Pre-ETS) available for rising high school graduates at www.dars.virginia.gov/.

10300 Spotsylvania Ave. Ste.220, Fredericksburg VA 22408
Phone: 540-899-4161; Fax: 540-710-2060
[Virginia Department for Aging and Rehabilitative Services](#)

[Back to Table of Contents](#)

Assistive Technology / Devices and Equipment

Assistive Technology Services directly assist individuals with disabilities in the selection, acquisition, or use of an assistive technology device. www.vats.virginia.gov/

Employment

Employment services to help individuals with various disabilities prepare, find, or maintain competitive integrated employment.

Pre-Employment Transition Services- LINK [Pre-ETS & Transition Services - DARS Division of Rehabilitative Services](#)

DARS collaborates with high school students with disabilities, their families, schools and community service providers to support transition beginning at age 14.

Wilson Workforce Rehabilitation Center

Fisherville, VA [Wilson Workforce Rehabilitation Center. www.wwrc.virginia.gov/](http://www.wwrc.virginia.gov/)

- Post-Secondary Education Rehabilitation Transition (PERT)
- Transition Academy

Contact the transition specialist at your school or your case manager for more information.

Hearing Impaired

800-464-9950

Department of Blind and Vision Impaired

Assessments and training to assist blind consumers in achieving their independent living goals are available including skills of daily living, home management, orientation and mobility, Braille and other communication skills, and use of adaptive technologies are available.

401 Azalea Avenue
Richmond, Virginia 23227
804-371-3151
Toll Free: 800-622-2155
www.vdbvi.org/

Department of Labor and Industry

For a listing of registered apprenticeships visit the Virginia Department of Labor and Industry at doli.virginia.gov or call 804-371-2327.

Department of Social Services

Linkage to Medicaid, Food Stamps and CCC+ Waiver: (Medicaid application is made separate from the SSI application).

- Caroline County: 804-633-5071; 17202 Richmond Turnpike, PO Box 430, Bowling Green, VA 22427 website ([Social Services Department | Caroline County VA](#))

[Back to Table of Contents](#)

- Fredericksburg: 540-372-1032; 608 Jackson St., Suite 100, Fredericksburg, VA 22401 website ([Fredericksburg, VA](#))
- King George: 540-775-3544; 10069 Kings Hwy, PO Box 130, website ([King George County](#))
- Spotsylvania: 540-507-7898; 9019 Old Battlefield Blvd., PO Box 249 Spotsylvania VA 22553 website ([Social Services | Spotsylvania County, VA](#))
- Stafford: 540-658-8720; County Government Center, 1300 Courthouse Rd, PO Box 7, Stafford VA 22555 website ([Stafford County Department of Social Services](#))

disAbility Resource Center (dRC)

The disAbility Resource Center (dRC) is a Center for Independent Living serving people with disabilities of all ages. We help individuals achieve greater independence through advocacy, skills training, peer support, information and referral, and transition services (school to adulthood, or from institutional to community living). Additional programs include services for the Deaf and Hard of Hearing, youth and support groups, durable medical equipment reuse, Medicaid Waiver Service Facilitation, and Pre-Employment Transition Services (Pre-ETS) with instruction in self-advocacy and workplace readiness.

disAbility Resource Center (dRC)
409 Progress Street, Fredericksburg, VA 22401
540-373-2559; CAPTEL: 540-373-5890; Fax: 540-373-8126
www.cildrc.org

Division of Motor Vehicles (DMV)

Students with disabilities, if appropriate, can obtain an ID card or valid driver's license in Virginia. Visit www.dmv.virginia.gov/licenses-ids/disability for more information and learn how to obtain testing accommodations, if needed.

Driver assessments can also be done at Wilson Workforce Rehabilitation Center. [Contact DARS for more information.](#)

Virginia Department of Motor Vehicles: www.dmv.virginia.gov/

Education - Post Secondary

Programs at 4-year schools

- **ACE-IT@VCU**-Academic and Career Exploration Individual Techniques, Through a federal grant, the Partnership and the Rehabilitation Research and Training Center are supporting Virginia Commonwealth University students with ID (aged 18- 26) in a 30-month inclusive, individualized certificate program. 804-828-0352, dvyarbrough@vcu.edu, aceitincollege.org/
- **Courage to Succeed** is a UMFS (United Methodist Family Services) program for young adults with Autism and other neurological differences. The program uses a positive behavior support approach to assist participating students. Social, communication, academic, leisure and personal living skills are

[Back to Table of Contents](#)

assessed through person-centered planning. Students participating in the program must be accepted at J. Sargeant Reynolds Community College and admitted to Charterhouse School's Courage to Succeed program through a separate application process.

804-239-1080, info@chs4u.org

www.umfs.org/services/courage-to-succeed/

- **Longwood LIFE Program**, located on the campus of Longwood University, is a two-year non-degree post secondary certificate day program for individuals with intellectual disabilities.

(434) 395-2837

www.longwood.edu/cehhs/about/longwood-life/

- **The Mason LIFE Program** at George Mason University is an innovative post-secondary program for young adults with intellectual and developmental disabilities who desire a university experience in a supportive academic environment.

Helen A. Kellar Institute for Human disAbilities

Graduate School of Education 4400 University Drive, MSN 1F2

Fairfax, Virginia 22030

Phone: (703)993-3905, or (703)-993-3681

masonlife.gmu.edu/

- **Mason Autism Support Initiative (MASI)** at George Mason University is a comprehensive fee-based program that provides additional intensive support services to students with ASD beyond their typical higher education accommodations. An individualized plan of support is created for each student.

Phone: (703) 993-2474

ds.gmu.edu/masi/

- **The College Program for Students with Autism Spectrum Disorder** at Marshall University uses a positive behavior support approach to assist participating students. Social, communication, academic, leisure and personal living skills are assessed through person-centered planning. Students participating in the program have met acceptance criteria for Marshall University and have been admitted to The College Program through a separate application process.

Phone: (304) 696-2332

www.marshall.edu/collegeprogram/

- **Bridgewater Academic and Social Experience (BASE)** at Bridgewater College is a student-centered, individual support program for students on the autism spectrum or other students who feel they may benefit from the support to develop and apply skills in academic, social and independent settings.

Phone: (540) 828-5660

www.bridgewater.edu/life-at-bridgewater/services-for-students/academic-advising-and-support/base-program/

[Back to Table of Contents](#)

Programs at Community Colleges

- **College Steps** is a fee-based program hosted on several Northern Virginia Community College campuses that provides specialized resources and support for NOVA students with social, communication, and/or learning disabilities.
1-888-732-1022
www.collegesteps.org
- **The Inclusive Learning Enabled Action Program (ILEAP)** at Mountain Gateway Community College is a Comprehensive Transition Program (CTP) for individuals with intellectual and developmental disabilities. This two-year intensive program includes the opportunity to earn academic credit as well as develop personal effectiveness skills while gaining occupational experience.
(540) 863-2887 Email: jbaker@mgcc.edu
- **Program for Adults in Vocational Ed (PAVE)** offered through Reynolds Community College, is a two-year vocational training program that serves students with intellectual, physical, and learning disabilities and mental health disorders with a tailored curriculum and comprehensive support.
(804) 523-5572 Email: pave@reynolds.edu
www.reynolds.edu/student_services/pave/default.html

Local Virginia Colleges

- **Germanna Community College**
The Office of Accessibility Resources, (540) 834-1050
germanna.edu/student-experience/academics-learning-support/accessibility-resources
- **Reynolds Community College**
Office of Student Accommodations, (804) 523-5290 or (804) 523-5572
www.reynolds.edu/student_services/student-accommodations/index.html
- **Northern Virginia Community College**
Accommodations and Accessibility Services, visit website for phone numbers by campus. www.nvcc.edu/student-resources/accessibility/index.html
www.nvcc.edu/accommodations/
- **University of Mary Washington**
Disability Resources, (540) 654-1266
academics.umw.edu/disability/
- **Randolph-Macon College**
Disability Services, (804) 752-3152, dss@rmc.edu
www.rmc.edu/academics/academic-support/disability-services/
- **Rappahannock Community College**
ADA Accommodations
Glenns Campus ADA Coordinator (804) 333-6732; Warsaw Campus ADA Coordinator, (804) 758-6733
www.rappahannock.edu/services-and-support/support-programs/ada-accommodations.html

[Back to Table of Contents](#)

Think College

Think College is a national organization dedicated to developing, expanding, and improving inclusive higher education options for people with intellectual disability. Find and compare information on 259 college programs for students with intellectual disabilities at thinkcollege.net/.

CollegeBoard

Use the CollegeBoard's comprehensive college search engine, Big Future, to find colleges that meet your needs. Filter by major, size, location, setting, diversity, and additional support programs. bigfuture.collegeboard.org/college-search

Virginia College Guide for Students With Disabilities

The Virginia Department of Education's guide to college planning for students with disabilities has practical information about the differences between levels of support in high school and college, what to consider when picking your college, and how to look for disability support services, if desired.

www.doe.virginia.gov/special_ed/transition_svcs/college_planning/college_guide.pdf

Emergency Services

Crisis intervention services

- Mary Washington Hospital/Snowden: 540-741-3900
- Spotsylvania Regional Medical Center - Behavioral Health Department: 540-498-4344
- RACSB Emergency Services
 - Fredericksburg, Spotsylvania County & Stafford County: 540-373-6876
 - King George: 540-775-5064
 - Caroline: 804-633-4148
- **REACH Hotline: (855) 897-8278**
- 911
- 988 - Suicide and Crisis Lifeline

REACH (Regional Educational Assessment Crisis Services Habilitation)

REACH is a statewide crisis stabilization and intervention program for individuals with intellectual or developmental disabilities with co-occurring behavioral health needs, which put them at risk for homelessness, incarceration, hospitalization, and/or danger to self or others. www.dbhds.virginia.gov/developmental-services/Crisis-services

REACH Hotline: 855-897-8278

[Back to Table of Contents](#)

Employment

Department for Aging and Rehabilitative Services (DARS)

10300 Spotsylvania Ave. Ste.220, Fredericksburg VA 22408

Phone: 540-899-4161; Fax: 540-710-2060

www.dars.virginia.gov/drs/#gsc.tab=0

- **Assistive Technology / Devices and Equipment**
Assistive Technology Services directly assist individuals with disabilities in the selection, acquisition, or use of an assistive technology device.
www.vats.virginia.gov/
- **Employment**
Employment services to help individuals with various disabilities prepare, find, or maintain competitive integrated employment.
www.dars.virginia.gov/employment.htm#gsc.tab=0
- **Pre-Employment Transition Services**
DARS collaborates with high school students with disabilities, their families, schools and community service providers to support transition beginning at age 14. www.dars.virginia.gov/drs/transitionservices.htm#gsc.tab=0
- **Wilson Workforce Rehabilitation Center**
Fisherville, VA www.wwrc.net/
 - Post-Secondary Education Rehabilitation Transition (PERT)
 - Transition AcademyContact the transition specialist at your school or your case manager for more information.
- **Hearing Impaired**
800-464-9950

Rappahannock Goodwill Industries (RGI)

4701 Market Street, Suite A

Fredericksburg, VA 22408

Phone: 540-371-3070

fredgoodwill.org/

RGI is an approved vendor of **Individual Supported Employment Services** and Group Supported Employment Services with the Virginia Department for Aging and Rehabilitative Services (DARS). As an approved vendor RGI provides individual planning and services to include situational assessment, job development & training and long term follow along services to qualified individuals referred by the local DARS offices.

[Back to Table of Contents](#)

RGI has a provider participation agreement with the Virginia Department of Behavioral Health and Development Services to provide Medicaid Waiver funded **Individual Supported Employment**. To access these services, one must have a Developmental Disability Medicaid Waiver and be referred for services by the Rappahannock Area Community Services Board's Support Coordinator. Individuals in this program are supported to apply for employment in the community and supported by an Employment Specialist.

RGI is the operator of the Virginia Career Works Centers in both Fredericksburg and Culpeper. RGI is the provider of the Workforce Innovation and Opportunity Act (WIOA) Title 1 Adult, Dislocated Worker and Youth programs in both Culpeper and Fredericksburg.

Virginia Career Works Center Fredericksburg Center

10304 Spotsylvania Avenue
Suite 100
Fredericksburg, VA 22408
Phone: 540-322-5765

RGI offers free Job Help Services to any and all job seekers in the region. Career Navigation, Resume Writing, Job Search, Interviewing Skills support, and other job readiness related items are the mainstays of our offerings. RGI also offers free digital skills training throughout the area to all levels of digital skill. Job Help Services are available in person and virtually.

Virginia Employment Commission

The Virginia Employment Commission Workforce Center provides employer and job seeker services, unemployment benefits and labor market information. They also offer free workshops, WIA funding and career assessment testing.

10304 Spotsylvania Avenue, Suite 100, Fredericksburg, VA 22408
Phone: 540-322-5768
www.vec.virginia.gov/

Guardianship

Guardianship is a legal, court-ordered relationship in which one court appointed individual becomes the substitute decision maker for another. The substitute decision making by a guardian is the most restrictive form of legal rights, restricting all or most of the legal decisions that arise in the life of the legally incapacitated person. Looking for information about Supported Decision Making? Click [here](#).

[Back to Table of Contents](#)

- **Bridges**
PO Box 1310 Fredericksburg, VA 22402
Phone: 540-899-3404
Email: Bridgessenior@aol.com
www.bridgespgp.com/
- **The Arc of Northern Virginia**
2755 Hartland Road, Suite 200, Falls Church, VA 22043
Phone: 703-208-1119
thearcfnova.org/
- **DARS Office for Aging Services of the Division for Community Living**
Virginia Public Guardian & Conservator Program
Department for Aging and Rehabilitative Services
1610 Forest Ave., Suite 100
Henrico, VA 23229
Phone: 804-588-3989
vda.virginia.gov/publicguardianship.htm
- **Private Guardianship Info** - For more information, it is recommended that families/loved ones consult with legal representation that specializes in elder care and guardianship/conservatorship law. Contact the [disAbility Resource Center](#) or [your local Parent Resource Center](#) for more information.

Housing

Housing Financial Assistance

- Central Virginia Housing Coalition: 540-604-9943
- SERVE, Incorporated: 540-288-9603
- *Please contact your Local Social Services for subsidized housing.*

Group Homes and Sponsored Placement

A **group home** is a private residence designed to serve individuals with chronic disabilities. Typically there are no more than four to six residents and there is a trained caregiver there twenty-four hours a day. **Sponsored Placement** allows individuals with an Intellectual Disability the opportunity to live and work in their own communities with a family that best matches the individual's personality and needs. For more information, contact the Rappahannock Area Community Services Board: 540-373-3223, rappahannockareacsb.org/.

- [Dominion Care](#): (855) 444-9838, dominion.care/services/intellectual-and-developmental-disabilities-services/
- [P.E.O.P.L.E., LLC](#): (540) 642-4133, peoplellc.info/
- [Wall Residences](#): (540) 745-4216, wallresidences.com/

[Back to Table of Contents](#)

Emergency Shelter

- [Micah Ministries](http://micahfredericksburg.org/): (540) 479-4116, micahfredericksburg.org/
- [Thurman Brisben Center](http://brisbencenterv.org/): (540) 899-9853, brisbencenterv.org/

Housing Loan Programs

- [Central Virginia Housing Coalition](http://www.centralvahousing.org/): (540) 604-9943, www.centralvahousing.org/
- [Direct Homeownership Assistance](http://www.fredericksburgva.gov/916/City-Housing-Programs): (540) 372-1179, www.fredericksburgva.gov/916/City-Housing-Programs
- Quin Rivers – Mortgage Assistance: (804) 966-8720
- USDA Rural Development: (540) 899-9492
- Emergency Home Repair Program: (540) 372-1179
- [Fredericksburg Habitat for Humanity](http://fredhab.org/services/homeownership-program): (540) 891-5009, fredhab.org/services/homeownership-program

Home Repair and Accessibility

- 516 Project: (540) 940-6794, 516project.org/contact-us/

Rental Housing for Individuals with Disabilities

- Project FAITH: (540) 775-3492
- HOME, Inc.: (540) 361-7477

Contact your local Social Services for more resources.

Housing and Financial Education

- [Thrive Virginia](http://www.thriveva.org/): (804) 362-6835, www.thriveva.org/

Housing Voucher

[Housing Choice Vouchers](#) are for individuals with DD who would like to live in their own rental housing with appropriate support. This is for individuals with DD “within the DOJ Settlement Agreement Population,” which means that the individual must have DD and either be 1) transitioning out of a facility or center, 2) receiving one of the three DD waivers, or 3) on the DD waiver waiting list.

- [Additional Housing Information for Individuals with DD](#)
- dbhds.virginia.gov/developmental-services/housing/housing-choice-voucher/

Job Corps

2217 Princess Anne Street, Fredericksburg, VA 22401

Phone: 540-370-0595

www.jobcorps.gov/

[Back to Table of Contents](#)

Mental Health

Contact your insurance company for referrals.

- **NAMI** - provides support, education, and advocacy groups for family, friends and individuals with mental illness.
NAMI Rappahannock - Regional Office
PO Box 7511, Fredericksburg VA 22404
Phone: 540-479-3044
Local: www.nami.org/affiliate/virginia/nami-rappahannock/
National: www.nami.org/
- **Mental Health America of Fredericksburg (MHAF)** - provides information and referral, crisis intervention and helpline, public education, advocacy
2217 Princess Anne Street Suite 104-1
Fredericksburg, VA 22401
Office/Helpline: 540-371-2704
Toll free: 800-684-6423
Email: mhafred@mhafred.org
www.mhafred.org/
- **Rappahannock Area Communities Services Board (RACSB)** - medication management, counseling, residential programs, child and adolescent services, crisis intervention
Emergency Services: 540-373-6876
Caroline: 804-633-9997
Fredericksburg City: 540-373-3223
King George: 540-775-9879
Spotsylvania: 540-582-3980
Stafford: 540-659-2725
rappahannockareacsb.org/portfolio/mental-health/
- **REACH** (Regional Education Assessment Crisis Services Habilitation) is a statewide crisis stabilization and intervention program for individuals with intellectual or developmental disabilities with co-occurring behavioral health needs, which put them at risk for homelessness, incarceration, hospitalization, and/or danger to self or others.
www.dbhds.virginia.gov/developmental-services/Crisis-services
REACH Hotline: 855-897-8278

[Back to Table of Contents](#)

Project Lifesaver

An electronic tracking device that helps provide rapid response to save lives and reduce the potential life threatening injuries to children and adults who wander off from their loved ones.

- Caroline County Sheriff's Office: 804-633-1120
www.carolinesheriff.org
- Fredericksburg Police Department: 540-373-3122
www.fredericksburgva.gov/Departments/police
- King George County Sheriff's Office: 540-775-2049
www.king-george.va.us/300/Sheriffs-Office
- Spotsylvania County Sheriff's Office: 540-582-7115 www.spotsylvaniasheriff.org/
- Stafford Sheriff's Office: 540-658-4400
www.staffordsheriff.com

Public Schools

Students with a disability are eligible for school services, ages 2-21 inclusive.

Age of Eligibility: In Virginia Schools, age of eligibility means all eligible children with disabilities who have not graduated with a standard or advanced studies high school diploma who, because of such disabilities, are in need of special education and related services, and whose second birthday falls on or before September 30, and who have not reached their 22nd birthday on or before September 30 (two-21, inclusive) in accordance with the Code of Virginia. A child with a disability whose 22nd birthday is after September 30 remains eligible for the remainder of the school year. (22.1213 of the Code of Virginia; CFR 300.101(a) and CFR 300.102(a09309ii))” (from the VDOE “Parent’s Guide to Special Education”)

Caroline County Public Schools:

16221 Richmond Turnpike, Bowling Green, VA 22427; 804-633-5088

- Special Education Advisory Committee (SEAC) - Contact the Caroline County Public Schools for more information on meetings.

Fredericksburg City Public Schools:

817 Princess Anne Street. Fredericksburg, VA 22401; 540-372-1130

- Special Education Advisory Committee (SEAC) - contact Pupil Personnel Services for more information on meetings.

King George County Public Schools:

9100 St. Anthony's Road (Parcel Post Address)

Post Office Box 1239 (Mailing Address)

King George, VA 22485; 540-775-8621

- Special Education Advisory Committee (SEAC) - contact the Supervisor of Special Services for more information on meetings.

[Back to Table of Contents](#)

Spotsylvania County Public Schools:

8020 River Stone Dr, Fredericksburg, VA 22407; 540-834-2500

- Parent Resource Center (PRC) - Center for Family and Preschool Services
7409 Brock Rd. Spotsylvania, VA 22553; 540-582-7060
www.spotsylvania.k12.va.us/prc
- Special Education Advisory Committee (SEAC) - Contact the Parent Resource Center for more information on meetings.

Stafford County Public Schools:

31 Stafford Ave. Stafford, VA 22554; 540-658-6500

- Parent Teacher Resource Center (PTRC) - 610 Gayle Street, Fredericksburg, VA 22405; 540-899-6000 Option 2
www.staffordschools.net/Domain/3024
- Special Education Advisory Committee (SEAC) - Contact the Parent Resource Center for more information on meetings.

Rappahannock Area Community Services Board

Rappahannock Area Community Services Board (RACSB) is committed to improving the quality of life for people residing in Planning District 16 with mental health, intellectual disability, and substance abuse problems and to preventing the occurrence of these conditions.

Outpatient and Case Management Services:

- Caroline: 804-633-9997
- Fredericksburg City: 540-373-3223
- King George: 540-775-9879
- Spotsylvania: 540-582-3980
- Stafford: 540-659-2725

For additional contact information for developmental disability residential or day support, early intervention, prevention services, or mental health services, please visit:

rappahannockareacsb.org/contact-us/.

Social Opportunities

- Special Olympics- Area 11 Coordinator, 540-219-3340 or specialolympicsva.org/who-we-are/find-special-olympics-near-you/rappahannock-region/area-11
- Bowling-
 - AMF Bowling Lanes 12100 Kilarney Drive, Fredericksburg, VA 22407, off of Rt.3 in Fredericksburg, 540-786-2695.
 - Liberty Lanes, 5801 Southpoint Center Boulevard, Fredericksburg, VA, 22407; Phone: (540)
- Young Life- Capernaum Club- fredericksburg.younglife.org/
- Challenger Baseball (Little League)- www.littleleague.org/play-little-league/challenger/

[Back to Table of Contents](#)

Use the League Finder to find a Challenger League near you:

www.littleleague.org/play-little-league/league-finder/

- dRC Exercise Program: contact Tennie Gratz at tgratz@cildrc.org
- USYS Top Soccer League Virginia
system.gotsport.com/programs/940188M11?reg_role=player
- Parks and Recreation Departments:
 - Caroline: 804-633-7277
 - Fredericksburg: 540-372-1086
 - King George: 540-775-4386
 - Spotsylvania: 540-898-7529
 - Stafford: 540-658-4871
- Rappahannock Area YMCA:
 - Stafford- Massad Family Branch - 212 Butler Rd Fredericksburg, VA 22405; 540-371-9622.
 - Spotsylvania - Ron Rosner Family Branch - 5700 Smith Station Rd Fredericksburg, VA; 540-735-9622.
 - King George Family Branch - 10545 Kings Hwy, King George, VA 22485; 540-775-9622.
 - Caroline Family Branch - 17422 Library Blvd, Ruther Glen, VA 22546; 804-448-9622.

SSI and SSDI (Supplemental Security Income and Social Security Disability Insurance)

Several benefits programs provide financial assistance to seniors and persons living with disabilities. SSI and SSDI are two of the most common federal programs from the Social Security Administration.

- To schedule an appointment: 800-772-1213; (TDD 800-325-0078)
- Working while receiving SS benefits? Contact a benefits counselor at www.vaaccses.org/home/.
- The Red Book serves as a general reference source about the employment-related provisions of the Social Security Disability Insurance and the Supplemental Security Income Programs for educators, advocates, rehabilitation professionals, and counselors who serve people with disabilities. www.socialsecurity.gov/redbook

Supported Decision Making

Supported decision making (SDM), an alternative to guardianship, is a tool that allows people with disabilities to retain their decision-making capacity by choosing supporters to help them make choices. A person using SDM selects trusted advisors, such as friends, family members, or professionals, to serve as supporters. Looking for information about guardianship? Visit: www.factfred.com/transitionguide.

[Back to Table of Contents](#)

- **National Resource Center for Supported Decision Making (NRC-SDM)**

Contact for more information or to request assistance:

Phone: 202-448-1448

Email: JHJP@dcqualitytrust.org
supporteddecisionmaking.org

- **The Arc of Northern Virginia**

2755 Hartland Road, Suite 200, Falls Church, VA 22043

Phone: 703-208-1119

thearcfnova.org/sdm/

Tax Advantaged Savings Programs for People with Disabilities

The Achieving a Better Life Experience (ABLE) Act of 2014 allows states to create tax-advantaged savings programs for eligible people with disabilities (designated beneficiaries). Funds from these 529A ABLE accounts can help designated beneficiaries pay for qualified disability expenses. Distributions are tax-free if used for qualified disability expenses. For more information visit

www.irs.gov/government-entities/federal-state-local-governments/able-accounts-tax-benefit-for-people-with-disabilities.

Traumatic Brain Injury Services

Brain Injury Services (BIS) - Since 1989, BIS has taken a leadership role in developing community based services for survivors of acquired brain injury. Brain Injury Services' Fredericksburg Office was established in 2002 and has evolved to become a hub for providing services to the city of Fredericksburg and its surrounding counties.

927 Maple Grove Dr. Suite #107

Fredericksburg, VA 22407

Phone: 540-785-6122

braininjurysvcs.org/

Transportation

Public transportation is available through the following.

- Fredericksburg Regional Transit (FRED) - Contact FRED for eligibility for deviated routes from your home.
Phone: (540) 372-1222
www.fredericksburgva.gov/transit/
- Virginia Railway Express (VRE)
www.vre.org
- C and C Mobility: 877-325-7733 (vehicle modifications)
- Comfort Keepers: 540-370-0008 (in home care)
- LifeCare Medical Transports, Inc.: 540-752-7721
- Logisticare-Medicaid Transportation: 866-386-8331
- Medicaid Cab: 866-973-3310

[Back to Table of Contents](#)

- Mobility Center of Virginia: 800-231-7774 (vehicle modifications)
- Mobility Options (GWRC) - Call in advance for ride reservation. 800-627-2892, located at RAAA.
- Mobility Works: www.mobilityworks.com/
- Rappahannock Area on Aging: 540-371-3375
healthygenerations.org/
- Rideshare apps: Uber & Lyft

Important Timelines to Consider

Waiting Lists

If waiting lists are identified for services or waivers, and you even remotely believe you may need the service in the future- **get on the list now!** You can always decline a service later if you change your mind. ***Note: There is a long waiting list for Developmental Disability Waivers.***

Prior to age 18, you need to be aware of major life issues such as guardianship, special needs trust, registering with Selective Service (for male students), and SSI (Supplemental Security Income).

Guardianship

Be aware that, no matter the disability, once a person turns 18, they are their own legal guardian unless a court has ordered otherwise. If you determine that you will be pursuing guardianship, start the guardianship process **4 to 6 months before your child turns 18**. It is necessary if a parent wants to maintain legal co-signature rights to provide help to their child in any matters that require legal consent.

Selective Service Registration

This is a requirement for all males. **Registration is to be completed 30 days prior to 30 days after the age of 18.** Registration cards are available at the post office or you can register on the internet at www.sss.gov. There currently is not a military draft, but this registration requirement is federal law. Proof is required until the 26th birthday and is necessary to continue to receive most federal financial benefits.

SSI (Supplemental Security Income) / Medicaid Benefits

Some students already receive these financial/medical services and will continue to do so after graduation. However, in many cases prior to age 18, the amount of a family's income will disqualify a student from these benefits. **At age 18 a student may apply and their parents' income will no longer be considered.**

[Back to Table of Contents](#)

Acronym List

504 A section of the Rehabilitation Act of 1973

ADA Americans with Disabilities Act

ADD Attention Deficit Disorder

ADHD Attention Deficit Hyperactivity Disorder

ADR Alternative Dispute Resolution

APD Auditory Processing Disorder

APE Adaptive Physical Education

APR Annual Performance Report

ASD Autism Spectrum Disorder

ASHA American Speech-Language-Hearing Association

ASL American Sign Language

AT Assistive Technology

AU Autism

AYP Adequate Yearly Progress

BIP Behavioral Intervention Plan

CAP Corrective Action Plan

CAPD Central Auditory Processing Disorder

CD Cognitive Delay

CEC Council on Exceptional Children

CF Child Find

CFR Code of Federal Regulations

CHADD Children and Adults with Attention-Deficit /Hyperactivity Disorder

CP Cerebral Palsy

CSA Comprehensive Services Act

CSB Community Services Board

DB Deaf-Blindness

DBVI Virginia Department of Blind And Visually Impaired

DD Developmental Delay

DSM-IV-TR Diagnostic and Statistical Manual of Mental Disorders, Fourth edition, Text Revision

DOH Department of Health

DPH Due Process Hearing

DPHO Due Process Hearing Officer

ED Emotional Disability

EDGAR Education Department General Administrative Regulations

EHA Education of the Handicapped Act

EI Early Intervention

EIP Early Intervention Program

EOC End of Course

ESY Extended School Year

FAPE Free Appropriate Public Education

FBA Functional Behavioral Assessment

FERPA Family Educational Rights and Privacy Act

FRC/FTRC Family Resource Center/Family Teacher Resource Center

FOIA Freedom of Information Act

HI Hearing Impairment

HIPAA Health Insurance Portability and Accountability Act of 1996

[Back to Table of Contents](#)

HOH Hard of Hearing	NAMI National Alliance on Mental Illness	PEATC Parent Educational Advocacy Training Center
IAES Interim Alternative Education Setting	NCLB No Child Left Behind Act of 2001	PLOP Present Level of Performance
ID Intellectual Disability	NIMAC National Instructional Materials Accessibility Center	PRC/PTRC Parent Resource Center/Parent Teacher Resource Center
IDEA Individuals with Disabilities Education Act	NIMAS National Instructional Materials Accessibility Standard	PSD Procedural Safeguards Document
IDEIA Individuals with Disabilities Improvement Act of 2004 (otherwise called IDEA)	NVLD Non-verbal Learning Disability	PT Physical Therapy
IDELR Individuals with Disabilities Education Law Reporter	OCD Obsessive Compulsive Disorder	PTSD Post Traumatic Stress Disorder
IEE Independent Educational Evaluation	OCR Office for Civil Rights (at USED)	PWN Prior Written Notice
IEP Individualized Education Program	ODD Oppositional Defiant Disorder	RTI Response to Intervention
IFSP Individual Family Service Plan	OHI Other Health Impaired	SEA State Educational Agency (otherwise called VDOE)
IHO Impartial Hearing Officer	OI Orthopedic Impairment	SEAC Special Education Advisory
IPSE Inclusive Postsecondary College Programs	O and M Orientation and Mobility Service	SLI Speech Language Impairment
IQ Intelligence Quotient	OSEP Office of Special Education Programs	SOL Standards of Learning Test
ISP Individual Services Plan	OSERS Office of Special Education and Rehabilitative Services	SOP State-Operated Program
LAC Local Advisory Committee (otherwise called SEAC)	OT Occupational Therapy	SP/L; S/L Speech/Language
LEA Local Educational Agency (School division or SOP)	PDD Pervasive Developmental Disorder	SPED Special Education
	PE Physical Education	SPP State Performance Plan
		SSEAC State Special Education Advisory Committee

[Back to Table of Contents](#)

STO Short-term Objective

TBI Traumatic Brain Injury

T/TAC Training /Technical
Assistance Center

USC United States Code

USED United States
Department of Education

VAAP Virginia Alternate
Assessment Program

VAC Virginia Administrative
Code

VDOE Virginia Department of
Education

VI Visual Impairment

VR Vocational Rehabilitation

VSDB Virginia School for the
Deaf and the Blind at
Staunton

VESOL Virginia
Essentialized Standards of
Learning

WIOA Workforce Innovation
and Opportunity Act

[Back to Table of Contents](#)