

Applying for Virginia Medicaid Waivers

A Parent Guide

Prepared by Golden Grove Behavioral Health, LLC

For more information on Golden Grove Behavioral Health or to inquire on starting services, please visit goldengrovebh.com

Understanding Medicaid Waivers

Many families believe they cannot qualify for Medicaid because their household income is too high. However, some Virginia Medicaid waiver programs allow children with qualifying disabilities to receive Medicaid based on their disability-related needs rather than family income alone.

A waiver may help provide access to:

- Applied Behavior Analysis (ABA)
- Speech Therapy
- Occupational Therapy
- Physical Therapy
- Respite Care
- Case Management
- Medical Equipment
- Other disability-related supports

Who May Qualify?

Children with significant developmental or functional needs may qualify, including children with:

- Autism Spectrum Disorder
- Intellectual or Developmental Disabilities
- Communication delays
- Behavioral challenges
- Adaptive living skill deficits
- Other significant developmental needs

The Application Process

Step 1: Obtain a Diagnosis

Your child should have a diagnostic evaluation and any supporting medical, psychological, or developmental reports.

Step 2: Contact Your Community Services Board (CSB)

Your local CSB completes waiver screening and can explain available waiver options and next steps.

Step 3: Gather Documentation

Collect evaluations, IEPs, therapy reports, medical records, insurance information, and other supporting documents.

Step 4: Complete the Screening

Be honest about your child's daily support needs. Do not minimize challenges—the screening should reflect typical functioning.

Step 5: Join the Waiting List (if applicable)

Some waivers have waiting lists. Applying early is important, even if services are not immediately available.

If Your Child Is Denied

A denial does not always mean your child will never qualify. You may be able to:

- Request an appeal
- Submit updated evaluations
- Provide additional documentation
- Reapply if your child's needs change

How ABA Can Help

An ABA assessment may document communication, behavior, safety, social, and adaptive skill needs. This information may support recommendations for medically necessary services.

Frequently Asked Questions

Our income is too high. Should we still apply?

Yes. Some waiver pathways consider disability-related eligibility rather than household income alone.

Can my child have private insurance and Medicaid?

Yes. Many families use Medicaid alongside private insurance.

Can Medicaid cover ABA?

Yes, when eligibility requirements are met and services are authorized through an accepting provider.

How Golden Grove Behavioral Health Can Help

While we cannot determine Medicaid eligibility or complete waiver applications, we can:

- Answer questions about beginning ABA services
- Provide clinical documentation when appropriate
- Coordinate with other providers
- Guide families through the ABA intake process

Helpful Tips

- Apply as early as possible.
- Keep copies of every document.
- Write down the names of people you speak with.
- Do not be discouraged by waiting lists or requests for additional information.

Disclaimer: Medicaid waiver eligibility requirements and availability may change. Decisions are made by the appropriate Virginia agencies based on each child's individual circumstances.