

Respite and Waiver Services MD, VA, and DC

Maryland

Local Resources

- Local Department of Social Services: [Find your local office](#)
- Autism Waiver: 1-866-417-3480
- My Turn - Respite and Free Swimming Lesson: 240-777-1216
- Community First Choice - Respite: 410-767-1082
- The Arc of Montgomery County - Respite: 301-984-5777 ext. 1206 / Email: Respite@arcmontmd.org

Child Care Assistance

- Child Care Scholarship Application Assistance: 877-227-0125 / [Apply online](#)
- Working Parents Assistance Program (Montgomery County): 240-777-1177 / Email: wpa@montgomerycountymd.gov

Developmental Disability Administration

Contact: (410) 767-5600 / (844) 253-8694

The DDA operates three Medicaid Home and Community-Based Waiver programs:

- [Family Supports Waiver](#)
- [Community Supports Waiver](#)
- [Community Pathways Waiver](#)

Note: [There are eight other Medicaid Waivers in Maryland.](#) You may only be in one Waiver at a time.

Supplemental Security Income (SSI)

Adults and children might be eligible for SSI if they have:

- Little or no income
- Little or no resources
- A disability, blindness, or are age 65 or older

For more information: [SSI Eligibility](#)

SSI Disability Benefits for a Child: 1-800-772-1213

State Children's Health Insurance Program (SCHIP)

Website: www.insurekidsnow.gov

Toll-free: 1-877-KIDS-NOW (1-877-543-7669)

Virginia

Medicaid Waivers

Virginia Medicaid provides two types of waivers:

1. Developmental Disability (DD) Waiver

Virginia has three waivers for individuals with a developmental disability:

- Building Independence (for individuals 18 and older)
- Family & Individual Support
- Community Living

Note: There is a waiting list for these waivers, and slots are assigned based on urgency of need.

To get started: [Find your local Community Services Board](#)

More information: [The Arc of Virginia - DD Waiver](#)

2. Commonwealth Coordinated Care (CCC) Plus Waiver

Service Delivery Models:

- Consumer-directed (CD)
- Agency-directed

For more information: [CCC Plus Waiver Fact Sheet](#)

To get started: [Contact your local Social Services office](#)

More information: [The Arc of Virginia - CCC Plus Waiver](#)

Washington, D.C.

Respite Services

[HSCSN enrollees under the age of 21 may receive Respite Services.](#)

- Up to 480 hours of Respite Services each calendar year (January 1 to December 31)
- Unused hours cannot be transferred from year to year
- Only a Personal Care Aide from a Home Care Agency in the HSCSN network can offer Respite Services

To request Respite services:

1. Obtain the form from your HSCSN Care Manager or download it from the [HSCSN website](#)
2. Fax the form to 202-407-8955 or email it to RespiteRequests@hschealth.org
3. Expect a decision within five (5) business days

For questions, contact your HSCSN Care Manager or Customer Care at (202) 467-2737.

TTY/TDD users call (202) 467-2709.

Department on Disability Services Developmental Disabilities Administration (DDS/DDA)

Application forms:

- [Amharic](#)
- [English](#)

Contact:

- Email: dds-dda.intake@dc.gov
- Phone: (202) 730-1700