



Mi Via Self-Directed Waiver

Parents Reaching Out provides resources that focus on helping families make informed decisions about the care and education of their children. Keeping your family healthy means knowing how to navigate the health care system and talk with your doctor or other providers. We hope these tip sheets will give you the information you may need to access the best, most cost-effective medical and related services to meet the needs of your family.

Mi Via is a Medicaid self-directed waiver designed to assist persons with disabilities and families who choose to direct their own services and support in their homes and communities. This means you determine how funds are distributed based on the plan and budget you develop. You choose which services, goods (items) and supports are most beneficial and hire the people you want to provide these services and supports. The child and family and/or the individual in Mi Via are known as the "Participant."

Who is eligible for Mi Via?

To be eligible for Mi Via, your child must be a New Mexico resident has received an allocation to one of the following Medicaid waiver programs:

- Developmental Disabilities (DD) Waiver
- Medically Fragile Waiver

Once the individual receives an allocation to one of these programs you may choose Mi Via on your Primary Freedom of Choice form.

- If you are already receiving services through one of the two waiver programs, you may choose to move to Mi Via at any time by contacting your state waiver program.
- If you are not satisfied, you may return to your original waiver.
- Mi Via Participants must meet the same medical and financial eligibility as any other person on the waiver they applied for.

If I choose Mi Via, who will help me?

You will work with a **consultant** who assists with paperwork, submits your plan and budget for approval and answers questions.

What are the service options for children in Mi Via?

Services are received through an approved Service and Support plan (SSP) and budget.

This plan is developed by you, a Mi Via Consultant and anyone you choose to invite to your planning meeting.

Each request on the plan must have a statement as to how and why this will help the child's medical, functional and/or social needs.

Some services for children, such as therapies and personal support services, become available because the child receives Medicaid once they are on a waiver. These types of services can only be accessed through Medicaid, not through waiver funding.

In Mi Via, children may request any service available through the traditional waiver, including

- Nutritional Counseling,
- Respite Care,
- Behavioral Support Consultation,
- Non-Medical Transportation,
- Community Navigation,
- Environmental Modifications.

How do families apply for Mi Via?

When you receive an allocation to a waiver, you receive a form stating that you may choose the traditional waiver *or* Mi Via.

If you are **already** receiving services through a waiver program, contact your program to request a **Waiver Change Form**.

Complete the form and return it to the program.



Mi Via Waiver Program Overview

<https://www.nmhealth.org/about/ddsd/pgsv/sdw/>

Mi Via Resources

<https://www.nmhealth.org/about/ddsd/pgsv/sdw/resources/>

Mi Via publications

<https://www.nmhealth.org/about/ddsd/pgsv/sdw/publications/>

"Health Care Tips" are publications of Parents Reaching Out and developed under a grant from the Center for Medicare and Medicaid Services (CMS). Views expressed do not necessarily represent their policy and should not be assumed to be an endorsement by the Center for Medicaid and Medicare Service