



Self Advocates in Leadership

SAIL UPDATE

May 2012



Relax and Rest Up We Will Start Planning for Next Session Soon!

Beginning Conversation about some Critical Concepts in Our Movement

The group participated in a conversation about where everyone sees Self-Advocacy going into the future. The central question considered was:

How would we know if Self-Advocacy has been successful?

A couple of people got really fired up! We need to have continued discussions about many of the central concepts to our movement. **COME AND SPEAK UP!!**

Changes Could be Coming to How You Get Your Medical Coverage!



Managed care is coming to Washington! In an effort to educate everyone about what is coming, the group went over a couple of information sheets that recently became available. One of the information sheets is on the other side of this newsletter so that you can share it with others who may need the information. One thing to keep in mind is that this applies to **MEDICAID ONLY** people. This is a confusing process, and it is important that we help each other through it.

Put it on your calendar:

The August 2012 meeting has been CANCELLED!



A Note from the Support



May 2012

We spent a lot of time at the last meeting talking about the managed care system that is soon going to be a reality. It is going to be an uphill battle as this happens because there is no information, or the information we do have is confusing and incomplete. Watch for the little white cards coming in your mailbox to inform you of the change and we will all work together to support each other and the community to figure this out.

Sincerely, Corinna Fale, Chair of SAIL

Informing Families

Building Trust

A Partnership for Better Communication
on Developmental Disabilities Issues in Washington State

Ready...Set...Know...

What to Expect and How to Respond to Changes in Medicaid

In the coming months, our state is moving to managed health care for individuals who receive SSI-Medicaid (but *not* Medicaid/Medicare). It's called the Healthy Options program. This bulletin is Part One of a three-part series to help keep you informed and prepared over the coming weeks and months.

The move to managed care is mandatory for everyone on SSI who does not live in a nursing home or Residential Habilitation Center. The following steps outline what to expect and how to respond after you receive your Healthy Options enrollment packet.

STEP 1: AWAIT NOTIFICATION

About thirty days prior to the effective date in your region (see inset to right) the Health Care Authority (HCA) will send you an enrollment packet that includes a handbook and a letter notifying you of the health care plan you've been enrolled in.

STEP 2: CONTACT YOUR CURRENT PROVIDER

Each plan has its own provider network of doctors, clinics, hospitals, pharmacies and specialists. After you receive notification, contact your current health care provider to find out if s/he contracts with the plan you've been enrolled in. Or, contact the plan for information about its provider network (see your Healthy Options handbook).

STEP 3: KEEP THE PLAN YOU'VE BEEN ASSIGNED OR REQUEST A CHANGE

If your provider is not in the plan, ask which plans s/he is with, and request a change to that plan (if it's available in your area). Instructions for requesting a change will be provided in your enrollment letter.

STEP 4: STAY INFORMED

Sign up for the *Informing Families, Building Trust* listserve at www.informingfamilies.org, find us on Facebook, and look for our bulletins in the mail.



*Except King and Pierce Counties

What is Managed Care?

Managed health care allows you to pick a health plan and go to one clinic or doctor who is part of the plan's provider network, and you are guaranteed health care services and coordination. Your primary care provider (PCP) will give you the health care you need or have you go to a specialist. Visit the Health Care Authority's website for more information about managed care and Healthy Options plans in your area: www.hca.wa.gov/managed_care.