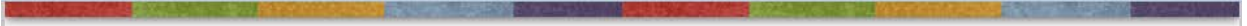


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# The Roanoke Valley Resource Guide for Grandparents and Relative Caregivers of Children






# **The Roanoke Valley Resource Guide for Grandparents and Relative Caregivers of Children**

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## INTRODUCTION

According to the Voices for Virginia's Children, 2012, in the Roanoke Valley, the percentage of grandparents raising their grandchildren in Roanoke County from 2006-2010 was 58.6%, followed by the City of Roanoke at 54.3%, and Salem at 40.6%. Grandparents who must assume the responsibility of parenting their grandchildren often need help meeting the needs of their grandchildren, including assistance with: legal, financial, medical, educational, recreational, and emotional issues that come with this new role. Because this is a growing phenomenon, most public systems (i.e. schools, legal system, government benefit systems, etc.) are not designed to recognize grandparents raising their grandchildren.

Hopefully, this resource guide will be starting point for gathering information and getting help. The support services can vary greatly from community to community, and from state to state. Each service will likely have different requirements and processes. It would most likely be helpful for you to prepare a list of questions before you contact an organization. Most of the agencies listed in this guide include those in the Roanoke area. There are national listings as well. All telephone numbers are in the (540) area code unless otherwise indicated.

There are many rewards to grandparents and for grandparents who are raising their grandchildren and you are to be commended. However, there are many challenges as well...your health, finances, and emotional strain. Remember that you do not have to do it alone. Five percent of Virginia's households, crossing all socio-economic levels and locations, have families providing kinship care and this figure is growing nation-wide. Hopefully, the information contained in this guide will help you not only with securing basic resources for your grandchildren, but help you successfully travel the road of parenthood...a second time!

Keep in mind that this handbook is meant to be a source of information only. It is not comprehensive, and there may be other organizations that can help grandparents raising their grandchildren that were overlooked, or unavailable to verify information for this guide. For more information about available resources, and/or should you find any errors in this publication please call Cathy Thompson, Director, Older Adult Services, Family Service of Roanoke Valley, at (540) 563-5316 or Brooks Michael, Prevention Educator, Prevention Council at 772-4341.



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Roanoke County Public Schools



## LEGAL ASSISTANCE

Custody is one of the main problems facing grandparents raising grandchildren. For example, is the child placement in your home a formal or informal arrangement? What is your legal relationship to the grandchild in your care? Are there limitations to your arrangement? Although many issues of grand parenting are common, states' rights concerning this issue vary greatly. In Virginia, options include legal custody, adoption, guardianship, and special powers of attorney. You may need information regarding custody, visitation, adoption, guardianship, and foster care as it pertains to your state of residence. If you need legal advice, talk with an attorney who specializes in your specific area of need: family law, guardianship, child welfare, etc. **Consider:**

Client-Centered Legal Services of SW Virginia	1-800-234-2257
VA Division of Aging	1-800-552-3402
Lawyer Referral-Roanoke	982-2345
Legal Aid Society of Roanoke Valley	344-2088
Blue Ridge Legal Services	344-2080
Child Support Enforcement	1-800-468-8894
Blue Ridge Mediation Services	342-5946
Family Service of Roanoke Valley Guardianship program	563-5316

You may seek information by checking the yellow pages in your local directory for:  
Foster Care or Adoption Agencies  
Juvenile and Domestic Relations Court

*\*Virginia has a Standby Guardianship law (VA Code 16.1-349-352) authorizing a parent to designate an alternate or "standby guardian" to act temporarily on the parents' behalf regarding the child's personal care, custody, and support in the event that his/her parent becomes debilitated or dies. As yet, Virginia does not have subsidized guardianship.*



## FINANCIAL ASSISTANCE

It can create financial strain to match a fixed income with the “unfixed” cost of raising a child. There are a number of federally funded assistance programs that may apply to your grandchildren. While many programs will not require you to have legal custody of your grandchild in order to apply for assistance, you will be required to provide documents that prove you are the child’s grandparent and his or her primary caregiver.

**Consider:**

- (1) Temporary Assistance for Needy Families (TANF)**-This program provides money to needy families based on no/low income. Virginia grandparents must have legal custody of their grandchildren to apply for TANF, and the grandchild must be under the age of 18. There may be work requirements as well. Contact your local Department of Social Services to inquire about eligibility:

Roanoke City Department of Social Services	853-2591
Roanoke County/ Salem Department of Social Services	387-6087
Virginia Information	1-877-VA-CMSIP

**Note:** There are TANF Child-Only grants, but they are less when the “entire” family is not considered.

- (2) Supplemental Security Income (SSI):** helps children who are blind or have a disability. Money is used for housing, food, clothing, and medical care and can be received in addition to TANF. You can call your local Department of Social Services to inquire about SSI eligibility or your local Social Security Administration:

Roanoke Social Security Office	800-772-1213
Social Security Administration	866-701-8179

- (3) Foster Care Payments:** Provide financial assistance for children whose legal guardian is the State, grandparents do not have custody of the child, and parental rights have been terminated. Call your local Department of Social Services

- (4) Earned Income Tax Credit (ETIC):** Provides a tax credit to low income working individuals raising children. Credit varies according to the number of children you are raising. Contact:

Internal Revenue Service	1-800-TAX-1040
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Additionally, you may contact religious or charitable groups for short-term emergency financial assistance:

Trinity Lutheran church- Helping Hands Fund	366-9481
Roanoke Area Ministries	345-9786
Salvation Army	343-5335
Roanoke City Department of Social Services	853-2591
Roanoke County Department of Social Services	387-6087



## HEALTH CARE INSURANCE

Insuring your grandchild can be complicated. Most grandparents cannot put grandchildren on their own insurance policies. You can determine your grandchild's eligibility by contacting:

Your own insurance carrier  
Your local Departments of Social Services  
Local family services offices

**(1) Medicaid:** A government-funded health insurance program for individuals and families who are unable to pay for needed medical services (i.e. doctor visits, prescription medicines, hospital care, counseling, etc.)

Roanoke city Department of Social Services                      853-2591  
Roanoke County/Salem Department of Social Services    387-6087

**(2) Family Access to Medical Insurance Security (FAMIS):** This is a government-funded health insurance plan for children whose families are unable to pay for medical services. To see if your grandchild is eligible, call:

Roanoke City Department of Social Services                      853-2591  
Roanoke County Department of Social Services                387-6087  
FAMIS Hotline    1-866-873-2647

**(3) Children's Health Insurance Program (CHIP):** This program is for uninsured children under the age of 19 being raised in families with incomes below the 200% of poverty level.

CHIP    857-6993  
CHIP Hotline    1-877-543-7669





## MEDICAL AND DENTAL ASSISTANCE

Under Medicare and most medical insurance policies, your grandchildren will not be covered. Call your state or local public health offices or community health center (some listed below) to find out if they have any low cost or free health programs such as clinics and immunization programs for children. **Consider:**

Bradley Free Clinic (medical & medication assistance for Individuals without insurance. Dental extractions only)	344-5156
Roanoke City Health Department	283-5050
Roanoke County/Salem Health Department	387-5530
Roanoke County/Vinton Health Department	857-7800
Salvation Army	343-5335
Carilion Clinic Adolescent and Student Health Services (3 locations):	
<i>Jefferson Street Community Clinic (a primary care Physician office)</i>	985-9075
<i>William Fleming High School</i>	853-1368
<i>Patrick Henry High School</i>	777-2481
Child's Health Investment Partnership (CHIP)	857-6993
CHIP national toll-free number	1-877-543-7669
New Horizons Healthcare	362-3718
Kuumba Community Health & Wellness Center	362-0360
Baby Care Hotline	1-800-826-9662
Radon Information	1- 800-468-0138
National Poison Center	1-800-222-1222
Carilion Children's Developmental Clinic (neuro-developmental assessment and evaluation)	224-4520

*Virginia has a medical consent law ( VA Statutes, Section 54.1-2969) allowing caregivers without legal custody or guardianship of a child to prepare and submit an affidavit to consent to a child's medical treatment. Consult legal advice to determine what treatments are included.*



## COUNSELING/MENTAL HEALTH

Both grandparents and grandchildren often deal with various mental health issues (grief, anger, resentment, depression, anxiety, etc.). Fees charged by these programs may be partially or totally covered by your insurance or Medicaid plan. Some programs will charge a set fee, while others will have a sliding fee scale based on your ability to pay. For support and services, **contact:**

Family Service of Roanoke Valley <i>(Individual, couples, children and family Counseling, In-home, school, and community Services)</i>	563-5316
Mental Health Association of Roanoke Valley Blue Ridge Behavior Healthcare <i>(Outpatient counseling; Family Therapy, Dialectal Behavioral Therapy, Psychiatric Services for clients receiving BRBH services, Family Centered Services (in the home and Community), Crisis Intervention Services, Case Management, Intensive Care Coordination and Therapeutic Day Treatment (requires school referral).</i>	344-0931 981-1102
Carilion Behavioral Healthcare	981-8960
Lewis-Gale Psychological Medicine	772-3485

You can also contact:

School guidance counselors  
Local Clergy  
Your private physician



## **HOUSING ASSISTANCE**

You may have difficulty accommodating children in your current residence (i.e. too small; senior housing does not allow children; lease agreements may be violated, etc.). Safe and affordable housing may be difficult to access. For assistance, **consider:**

Blue Ridge Housing Development Corp.	777-2777
Roanoke City Housing & Redevelopment Housing & Development	983-9281 853-2231
Habitat for Humanity	767-2267
TAP's Transitional Living Center	345-7537
Housing Discrimination & Information Hotline	1-800-669-9777
Blue Ridge Legal Services	344-2080
Your Local Departments of Social Services	



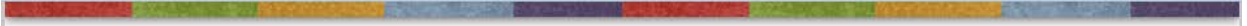
## **FOOD ASSISTANCE**

(1) **Food Stamps:** This program gives low-income individuals debit cards that can be used to purchase food from approved vendors. Food stamps are issued to households- that is, the amount a household receives in food stamps depends on the household size and income. Only households with a net income at or below 100% of the federal poverty level can qualify. Call your local Department of social services for eligibility requirements:

Roanoke City Department of Social Services	853-2591
Roanoke County Department of Social Services	387-6087

(2) **Special supplemental Food Program for Women, Infants and Children (WIC):** This program provides food assistance and nutritional screening to low-income children up to five years of age. **Call:**

Roanoke City Health Department	283-5050
Roanoke County/Salem Health Department	387-5530
Roanoke County/Vinton Health Department	857-7800
Toll Free Information	1-888-942-3663



(3) **Food Pantries:** Call to verify days open, times, requirements (if applicable), etc.  
This is only a partial listing:

Baptist Community Center	342-8452
Baptist Friendship House	343-5437
Samaritan Inn	343-1447
Roanoke Area Ministries	345-9786
Cornerstone Church	362-2187
Presbyterian Community Church, Inc.	982-2911
St. Francis House	345-9090
Salvation Army	343-5335
St. Mark's Lutheran Church	344-9051
Manna Ministries( located in Vinton)	589-1375
Feeding America- Southwest Virginia	342-3011

**\* Remember to check with your child's school about the School Lunch Program**

## **CLOTHING ASSISTANCE**

Call to verify times/days open, requirements, etc. this is only a partial listing:

Rescue Mission	343-7227
St. Mark's Lutheran	344-9051
Salvation Army	343-5335
Central Church of the Brethren	342-0337
Seventh Day Adventist Church	977-0346
Presbyterian Community Center	982-2911
Loudon Avenue Christian Church	342-8852
Trinity UMC Community Outreach	342-3501
Manna Ministries ( located in Vinton)	589-1375



## HOUSEHOLD ITEMS

Community Services of Seventh Day Adventist Church		977-0346
Rescue Mission of Roanoke		343-7227
Thrift Shop- Trinity Lutheran Church		366-9481
Goodwill Locations	<i>Williamson</i>	366-4765
	<i>Salem</i>	986-1319
	<i>Vinton</i>	857-0280
	<i>Brambleton</i>	774-1000
	<i>Melrose Ave.</i>	581-0620
Salvation Army	<i>Williamson</i>	563-5585
	<i>9<sup>th</sup> and Jamison</i>	345-7141
Disable American Veterans Thrift Shop		
	<i>Roanoke Blvd</i>	345-0560

## TRANSPORTATION

Precious Cargo (accepts Medicare/Medicaid)		985-4500
Valley Metro		982-2222
Cortran (Salem, VA area only)		776-7271
RADAR		343-1721
Local Office on Aging		345-0451

### **Car Seats- Infant or Child**

Roanoke City Health Department		283-5050
Roanoke County/Salem Health Department		387-5530
Roanoke County/Vinton Health Department		857-7800



## **CHILDCARE RESOURCES/REFERRALS**

Child Care Resources & Referral	985-0131
Greenvale School, Inc.	342-4716
Head Start, TAP	283-4860
NW Children Development Center	342-0233
Council of Community Services (Child Care Resource)	982-2345
	1-800-230-6977
YMCA Magic Place	342-2332
West End Center for Youth	342-0902
Roanoke City Schools	853-2381
Roanoke City Schools-Preschool	853-1438
Salem Schools	387-2437
Roanoke County Schools	562-3700
Roanoke County Parks & Recreation	387-6078
Roanoke City Parks & Recreation	853-2236
Roanoke County Department of Social Services	387-6087
Roanoke City Department of Social Services	853-2591
REACH Program- Roanoke City Schools	853-1837
(Early Intervention-Infant & Toddler Program of Virginia)	

## **RECREATION FOR CHILDREN**

Boys & Girls Club	985-8600
Boy Scouts	265-0656
Girl Scouts	777-5100
YMCA	344-9622
YWCA	345-9922
Roanoke County Parks & Recreation	387-6078
Roanoke City Parks & Recreation	853-2236
Salem Parks & Recreation	375-3057



## **PARENTING RESOURCES**

Family Service of Roanoke Valley	563-5316
Child Health Investment Partnership (CHIP)	857-6993
Children's Trust	344-3579
TAP Headstart	344-6252
AARP Grandparent Information Center	1-800-424-3410
American Council for Drug Education	1-800-488-DRUG
Children & Adults with Attention Deficit Disorder	1-800-233-4050
National Information center for Children and Youth with Disabilities	1-800-695-0285
Virginia Cooperative Extension	772-7524
Prevention Council of Roanoke County	772-4341
Roanoke Area Youth Substance Abuse Coalition (RAYSAC)	982-1427
Blue Ridge Behavioral Healthcare- Prevention Services	982-1427

**Be sure to check the Useful Website Information on page 13**

## **SENIOR RESOURCES**

AARP	1-888-687-2277
Family Service of Roanoke Valley	563-5316
Center for Healthy Aging	981-7653
Vinton-Senior Citizens	983-0643
Salem Senior Citizens	375-3054
VA Department of Aging	1-800-552-3402
LOA/AAA	345-0451
Senior Navigator	1-866- 393-0957





## USEFUL WEB SITE ADDRESSES

AARP Grandparent Information Center	<a href="http://www.aarp.org">www.aarp.org</a>
GAP (Grandparents as Grandparents)	<a href="http://www.grandparentsasgrandparents.org">www.grandparentsasgrandparents.org</a>
Administration on Aging	<a href="http://www.aoa.gov">http://www.aoa.gov</a>
Generations United	<a href="http://www.gu.org">http://www.gu.org</a>
Grandparents Raising Grandchildren Fact Sheets	<a href="http://www.usa.gov/Topics/Grandparents.shtml">www.usa.gov/Topics/Grandparents.shtml</a>
Government Benefits-Information on Eligibility	<a href="http://www.govbenefits.org">www.govbenefits.org</a>
Grandparent's Rights Center	<a href="http://www.grandparentsrights.com">www.grandparentsrights.com</a>
Parenting Toolbox	<a href="http://parentingtoolbox.com">http://parentingtoolbox.com</a>
National Alliance for Caregiving	<a href="http://www.caregiving.org/">http://www.caregiving.org/</a>
Grandparents Raising Grandchildren Off our Rockers	<a href="http://www.uwex.com">http://www.uwex.com</a>
Grandparents being parents again	<a href="http://www.sonic.net/thom">http://www.sonic.net/thom</a>
GrandsPlace	<a href="http://www.grandsplace.org/gp1">http://www.grandsplace.org/gp1</a>
Grand Parent Again	<a href="http://www.grandparentagain.com">www.grandparentagain.com</a>
Kids Health	<a href="http://www.kidshealth.org/">www.kidshealth.org/</a>
The American Bar Association (ABA)	<a href="http://www.abanet.org/home.html">www.abanet.org/home.html</a>
The Children's Defense Fund (CDF)	<a href="http://www.childrensdefense.org">www.childrensdefense.org</a>
American Academy of Pediatrics	<a href="http://www.aap.org/">www.aap.org/</a>
SAFEKIDS Campaign	<a href="http://www.safekids.org">www.safekids.org</a>
Insure Kids now	<a href="http://www.insurekidsnow.gov">www.insurekidsnow.gov</a>
Prevention Council	<a href="http://www.pc4y.org">www.pc4y.org</a>
Roanoke Area Youth Substance Abuse Coalition (RAYSAC)	<a href="http://www.raysac.org">www.raysac.org</a>
Virginia Department of Aging	<a href="http://www.vda.virginia.gov/grandparents.asp">www.vda.virginia.gov/grandparents.asp</a>
VA State Bar Lawyer's Referral Service	<a href="http://www.vsb.org/site/public/lawyer-referral-service/">www.vsb.org/site/public/lawyer-referral-service/</a>
American Bar Association Kinship Care	<a href="http://www.abanet.org/child/kinshipcare.shtml">www.abanet.org/child/kinshipcare.shtml</a>

### FOR YOUR INFORMATION

#### Child Abuse & Neglect

Roanoke City Social Service Hotline 853-2245

Roanoke County Social Service Hotline 387-6040

Birth Certificate- Contact: The division of Vital Records, Virginia Department of Health, PO Box 1000, Richmond, VA 23208



## SUGGESTED READING FOR GRANDPARENTS & GRANDCHILDREN

<u>Pre-school</u>	<i>What Grandmas Do Best, What Grandpas Do Best</i>	Numeroff, Laura J.
	<i>Love is a Family</i>	Downey, Roma
	<i>It's Okay to Be Different</i>	Parr, Todd
<u>K--Fourth Grade</u>	<i>Robert Lives With His Grandparents</i>	Hickman, Martha W.
<u>Elementary School</u>	<i>Belle Prater's Boy</i>	White, Ruth
	<i>Do I Have a Daddy?</i>	Lindsay, Jeanne W.
	<i>Keeping Up with Grandma</i>	Winch, John
	<i>Let's Talk About Living with Grandparent</i>	Kent, Susan

## RESOURCES FOR DRUG AND ALCOHOL PROBLEMS

It is important that grandparents who are parenting keep current with regard to substance use and abuse issues such as underage drinking, marijuana use, prescription drug abuse, and the increasing use of inhalants. For example, cooking spray and cinnamon are not only used for cooking! Children are accessing drugs in the comfort of home...it may very well be your medicine!

In order to educate your grandchild about the dangers of drugs and alcohol, you need to educate yourself first. The following list of resources can assist you with current lists of abused substances, street names for drugs, understanding child abuse or prescription drugs

[www.stopalcoholabuse.com](http://www.stopalcoholabuse.com)

[www.theantidrug.com](http://www.theantidrug.com)

[www.toosmarttostart.samhsa.gov](http://www.toosmarttostart.samhsa.gov)

[www.camy.org](http://www.camy.org)

[www.drugfree.org/parents360](http://www.drugfree.org/parents360)

[www.timetotalk.org](http://www.timetotalk.org)

<http://www.ndwa.org/coalition.php>

[www.ParentsEmpowered.org](http://www.ParentsEmpowered.org)

<http://www.drugfreeactionalliance.org/know.php>

<http://www.alcoholcostcalculator.org/>

<http://www.aap.org/family/subabuse.htm>

[www.raysac.org](http://www.raysac.org)

[www.theparenttoolkit.org](http://www.theparenttoolkit.org)

[www.pc4y.org](http://www.pc4y.org)



## JUST FOR YOU

### BENEFITS OF A SUPPORT GROUP:

- (1) Affords the opportunity to meet and talk with others in similar situations in a supportive environment
- (2) Provides information on community resources
- (3) Offers advice on parenting, educational, health, and recreational activities
- (4) Supplies information on substance abuse
- (5) Provides information on children with special needs
- (6) Offers counseling for grandparents and grandchildren
- (7) Advocates for change in laws and policies

### TIME OUT FOR YOU IS IMPORTANT...REMEMBER TO:

- (1) Reduce physical relaxation and regular exercise
- (2) Maintain social contacts
- (3) Develop a plan and to-do list
- (4) Let your grandchildren help...most children are capable of taking on more responsibility than they are given

**IMMUNIZATION SCHEDULE** (recommendations for vaccinations have changed in recent years. Always check with your physician or Medline 1-888-633-9944)

#### **Childs Age**

#### **Immunization**

Birth-2 months

**Hep B (hepatitis B)**

1-4 months

**Hep B**

2 months

**DTap or DTP (diphtheria, tetanus and pertussis)**

**Polio, Hib (Haemophilus influenza type b)**

4 months

**DTaP/DTP, Polio, Hib**

6 months

**DTap/DTP/Hib**

6-18 months

**Hep B**

12-15 months

**Hib, MMR (Measles, mumps and rubella)**

12-18 months

**Var(chicken pox), Polio, Hib**

15-18 months

**DTaP/DTP**

Before school (4-6 years)

**DTaP/DTP, Polio, Hib, MMR**

11-12 years

**Var, Hep B ( If not already had)**

11-16 years

**Td (tetanus, diphtheria)**