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# Individual and Family Support Program (IFSP) Resources

Image



**Find out about upcoming IFSP events!**

[Learn More](#)

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**Find Your IFSP Region**

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**IFSP: First Steps**

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Image



## **Learn About the IFSP Program**

[Learn More](#)

Image



## **Past publications and event recordings**

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## **Resources for Families**

### **Sometimes just knowing where to start can be hard.**

That's why DBHDS created the Individual and Family Support Program (IFSP) to help families and individuals with developmental disabilities find supports and to connect with other families.

The IFSP provides:

- the IFSP-Funding Program,
- our Community Coordination Program,
- family mentoring opportunities through our partnership with Virginia Commonwealth University's Center for Family Involvement,

- peer mentoring opportunities through our partnership with The Arc of Virginia, and
- our partnership with disAbilityNavigator.

To learn about IFSP and Virginia's developmental disability system, please review our ["IFSP: First Steps"](#) document.

[Image](#)



[Image](#)



[Image](#)



[Image](#)



## Find Services by Life Stage

[Image](#)



## **Prenatal/Infancy**

From conception through the earliest years of life or babyhood.

[Image](#)



## **Early Childhood**

The time in a child's life before they begin school full time.

[Image](#)



## **School Age**

The years from kindergarten through middle school.

[Image](#)





## **Transition to Adulthood**

Moving from childhood to young adulthood and from school to adult life.

[Image](#)



## **Adulthood**

Period of time after we transition from school years through the time we begin entering our golden years.

[Image](#)





## [Aging](#)

The golden years are when we begin to slow down and experience many age-related changes.

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## **Helpful Links**

### **Tools and Resources**

- [IFSP-Funding](#)
- [IFSP-Community Coordination Program](#)
- [IFSP State Council History and State Plan](#)
- [Early Intervention for Infants and Toddlers](#)
- [Find Additional Resources for Families with VCU's Center for Family Involvement](#)

## Documents and Guides

- [IFSP: First Steps document](#)
- [Family to Family Network of Virginia brochure](#)
- [Health & Safety Alerts from the Office of Integrated Health](#)
- [Information on Case Management Eligibility for Individuals on the DD Waiver Waitlist](#)
- [An Overview of the DOJ Settlement Agreement Indicators for Families](#)

## Stay Connected

- [Follow DBHDS on Facebook](#)
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- [Follow IFSP Community on Facebook](#)
- [Sign up to get news and updates from the IFSP email list](#)
- [Connect with IFSP's Regional Councils](#)
- [Connect with a Family Navigator](#)
- [Connect with a Peer Mentor](#)
- [IFSP Digest and Coordinated Council Archives](#)

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