

## 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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## **Communication**

**If you or someone you know is in crisis, contact the 988 Suicide and Crisis Lifeline by calling or texting 988 or visiting [988va.org](https://988va.org)**

**If you cannot find what you are looking for on this site or want to speak with a live person, please call us Toll-Free at [844-603-9248](tel:844-603-9248).**

Image



## Resources for Individuals and Families

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.

[View Resources](#)

## Together, we can ensure a life of possibilities for all Virginians

The Department of Behavioral Health and Developmental Services (DBHDS) has partnered with disAbilityNavigator to develop a one-stop, searchable website to help you find resources in your community.

### [Waiver Information](#)

Virginia's waiver options for people with developmental disabilities.

## **Independent Housing**

Assistance with finding housing options in your community.

## **General Information**

Do you have basic questions about developmental disabilities? Check our Frequently Asked Questions (FAQs).

## **Find a Local Provider**

Information about providers who can assist with your service needs.

[View PDF](#)