



Maximizing Your IFSP Funds: A detailed guide to allowed items and low to no cost resources for commonly requested items

Ver. 3.13.17

Background

The IFSP staff has developed the following guide to assist families with understanding what items are frequently requested for IFSP Funding support and to provide low to no-cost options for some most commonly requested supports. This list is not a complete list of allowable items or resources so we encourage those with questions to contact the IFSP staff for recommendations on how to spend their funds. If you know of another low/no cost resource for an item that is commonly requested, feel free to share it with us so that we can let others know about it. To share a resource, please send your recommendations to

IFSPCommunity@dbhds.virginia.gov.



For general information on resources and a searchable database for services in your community, please visit our partner agency at <https://disabilitynavigator.org>

Safe Living Environment		
<p>Home Modifications and Home Repair- are changes to the home environment that allow an individual and/or his or her family's independence, privacy or safety.</p>	<p>Some commonly requested IFSP funded items:</p> <ul style="list-style-type: none"> ○ Ramp ○ Doorways widening ○ Grab Bars ○ Railings ○ Specialized Plumbing or Electrical Work ○ Fencing for Yards ○ Locks or buzzers to notify and prevent wandering ○ Heating Systems ○ Backup Generators ○ Security Systems ○ Switches ○ Visual or sensory alarm systems ○ Roof Repair ○ Window Replacement ○ Wall replacement ○ Flooring ○ Driveway Repairs or Replacement 	<p>Virginians may use the VRN Exchange to offer gently used equipment for sale or donation. Requests may include all types of Assistive Technology : communication devices, ramps, modified vehicles, stair climbers, porch lifts, respiratory equipment, low vision equipment and any type of AT that helps Virginians with disabilities overcome barriers.</p> <p>To learn more visit http://www.vats.org/Equip_Exchange.aspx.</p> <p>For information about resources that provide low-cost or free accessibility modifications and repairs for your home contact the DBHDS Housing Team using the information located at http://www.dbhds.virginia.gov/developmental-services/housing/housing-team.</p>
<p>Family Education and Training are activities related to self-advocacy not provided by the parent, guardian or responsible party.</p>	<p>Some commonly requested IFSP funded items:</p> <ul style="list-style-type: none"> ○ Conference Fees –including costs to register, enroll, or sign up ○ IEP advocacy Training for parents and students ○ Pre-vocational training including resume writing, interview and employment skills ○ Job Placement 	
<p>Furniture include household items for the purpose of rest, comfort, and convenience</p>	<p>Some commonly requested IFSP funded items:</p> <ul style="list-style-type: none"> ○ Beds and /or Bedding ○ Dressers ○ Desk ○ Chairs ○ Sofas 	<p>To find out whether your community has a furniture bank which offers low/no cost furniture (usually through a referral process) visit http://furniturebanks.org/.</p>
<p>Medical Identification Resources and Project Lifesaver</p>	<p>Some commonly requested IFSP funded items:</p> <ul style="list-style-type: none"> ○ Identification cards 	<p>Big Red Safety Box for families to prevent wandering : http://nationalautismassociation.org/big-red-</p>

	<ul style="list-style-type: none"> ○ Fingerprinting ○ Medical identification bracelets ○ Child identification cards such as Ident-A-Kid 	<p style="text-align: right;">safety-box.</p> <p>Free autism medical ID's and wandering support Services http://www.medicalert.org/autism.</p> <p>To find a partner agency in your community that can assist with enrollment in Project Lifesaver visit https://projectlifesaver.org and search for your community.</p>
<p>Respite provides temporary care in order to provide relief to both the individual with DD and the usual caregiver. It is not childcare or daycare.</p>	<p>Please see the special instructions for documenting respite care costs.</p>	<p>See Camp Easter Seals for information on weekend respite camps. http://www.easterseals.com/NCVA/our-programs/camping-recreation/camp-schedule.html.</p>
<p>Sensory Items</p>	<p>Some commonly requested IFSP funded items:</p> <ul style="list-style-type: none"> ○ Weighted Vest ○ Weighted Blankets ○ Balls ○ Mats ○ Lighting/Lamps ○ Tents 	<p>The Virginia Assistive Technology System (VATS) a statewide program that offers the Assistive Technology Demonstration and Loan Program which allows individuals to test items for a limited time http://www.vats.org/demo-loan.htm..</p>

Improved Health Outcomes

<p>Attendant Care provide assistance with activities of daily living. A parent, guardian or responsible party cannot be paid to provide this service. An agency or independent contractor may provide this service.</p>	<p>Some commonly requested IFSP funded services include:</p> <ul style="list-style-type: none"> ○ Eating ○ Bathing ○ Cooking ○ Dressing ○ Toileting ○ Shopping ○ Driving ○ Medication Management 	<p>For free on-line learning modules that teach life skills, visit https://www.gcflearnfree.org/topics/everydaylife/.</p> <p>For information on how to get a low cost cellular phone and/or reduced cost cell phone and land line service plans, visit www.scc.virginia.gov/pur/phone/univ.aspx.</p>
<p>Communication Devices promote greater independence and communication by enabling people to perform tasks they were previously unable to complete or had great difficulty accomplishing.</p>	<p>Some commonly requested IFSP funded services include:</p> <ul style="list-style-type: none"> ○ Tablets ○ Communication equipment ○ Computer software/hardware ○ Repair of any assistive technology ○ Cellular phones <p>Note: IFSP funds cannot be used to pay for phone service plans.</p>	<p>For on-line resources for getting low cost or free communication devices and assistive technology, visit www.wonderbaby.org/articles/ipad-funding-special-needs. or www.dannyswish.org.</p> <p>The Virginia Assistive Technology System (VATS) http://www.vats.org/progserv.htm is a statewide program sponsored by the Virginia Department for Aging and Rehabilitative Services (DARS) that provides an array of service including support doe assistive technology items.</p>
<p>Medical Care includes health services and health related products that address medical needs. (Including:</p>	<p>Some commonly requested IFSP funded items/services include:</p> <ul style="list-style-type: none"> ○ Dental Care including exams and orthodontia including braces and retainers ○ Hearing ○ Vision including exams, treatment and eyeglasses ○ Medication ○ Medical Copay ○ Nutrition including counseling, meal ○ Medical Care not covered by insurance ○ Dietician and Nutritionist Counseling ○ Feeding Program 	<p>DBHDS provides reduced rate dental care and sedation dentistry for individuals with DD who are over 21 years old. For more information, visit and contact the staff listed on the webpage http://dbhds.virginia.gov/office-of-integrated-health/health-support-network/dental.</p> <p>The F.R.E.E. Foundation provides mobility related rehabilitation equipment in multiple locations across the Commonwealth. For more information, please visit http://www.free-foundation.org.</p>
<p>Modified Equipment includes items designed to increase a person’s independence and allow the accomplishment of typical tasks of daily living.</p>	<p>Some commonly requested IFSP funded items/services include:</p> <ul style="list-style-type: none"> ○ Aids to assist in completing activities of daily living such as eating ,bathing, cooking, dressing ,toileting, and 	<p>DBHDS, Office of Integrated Health, Mobile Rehab Engineering Program offers safety assessments for medically appropriate equipment, power/pressure washing of equipment, minor equipment adjustments, repairs, and custom adaptations. To contact the staff person serving your region, please visit http://www.dbhds.virginia.gov/office-of-integrated-health/health-support-network/mobile-rehab-engineering.</p>

	<p>maintenance of home</p> <ul style="list-style-type: none"> ○ Adaptations to equipment or structures such as bicycles, vehicle lifts, and stair lifts <p>Note: IFSP funds cannot be used for the purchase of a vehicle. Assistance is limited to lifts.</p>	<p>Equipment Connection provided by the disability Resource Center provides donated medical equipment to those in need. To contact the Equipment Connection visit http://www.cildrc.org/equipment-connection.</p>
<p>Therapies includes a broad range of therapies that help individuals improve various skills and support enhanced daily living</p>	<p>Some commonly requested IFSP funded items/services include:</p> <ul style="list-style-type: none"> ○ Speech therapy ○ Occupational therapy ○ Physical therapy ○ Applies behavior analysis ○ Discrete trial training, ○ Early intensive behavioral intervention ○ Pivotal response training ○ Verbal behavior intervention ○ Music therapy ○ Hippo/Equine Therapy ○ Aqua therapy 	
<p>Other- Assessments and Diagnostics these items provide diagnoses, identify areas of concern, and support the creation of specialized plans to address areas of concern</p>	<p>Some commonly requested IFSP funded items/services include:</p> <ul style="list-style-type: none"> ○ Diagnostic exams, ○ Assessments ○ Behavioral interventions and monitoring ○ IEP counseling and advocacy <p>Note: Responsible parties, parents or guardians cannot provide these services</p>	
<p>Personal Hygiene Items</p>	<p>Some commonly requested IFSP funded items/services include:</p> <ul style="list-style-type: none"> ○ Protective Undergarments including ○ Toileting supplies including diapers ,under pads, and wipes, ○ Disposable gloves ○ Catheters 	

Community Integration

<p>Childcare/After school Care/Adult care refers to the care of an individual to supplement the care provided by the responsible party/guardian</p>	<p>Note: IFSP funds cannot be used for care provided by a parent, guardian or responsible party.</p>	
<p>Community Activities that assists people with optimizing social interactions, vocational opportunities, or participating in community activities</p>	<p>Some commonly requested IFSP funded items/services include:</p> <ul style="list-style-type: none"> ○ YMCA Membership ○ Art/music lessons ○ Athletic lessons and trainings (e.g. karate lessons and swim lessons) ○ Driving lessons ○ Community navigation training ○ Mentoring 	
<p>Day Support provides support to individuals age 21 or older who receives care during specific times of the day to supplement the care provided by the applicant's parent, guardian, or responsible party.</p>	<p>Note: IFSP funds cannot be used for care provided by a parent, guardian or responsible party.</p>	<p>To find a provider in your community please visit the searchable database of DBHDS licensed provider at https://tinyurl.com/dbhdsprovider.</p>
<p>Supported Employment services that assist individuals with obtaining and maintaining employment.</p>	<p>Some commonly requested IFSP funded items/services include:</p> <ul style="list-style-type: none"> ○ Job search ○ Placement ○ Job coaching 	
<p>Companion/Peer Mentoring include services provided by peers that provide social and emotional support to assist individuals with navigating options that promote independence.</p>		
<p>Behavioral Health/ Mental Health</p>	<p>Note: Supports must be provided by qualified professional including social workers, counselors, or other qualified personnel for the purpose of treating specific behaviors</p>	<p>For information on free/reduced priced admissions to national and state parks, check out the following programs:</p>
<p>Camp</p>	<p>Some commonly requested IFSP funded items/services include:</p> <ul style="list-style-type: none"> ○ Youth Camp including day or 	<p>National Park Service American the Beautiful Free Access Pass https://www.nps.gov/planyourvisit/passes.htm Virginia State Parks Disability</p>

	residential camp <ul style="list-style-type: none"> ○ Therapeutic Summer Programs that provide therapies such as speech, occupational or physical therapies ○ Adult Camp - for individuals age 18 and over 	passports: www.dcr.virginia.gov/state-parks/passes .
Recreation Activities include the funded activities and associated transportation costs, meals, and lodging (when applicable)		
Education and Training includes training or learning opportunities on self-advocacy. Note: supports must not be provided by the parent, guardian or responsible party.	Some commonly requested IFSP funded items/services include: <ul style="list-style-type: none"> ○ Conference Fees including registration and enrollment costs ○ IEP Advocacy Training for parents and students 	
Transportation includes costs to pay a company or person to provide transportation or the costs for maintaining a vehicle that is used to provide transportation	Some commonly requested IFSP funded items/services include: <ul style="list-style-type: none"> ○ Gas ○ Vehicle tags ○ Train tickets ○ Bus passes ○ Taxi vouchers ○ Gift cards and costs for other transportation for hire companies (e.g. UBER, Lyft) 	

Emergency Support

Rental Assistance	IFSP Funds can be used to assist families with <ul style="list-style-type: none">○ one month's rent○ security deposits	For information on rental assistance, mortgage assistance or utility assistance in your community, please visit www.211virginia.org and search by zip code.	
Mortgage	IFSP Funds can be used to assist families with <ul style="list-style-type: none">○ One month's mortgage expenses		For information for affordable housing options, please visit the DBHDS Housing webpage at http://www.dbhds.virginia.gov/developmental-services/housing/the-path-to-housing .
Utility Assistance	IFSP Funds can be used to assist families with <ul style="list-style-type: none">○ one month's utility payments offs and or○ utility deposits○ utility connection fees		