Virginia's Individual and Family Support Program (IFSP)

Navigating the DD system can be overwhelming, but you are not alone.

We're here to help you connect to others and to find the resources you need.



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Virginia Department of Behavioral Health and Developmental Services (DBHDS)

Our time together today:

- An overview of the Individual and Family Support Program
- Key resource connections and supports for people with developmental disabilities (DD) and families
- How to connect with others who've been through similar experiences
- A brief demo of the My Life, My Community website
- A look at the *DD First Steps* resource guide

Why the IFSP Exists

People with DD and families often experience:

- Waitlists
- Confusing systems
- Not knowing where to start
- Feeling alone, isolated, or overwhelmed

The IFSP helps by providing:

- Support before things reach crisis
- Clear information and guidance
- Help finding the right resources
- Real connections with others who understand



What the IFSP Offers



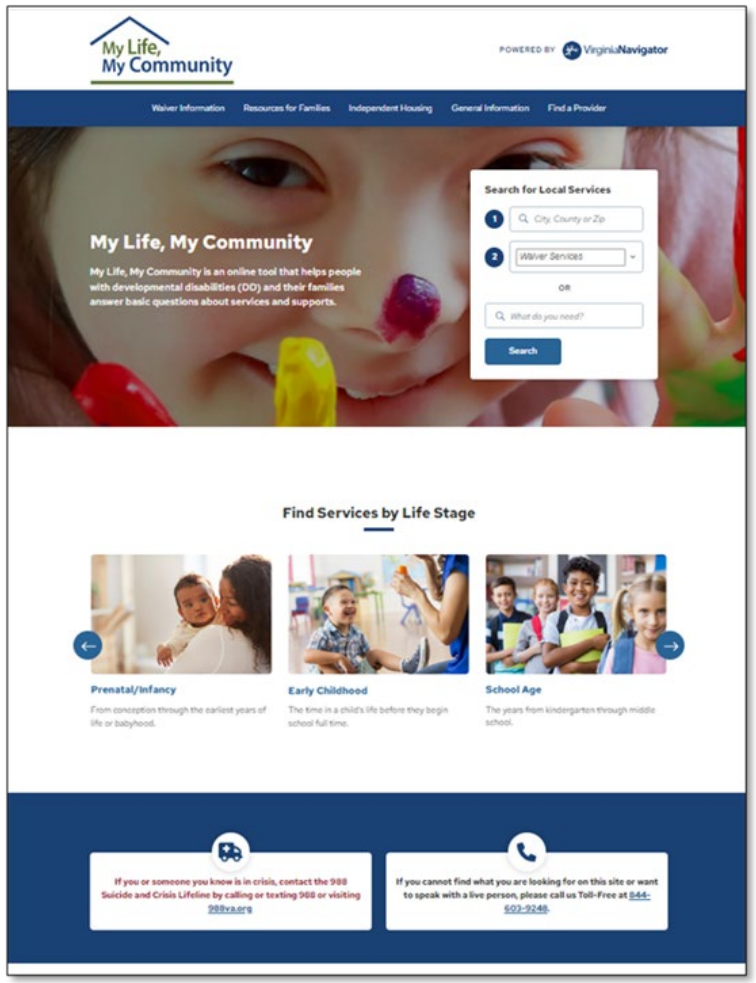
Learn what supports and services are out there and how to use them.



Talk to others who have been there. Get support and share ideas.



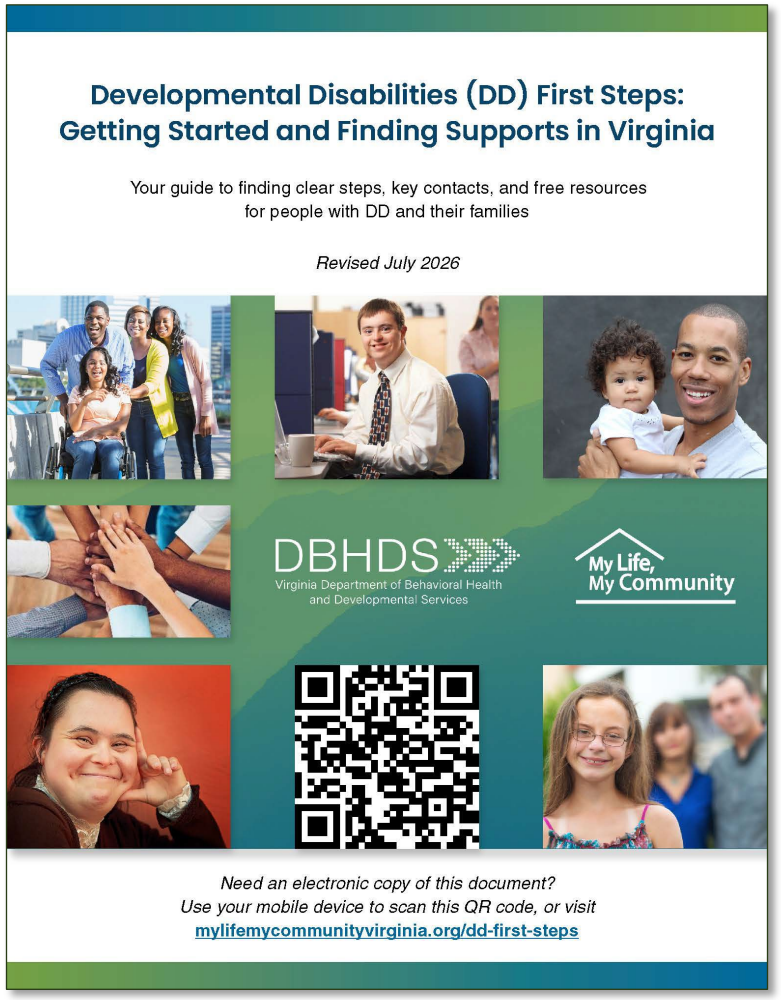
Financial support and other programs that can help.



My Life, My Community Website and Call Center

A website for Virginians to find services, supports, and local resources.

- Search the website by topic or location!
- Call or chat with a real person who can help you find what you need.
- Website: **https://mylifemycommunityvirginia.org**
- Call Center: **844-603-9248** (M-F, 9a to 4p)



IFSP Communications

- Monthly Digest (18,000+ subscribers)
- Community outreach efforts
- *DD First Steps* resource guide (available in Spanish!)
- Social media: IFSPCommunity and Regional Facebook pages
- IFSP Support email box: Helping individuals and families find resources
- Input from people with lived experience

Bucket 1: Help with Finding Resources (3 of 3)



The IFSP helps you find the information you need in a variety of ways. You can choose what works best for you.

You can:

- Search for resources on the My Life, My Community website
- Find easy to read one-pagers and guides
- Watch helpful videos
- Call chat, or email with someone who can point you in the right directions
- Follow a statewide or local IFSP Council page on Facebook
- Read the monthly email digest



IFSP State and Regional Councils

CENTER FOR FAMILY INVOLVEMENT

- The State Council advises DBHDS.
- Five Regional Councils strengthen supports at the local level.
- Councils are made up of volunteers: People with DD, family members, and community partners.
- Public information sessions are held quarterly.
- New members are invited to apply each year.
- Find more information: **https://mylifemycommunityvirginia.org/ifsp-community-coordination-program**
- Email us: **IFSPCommunity@dbhds.virginia.gov**



Peer and Tech Mentoring: The Arc of Virginia and DBHDS Partnership

The Arc Virginia

- Peer Mentors are people with developmental disabilities who provide guidance, support, and resources to help others with disabilities achieve the life that they want.
- Peer Mentors must be **over 21**, **have a developmental disability**, and **have lived independently in the community for at least one year**.
- To receive the support, mentees must be **16 or older**, **on the DD Waivers Waitlist, or receiving DD waiver services**.
- Find more information: **https://thearcofva.org/peer-mentoring**
- Tech Mentoring, Virtual and Live trainings, and Tech Hub: **https://thearcofva.org/digital-literacy**



Family Mentoring: The Center for Family Involvement at VCU (DBHDS contract)

CENTER FOR FAMILY INVOLVEMENT

- Family members supporting other families
- Emotional support and resource navigation
- Find more information: **https://cfi.partnership.vcu.edu**
- Call **877-567-1122**
- Email **cfihelpline@vcu.edu**
- LEAP (Leadership and Empowerment for Abuse Prevention) trainings: **https://leap.partnership.vcu.edu**

Bucket 2: Ways to Connect and Stay Informed (4 of 4)



The IFSP helps you connect with others and stay informed in a variety of ways. You can choose what works best for you.

You can:

- Join the State or Regional IFSP Council
- Attend an educational session
- Connect with a Peer or Tech Mentor
- Contact CFI to talk to another family member



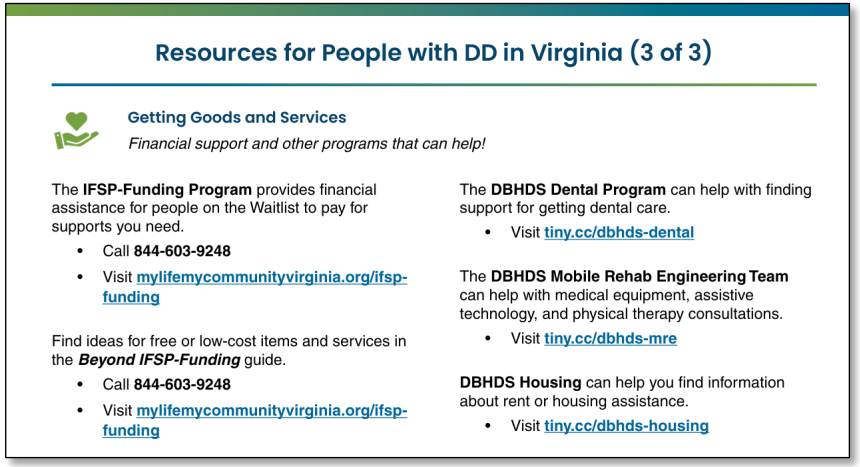
The IFSP Funding Program

- This is a program to help you pay for items and services you need to stay safe at home, connected in your community, or healthy.
- People on the DD Waivers Waiting List who live in their own home or with their family can apply.
- People with a Priority 1 Waitlist status can apply for up to $1,000.
- People with a Priority 2 or Priority 3 Waitlist status can apply for up to $500.
- Apply between October 1 and October 30.
- Apply online: **https://dbhds.virginia.gov/IFSPOnline**
- Find more information: **https://mylifemycommunityvirginia.org/ifsp-funding**



The IFSP helps you get goods and services through financial support and other programs that can help.

- If you are on the DD Waivers Waitlist, you can apply for IFSP-Funding once a year.
- Find more on the My Life, My Community website and in the *DD First Steps* resource guide.



Resources for People with DD in Virginia (3 of 3)

Getting Goods and Services

Financial support and other programs that can help!

The **IFSP-Funding Program** provides financial assistance for people on the Waitlist to pay for supports you need.

- Call **844-603-9248**
- Visit mylifemycommunityvirginia.org/ifsp-funding

Find ideas for free or low-cost items and services in the ***Beyond IFSP-Funding*** guide.

- Call **844-603-9248**
- Visit mylifemycommunityvirginia.org/ifsp-funding

The **DBHDS Dental Program** can help with finding support for getting dental care.

- Visit tiny.cc/dbhds-dental

The **DBHDS Mobile Rehab Engineering Team** can help with medical equipment, assistive technology, and physical therapy consultations.

- Visit tiny.cc/dbhds-mre

DBHDS Housing can help you find information about rent or housing assistance.

- Visit tiny.cc/dbhds-housing

Connect with Us!

- Visit our website: https://mylifemycommunityvirginia.org
- Connect on Facebook: https://facebook.com/IFSPCommunity
- Email us: IFSPSupport@dbhds.virginia.gov
- Subscribe to our email list: https://tiny.cc/ifsp-email

Thank you!!

Questions?