



The Individual and Family Support Program

Beyond IFSP-Funding: Options for Families

Revised December 2021

A detailed guide of allowable items, free to reduced-cost resources for commonly-requested items, and other possible services or supports available in your community



Virginia Department of
Behavioral Health &
Developmental Services



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Background

IFSP staff developed this guide to help families understand what items are frequently requested for IFSP-Funding support, and to provide free or reduced-cost options for commonly-requested items and other possible services or supports. **This is not a list of allowable items or resources.**

If you have questions, please contact IFSP staff for recommendations on how to spend funds. If you know of other services or free/reduced-cost resources, let us know so we can share them with others! Email us at IFSPSupport@dbhds.virginia.gov.

Learn about IFSP!

disAbility Navigator

General information on resources and a searchable database for services in your community. Call (844) 603-9248 or visit disabilitynavigator.org.

The Center for Family Involvement at VCU

Mentoring, emotional support, or information and referral from a family like yours through the VCU Center for Family Involvement's Family to Family Program (F2F). Call (877) 567-1122, email cfihelpline@vcu.edu, or visit centerforfamilyinvolvementblog.org.



My Life, My Community

An online tool that helps people with developmental disabilities (DD) and their families answer basic questions about services and supports. Visit mylifemycommunityvirginia.org.

The Arc of Virginia

Get matched with a peer mentor who can help you achieve the goals you need to live successfully and/or independently in your community! Email ncooper@thearcofva.org, or visit thearcofva.org.

Free and reduced-cost resources for home/environment modifications and home repair

- The **VRN Exchange (Virginia Reuse Network)** offers or procure 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.
<https://www.vats.org/apps/inquiries/Default.aspx>
- The **DBHDS Housing Team**: <https://www.dbhds.virginia.gov/developmental-services/housing/housing-team>

People can use IFSP-Funding for ...

- Ramps
- 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 repairs
- Window replacements
- Wall replacements
- Flooring
- Driveway repairs or replacements

Free and reduced-cost resources for furniture

- Your community may have a furniture bank which offers low to no-cost furniture, usually through a referral process: <http://furniturebanks.org/>

People can use IFSP-Funding for ...

- Beds and/or bedding
- Dressers
- Desks
- Chairs
- Sofas

Free and reduced-cost resources for medical alert devices, medical identification devices, and Project Lifesaver

- **Big Red Safety Box** for families to prevent wandering: <https://nationalautismassociation.org/big-red-safety-box>
- Free **autism medical IDs** and **wandering support services**: <https://www.medicalert.org/autism>
- Find a partner agency in your community that can assist with enrollment in **Project Lifesaver**: <https://projectlifesaver.org>

People can use
IFSP-Funding for ...

- Identification cards
- Fingerprinting
- Medical identification bracelets
- Child identification cards, such as Ident-A-Kid

Free and reduced-cost resources for sensory items

- The **Virginia Assistive Technology System (VATS)** is a statewide program that offers the Assistive Technology Demonstration and Loan Program, which allows individuals to test items for a limited time: <https://www.vats.org/demo-loan.htm>

People can use
IFSP-Funding for ...

- Weighted vests
- Weighted blankets
- Balls
- Mats
- Lighting and lamps
- Tents

Free and reduced-cost resources for family education and training

- **VCU Center for Family Involvement's Family to Family Program (F2F)**, (877) 567-1122
<https://centerforfamilyinvolvementblog.org>
- **PEATC**, (800) 869-6782
<https://peatc.org>
- **The Arc of Virginia**, (804) 649-8481
<https://thearcofva.org>
- **Free online learning modules that teach life skills:**
<https://www.gcflearnfree.org/topics/everydaylife>

People can use IFSP-Funding for ...

- Conference fees, including costs to register, enroll, or sign up
- IEP advocacy training for parents and students
- Pre-vocational training, including résumé writing, interview, and employment skills
- Job placement

Reduced-cost resources for respite

Respite provides temporary care in order to provide relief to both the individual with DD and the primary caregiver. It is not childcare or daycare.

- The **Virginia Lifespan Respite Voucher Program** through DARS: <https://www.vda.virginia.gov/vlrp.htm>
- See **Camp Easter Seals** for information on weekend respite camps:
<https://www.easterseals.com/NCVA/our-programs/camping-recreation/camp-schedule.html>
- **Muscular Dystrophy Association** Care Centers:
<https://mda.org/care/care-center-list?province=VA>

People can use IFSP-Funding for ...

- Supplementing respite costs for camps or retreats located in Virginia

Personal attendant care

Provides 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.

People can use
IFSP-Funding for ...

Activities such as:

- Eating
- Bathing
- Cooking
- Dressing
- Toileting
- Shopping
- Driving
- Medication management

Reduced-cost resources for medical care

Provides 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.

- **DBHDS provides reduced rate dental care and sedation dentistry** for individuals with DD who are over 21 years old. <http://dbhds.virginia.gov/office-of-integrated-health/health-support-network/dental>

People can use
IFSP-Funding for ...

- Dental care, including exams and orthodontia such as braces and retainers
- Hearing care
- Vision care including exams, treatment, and eyeglasses
- Medication
- Medical copay
- Nutrition, including counseling, meal
- Medical care not covered by insurance
- Dietitian and nutritionist counseling
- Feeding programs

Reduced-cost resources for communications devices

These devices help provide greater independence and communication by enabling people to perform tasks they were previously unable to complete or had great difficulty accomplishing.

- Find out how to get a **low-cost cellular phone and/or reduced-cost phone and land line service plans**: <https://www.scc.virginia.gov/pur/phone/univ.aspx>
- **Lifeline**, a federal program that helps make phone and internet service more affordable for low-income households: <https://www.lifelinesupport.org/>
- Additional online resources for getting low cost or free communication devices and assistive technology: <https://www.wonderbaby.org/articles/ipad-funding-special-needs> or <https://www.dannyswish.org>
- The **Virginia Assistive Technology System (VATS)** is a statewide program sponsored by the Virginia Department for Aging and Rehabilitative Services (DARS) that provides an array of services, including support for assistive technology items.

People can use IFSP-Funding for ...

- Tablets
- Communication equipment
- Computer software/hardware
- Repair of any assistive technology
- Cellular phones

NOTE: IFSP funds cannot be used to pay for phone service plans.

Free and reduced-cost resources for modified equipment

Includes items designed to increase a person's independence and allow the accomplishment of typical tasks of daily living.

- **The F.R.E.E. Foundation** provides mobility-related rehabilitation equipment in multiple locations across the Commonwealth: <https://www.free-foundation.org>
- **The Mobile Rehab Engineering Program** through DBHDS' Office of Integrated Health offers safety assessments for medically-appropriate equipment, power/pressure washing of equipment, minor equipment adjustments, repairs, and custom adaptations. Contact the specialist serving your region: <https://www.dbhds.virginia.gov/office-of-integrated-health/health-support-network/mobile-rehab-engineering>
- **Equipment Connection**, provided by the disAbility Resource Center, provides donated medical equipment to those in need: <https://www.cildrc.org/equipment-connection>
- The **Children's Assistive Technology Service (CATS)** provides donated medical equipment to children: <https://hr.atdevicesforkids.org>

People can use IFSP-Funding for ...

- Aids to assist in completing activities of daily living, such as eating, bathing, cooking, dressing, toileting, and maintenance of home
- Adaptations to equipment or structures, such as bicycles, vehicle lifts, and stair lifts

NOTE: IFSP funds cannot be used to pay for the purchase of a vehicle. Assistance is limited to lifts.

Personal hygiene items and incontinence supplies

People can use
IFSP-Funding for ...

- Protective undergarments
- Toileting supplies, including diapers, under pads, and wipes
- Disposable gloves
- Catheters

Therapies

People can use
IFSP-Funding for ...

- Speech therapy
- Occupational therapy
- Physical therapy
- Applied behavior analysis
- Discrete trial training
- Early intensive behavioral intervention
- Pivotal response training
- Verbal behavior intervention
- Music therapy
- Equine and hippotherapy
- Aqua therapy

Other assessments and diagnostics

These items provide diagnoses, identify areas of concern, and support the creation of specialized plans to address areas of concern.

NOTE: Responsible parties, parents, or guardians cannot provide these services.

People can use
IFSP-Funding for ...

- Diagnostic exams
- Assessments
- Behavioral interventions and monitoring
- IEP counseling and advocacy

Childcare, afterschool care, and adult care

Refers to the care of an individual to supplement the care provided by the parent, guardian, or responsible party.

NOTE: IFSP funds cannot be used for care provided by a parent, guardian, or responsible party.

Community activities

Assist people with optimizing social interactions, vocational opportunities, or participating in community activities.

**People can use
IFSP-Funding for ...**

- YMCA membership
- Art and/or music lessons
- Athletic lessons and trainings (e.g., karate lessons and swim lessons)
- Driving lessons
- Community navigation training
- Mentoring

Companion and/or peer mentoring

Includes services provided by peers that provide social and emotional support to assist individuals with navigating options that promote independence.

- **Peer mentor supports** may also be available through local Arc of Virginia chapters at <https://thearcofva.org/local-chapters>, or Centers for Independent Living at <https://vadars.org/cbs/cils.htm>.

Day support

Provides support to individuals aged 21 or older who receive care during specific times of the day to supplement the care provided by the applicant's parent, guardian, or responsible party.

NOTE: IFSP funds cannot be used for care provided by a parent, guardian, or responsible party.

Supported employment

Services that assist individuals with obtaining and maintaining employment.

People can use
IFSP-Funding for ...

- Job searching
- Job placement
- Job coaching

Behavioral health and mental health

Assist people with optimizing social interactions, vocational opportunities, or participating in community activities.

NOTE: Supports must be provided by qualified professionals, including social workers, counselors, or other qualified personnel for the purpose of treating specific behaviors.

- **Find a provider in your community** with the searchable database of DBHDS-licensed providers at <https://tinyurl.com/dbhdsprovider>.

Camp

Refers to the care of an individual to supplement the care provided by the parent, guardian, or responsible party.

**People can use
IFSP-Funding for ...**

- Youth camp, including day or residential camp
- Therapeutic summer programs that provide therapies such as speech, occupational, or physical therapies
- Adult camp for individuals aged 18 or older

Free and reduced-cost resources for recreation activities

Include the funded activities and associated transportation costs, meals, and lodging (when applicable).

- The National Park Service's America the Beautiful **Free Access Pass**: <https://nps.gov/planyourvisit/passes.htm>
- Virginia State Parks **Disability Passports**: <https://dcr.virginia.gov/state-parks/passes>

Free or reduced-cost resources for education and training

Includes training or learning opportunities on self-advocacy.

- The VCU Center for Family Involvement's Family to Family Program (F2F), (877) 567-1122
<https://centerforfamilyinvolvementblog.org>
- PEATC, (800) 869-6782
<https://www.peatc.org>

NOTE: Supports must not be provided by the parent, guardian, or responsible party.

**People can use
IFSP-Funding for ...**

- Conference fees, including registration and enrollment costs
- IEP advocacy training for parents and students

Free and reduced-cost resources for 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.

**People can use
IFSP-Funding for ...**

- Gas
- Vehicle tags
- Train tickets
- Bus passes
- Taxi vouchers
- Gift cards and costs for other transportation-for-hire companies (e.g. Uber, Lyft)

Free or reduced-cost resources for rental assistance, mortgage assistance, and utility assistance

- For information on rental assistance, mortgage assistance, or utility assistance in your community, visit <http://www.211virginia.org> and search by your zip code.
- For affordable housing options, learn about **The Path to Housing:** <http://www.dbhds.virginia.gov/developmental-services/housing/the-path-to-housing>



CCC Plus

The Commonwealth Coordinated Care Plus Waiver is also known as the CCC Plus program. It provides medical, behavioral, substance use disorder, and long term services and supports for full Medicaid members who meet its criteria. CCC Plus serves:

- Individuals who are 65 and older with a medical or nursing need, or
- children or adults under 65 years old with a medical or nursing need, including nursing facility residents or someone receiving services through a home and community based waiver, or medically complex.

If you already receive long term services and supports through a DD waiver, you will receive non-waiver services through CC Plus. These services include services include medical, behavioral, substance use disorder, pharmacy, and transportation to non-waiver services.

For more information, visit the [Department of Medical Assistance Services \(DMAS\)](#) or CCPlusVA.com. You can also contact your Managed Care Provider (MCO), or call the Center for Family Involvement at cfihelpline@vcu.edu or call (877) 567-1122.

You might be able to use CCC Plus for the following categories:

- Home/environmental modifications ([Page 3](#))
- Sensory items ([Page 4](#))
- Assistive technology ([Pages 3, 4, 7, and 8](#))
- Respite ([Page 5](#))
- Personal attendant care ([Page 6](#))
- Communications devices ([Page 7](#))
- Personal hygiene and incontinence supplies ([Page 9](#))
- Transportation and mileage reimbursement ([Page 13](#))

NOTE: Some items commonly requested with IFSP-Funding can be requested through the Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) benefit.