

# What is the IFSP?

**Navigating the developmental disability system can be hard.**

That's why DBHDS created the Individual and Family Support Program (IFSP) to help people with developmental disabilities and their families.

The IFSP helps you find information about resources and services offered in the Commonwealth of Virginia. We also help connect you with peers and families like yours!

## Not sure where to start?

Read our "*IFSP: First Steps*" guide!

Visit <https://tinyurl.com/IFSP-FirstSteps>,  
or use your mobile device to scan this QR code.



### Financial Assistance

Visit our IFSP-Funding page to learn more about eligibility and how to apply:  
<https://mylifemycommunityvirginia.org/ifsp-funding>



### Education, Information, and Referral

Visit the My Life, My Community website, our one-stop online tool, to find what you need:  
<https://mylifemycommunityvirginia.org>



### Family Mentoring

Want guidance or support from someone who has been there? The Family to Family Network at the Center for Family Involvement can help: <https://cfi.partnership.vcu.edu>



### Peer Mentoring

Connect with peers with disabilities through The Arc of Virginia's Peer Mentoring Program:  
<https://www.thearcofva.org/peer-mentoring>



### Community Coordination

Ready to give back to your community and have your voice heard? Consider joining your IFSP Regional Council: <https://mylifemycommunityvirginia.org/ifsp-community-coordination-program>



### Email Updates from the IFSP

Our email list is the best way to get the most up-to-date information from us! Sign up here:  
<http://tinyurl.com/IFSP-list>



### The My Life, My Community Call Center

Need to speak to a live person? Call the My Life, My Community toll-free helpline at **844-603-9248** (Monday through Friday, from 9 a.m. to 4 p.m.). Operators can help you find information about services in your area. They can also help you navigate the My Life, My Community website.