

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.

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://www.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](#)