

ST. LOUIS COUNTY Family Navigation Services

Family Navigation services provide families with information on systems navigation, resources that meet their individual needs, and advocacy training. Family Navigators help individuals with intellectual and developmental disabilities and their families lead full lives that align with their personal goals.

Four agencies in St. Louis County provide navigation services. Learn more about these services below or visit IDDResourceGuide.org.



Easterseals Midwest • 1-800-200-2119

Parents of individuals with autism and other developmental disabilities can sometimes feel overwhelmed. Easterseals Family Navigation Program ensures that families will not go through difficult times alone. They can help parents and caregivers navigate through services in the St. Louis area, provide a step-by-step plan to improve the quality of life for the entire family, support with transitions at each milestone throughout the person's life, and connect families to local resources and funding streams. Easterseals Family Navigators can help support you and your child every step of the way - from birth to adulthood.



St. Louis Arc • 314-569-2211

As a caregiver, you know what is right for your family member. However, navigating the many systems and resources available can be overwhelming. At the St. Louis Arc, a designated staff person is available to provide support to families. A Family Navigator's role is to provide families with much-needed support in discovering the information they need, connecting with peers, and obtaining resources and services to benefit the family.



Sunnyhill • 314-845-3900

F.R.I.E.N.D.S. stands for Finding Resources Important Everyday Needs and Disability Services. It is a central hub for families to call, email, or visit when they need help finding resources within the community to support their loved ones. Through F.R.I.E.N.D.S., Sunnyhill partners with other agencies to ensure individuals' needs are being met to the fullest by connecting families with the information they need. Whether it's finding recreational opportunities, residential placement, or help navigating the school system, F.R.I.E.N.D.S. is available to help!



UCP Heartland • 314-994-1600

Receiving a disability diagnosis or navigating a transition can be overwhelming to families. UCP Heartland offers one-on-one support through the Family Navigator Program and can engage with the Navigator anytime. Once you and the Family Navigator have established your needs, they'll connect you to services and follow up to ensure you are moving forward. It's like having a personal assistant! Program participants receive supports for information and referral to programs, advocacy, education, and family support.

