Intellectual & Developmental Disabilities

Family support, service navigation and community inclusion | Lexington area

Start with the person's goals, strengths, communication preferences and desired community life. Services differ by age, eligibility and funding. These resources are not limited to autism, and no listing guarantees enrollment or funding.

DDS Central Middlesex Area Office

Children and adults | Eligibility-based public services

Location/access: 35 Nagog Park, Suite 2000, Acton, MA 01720; 978-206-2050 (listed by the Town of Lexington). Confirm before visiting.

The DDS area office serving Lexington. Ask about applying, required records, child and adult eligibility, family support and transition planning. An IEP or diagnosis alone does not establish access to every DDS service; request guidance for your circumstances.

Visit DDS Central Middlesex Area Office website

Riverside Family Support Center

Children and adults with developmental disabilities and their families

Location/access: 6 Lincoln Knoll Lane, Suite 103, Burlington, MA 01803; 978-655-3801. Serves Lexington.

Navigation for families who are DDS eligible or applying, plus workshops, enrichment and transition guidance. Staff can help with service and benefit applications. Flexible funding requires DDS eligibility and prior approval; ask about availability, program fees and support needs.

Visit Riverside Family Support Center website

Family TIES of Massachusetts / FCSN

Families of children from birth to age 26 | Family-led support

Location/access: Statewide phone/online access through FCSN: 800-331-0688 or 617-236-7210.

Supports families of children with disabilities, special health needs and medical complexities. Connect with parent-to-parent emotional support, caregiver training, planning tools and resources. Family TIES now uses FCSN's main phone number and website. Ask about language access and current offerings.

Visit Family TIES of Massachusetts / FCSN website

School & Community Inclusion

Family support, service navigation and community inclusion | Lexington area

Lexington Public Schools - Special Education

Students with disabilities | School-based supports

Location/access: 173 Bedford Street, Lexington, MA 02420; 781-861-2580. Contact before visiting.

Start with your child's school team or the department for evaluation, IEP and transition questions. LPS describes services for ages 3-22; ask about individual eligibility and age-out planning. School supports and DDS services are separate systems.

Visit Lexington Public Schools - Special Education website

FCSN - Parent Training & Information Center

Families, youth and young adults | Free individual information

Location/access: Statewide phone/online access: 800-331-0688 or 617-236-7210; info@fcsn.org.

Help understanding special education, evaluations, IEP progress and working with the school team. Individual assistance is staffed weekdays, 10 a.m.-3 p.m. PTI workshops are free; ask about language access. FCSN also links to placement and postsecondary-transition resources.

Visit FCSN - Parent Training & Information Center website

Lexington Therapeutic Recreation

All ages and abilities | Specialized programs and inclusion

Location/access: Community Center, 39 Marrett Road, Lexington, MA 02421; Therapeutic Recreation: 781-698-4817.

Adaptive and inclusive recreation across disability types, not only autism. Ask about a program-fit meeting, intake, communication and personal-care needs, fees and scholarships. Request inclusion support early; deadlines and program locations vary.

Visit Lexington Therapeutic Recreation website

Advocacy & Provider Options

Family support, service navigation and community inclusion | Lexington area

The Arc of Massachusetts

People with intellectual/developmental disabilities and families

Location/access: 217 South Street, Waltham, MA 02453; 781-891-6270. Statewide resources; contact before visiting.

Education, systems advocacy, webinars and information about community inclusion and transition. Its chapter directory can help identify local organizations. Ask which programs fit your goals and whether fees apply; the statewide Arc is not the DDS eligibility office.

Visit The Arc of Massachusetts website

MassFamilies (formerly MFOFC)

People with disabilities or chronic illnesses and their families

Location/access: Statewide training and online resources; 774-855-6001; hello@massfamilies.org. Event locations vary.

Family leadership and advocacy training, person-centered planning resources and community-support information. Ask about upcoming cohorts, participation requirements, accessibility and costs. Useful for planning a meaningful life around the person's own goals and preferences.

Visit MassFamilies (formerly MFOFC) website

The Edinburg Center

Regional provider | Intellectual/developmental disabilities and related needs

Location/access: 205 Burlington Road, Bedford, MA 01730; 781-862-3600. Contact before visiting.

Offers individual/clinical supports, residential services, respite and day/employment programs, among other services. Ask which programs serve Lexington, required DDS or other referrals, funding and openings. Its general contact form is not a referral and should not contain personal health information.

Visit The Edinburg Center website

Questions to bring

Which supports would make daily life easier? Who can help with applications? What changes at adulthood? Ask about communication access, personal-care support, transportation, respite, language access, fees and waitlists. Include the person in decisions in ways that work for them.

LexSEPTA resource guides and parent connections

This is a starting guide, not a comprehensive directory, medical or legal advice, or an endorsement. Confirm contacts, eligibility, costs, language access and availability directly. Addresses do not imply walk-in services unless explicitly noted.