

Navigating a Genetics Referral

Information to help families with the medical and practical challenges following a referral

November 2025

Appointments and Care Team



Your doctor may refer you or your child to a genetics clinic if a condition is suspected or diagnosed. A genetics appointment can help explain health or developmental concerns, understand test results, and plan for the future.

What to expect at a genetics appointment:

- A review of your medical and family history, a physical exam, and sometimes the option for genetic testing.
- The genetics team may include several different types of health-care professionals, including genetic doctors, genetic counselors, and social workers.
- Genetic specialists can provide information regarding testing options and results.

Community Connections



These conversations can be challenging and connecting with others with similar experiences can be helpful. There are organizations that offer support groups, financial aid, and can help foster connections with other families such as:

- [Vermont Family Network](#) (VFN) Call the helpline to speak to a Family Support Consultant or Genetics Navigator at 802-876-5315 or email info@vtfn.org. See [VFN's YouTube](#) for more resources and translations.
- **Local Resources:** [Early Intervention](#) for children under 3, [Parent Child Centers](#), and local play groups. **National Resources:** [Rare New England](#), [National Organization for Rare Diseases \(NORD\)](#), and [Family Voices](#)

Who else can offer support? Additional help may be available through your primary care, specialist office, [VFN](#), and [CSHN Care Consultation](#).

Financial Resources



Genetic testing and care may have out-of-pocket costs. Assistance options include:

- [VFN Family Support Fund](#)
- Designated Agencies have Flexible Family Funding and Family Managed Respite for those that qualify. [Click here to find your local Designated Agency](#).
- If you do not already have Medicaid, [check to see if your child is eligible for secondary insurance to expand coverage](#) (see MAGI Threshold table on right). [Apply here](#) for Dr. Dynasaur/Medicaid.
- To see a comprehensive list of other funding resources, [click here](#).

If you need help accessing or understanding this information, contact AHS.VDHCSHN@Vermont.gov. Scan the QR code below to view this and other resources.

