

More organizations:

American Academy of Pediatrics (AAP)
AAP Parenting Corner

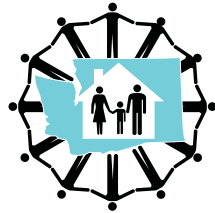
www.aap.org/parents.html

Information on children's health topics, and how to find a pediatrician (doctor) near you.

American Academy of Family Physicians

www.familydoctor.org

Information on many health topics and how to find a family doctor.



Download copies of this brochure from
www.medicalhome.org

Does Your Child Have a MEDICAL HOME?



Join with your child's doctor for health care that's right for your family

What is a medical home?

A medical home is having a “home base” for your child's health care needs.

The place where you usually take your child for health care can be your child's medical home. But a medical home is more than just a place; it is how your child is cared for.

In a medical home:

- ▶ You have a doctor* who helps you keep your child healthy. When your child gets sick, the doctor and staff may bring in other team members who can best help your child.
- ▶ Care is focused on the whole child, not just one part or problem.
- ▶ Your family is at the center of care.
- ▶ The doctor and staff include your family in making decisions about your child's health care.

*By “doctor” we mean the main health care provider who takes care of your child. This could be a doctor (pediatrician or family physician), a nurse with advanced training (nurse practitioner) or a physician assistant (PA).



What are the benefits of a medical home?

A medical home:

- Opens up sharing of information between your doctor and family. This improves how problems are solved and leads to better health and development for your child.
- Builds mutual respect between your family and care givers.
- Catches problems early on to reduce visits to the emergency room and hospital. This lowers family stress, health care costs, and the number of days of missed school or work.

How do I know if my child has a medical home?

Medical homes are a new way of thinking about health care. Medical homes do not happen right away — they take time to develop. They don't all look exactly the same either. What you see in one clinic may differ from another clinic. Your child's doctor may not have all the pieces yet.

You can help create a medical home for your child. Use the checklist on the inside of this brochure to see what you have now. Then you and your family, along with your child's doctor and other members of the care team can begin to build a strong medical home for your child.

Medical home checklist

- ✓ You are valued and treated as the expert on your child.
- ✓ You are treated as a central member of your child's health care team.
- ✓ You and your child's doctor share respect and trust.
- ✓ Your culture and religious beliefs are valued. Your preferences for treatment and care are met when possible.
- ✓ Your doctor partners with you and your child, office staff and others to learn about and meet your child's medical and other needs.
- ✓ Your child receives his or her shots, well child visits, and urgent care.
- ✓ You get help finding specialty care or community services when needed.
- ✓ Your child's doctor provides helpful information to other people on the care team and helps manage your child's care.
- ✓ If your child gets sick or has a special health care need, you feel supported. You are given information to help you learn about your child's ongoing health concerns, including parent to parent support.
- ✓ Your doctor makes sure you understand the treatment choices.



What can I do to get the best care for my child?

As a parent, you have a main role in your child's medical home. These ideas from other families helped them feel more at ease and effective as partners in their child's health care.

- Bring a list of your top questions or concerns to discuss at every visit.
- If you know you will need extra time for your visit, tell the clinic when you call.
- Make a notebook or folder that holds your child's health information. Include names of doctors, other care givers and medicines etc.
- Share with the doctor how your child is changing. Celebrate new skills and talk about concerns.
- It's okay to ask for something to be explained if you don't understand it. You should feel comfortable asking questions about anything that has to do with your child's health and development. It is okay to respectfully disagree.
- Ask to have what you should do or expect next to be written down for you.
- Ask about how to get care after hours if needed.
- Ask to meet the office staff who will be working with you and your child (nurses, person who makes referrals, billing person, etc.).
- It always feels good to get a thank you, so if your medical home partners do something you appreciate, let them know.

How can I learn more?

In Washington State:

Washington State Children with Special Health Care Needs Program

www.doh.wa.gov/cfh/mch/CSHCNhome2.htm

Supports care coordination, family leadership and medical homes for children with special health care needs at the county and state levels. 360-236-3571

email: cshcn.support@doh.wa.gov

Washington State Medical Home Leadership Network

www.medicalhome.org

Information about medical homes in Washington State. See especially the Family pages, the service directories of the Resource and Support section to search for health care providers in your area, and the Washington State Medical Home Plan page.

Family Voices of WA Family to Family Health Information Center

www.familyvoicesofwashington.com/

1-800-5-PARENT

Serves families who have children and youth with special health care needs age birth to 18 years. Call toll free to find out how to help your child get health insurance, health care services, and other resources.

Center for Children with Special Needs

www.cshcn.org

Resources and information for families whose children have special needs. Find free care notebooks and care plans to help manage your child's care, records and information.

Family Health Hotline

www.withinreachwa.org/hotlines

Call toll free 1-800-322-2588 to find free or low-cost medical insurance, shots, and screenings for health and developmental concerns, as well as parent to parent support. Interpreters are available.

Parenthelp123

www.parenthelp123.org/families

1-866-585-1123

Apply online for health and food programs. Find resources in your local community.

Other organizations:

Bright Futures

www.brightfutures.aap.org/web/

Tools to get the most out of each of your child's checkups. Information about child health and development as well as special needs. Go to "Families and Communities" then to "Tools and Resources."

National Center of Medical Home Initiatives for Children with Special Needs

www.medicalhomeinfo.org

Tips for making medical homes work for children with special needs. See Tools and Resources for Families.

See more organizations on the back