

## Washington State Resources

### WithinReach

- **Family Health Hotline** 1-800-322-2588  
Free or low-cost medical insurance, shots, and screenings for health and developmental concerns, as well as parent to parent support. Spanish speaking staff and interpreters are available.
- **Parenthelp123.org** 1-866-585-1123  
Apply online for health and food programs. Find resources in your local community.  
[www.parenthelp123.org](http://www.parenthelp123.org)  
Español: [www.parenthelp123.org/es/](http://www.parenthelp123.org/es/)

**Washington 211** 211 or 1-877-211-9274  
Call for health and human service information and referrals and other assistance to meet your needs.  
[win211.org/](http://win211.org/)

**Washington PAVE (Partnerships for Action, Voices for Empowerment)** 1-800-821-5927  
Call for help with insurance, special education, person-centered planning and other resources.  
Serves families with children with a disability and/or special health care needs, youth and young adults with a disability and/or special health care needs and military family members.  
[wapave.org/](http://wapave.org/)

**WA State Parent to Parent** 1-800-821-5927  
Support and information for families of children and youth with developmental disability.  
[www.arcwa.org/getsupport/parent\\_to\\_parent\\_p2p\\_programs](http://www.arcwa.org/getsupport/parent_to_parent_p2p_programs)

### Medical Home Partnerships Project

Tips for partnering with health care providers and finding services.  
[www.medicalhome.org](http://www.medicalhome.org)

## National Resources

### HealthyChildren.org

Health and safety information by child's age from the American Academy of Pediatrics  
[www.healthychildren.org/](http://www.healthychildren.org/)  
Spanish: [www.healthychildren.org/spanish/](http://www.healthychildren.org/spanish/)

### MedlinePlus.gov

Produced by the National Library of Medicine for patients, their families and friends, Medlineplus brings you information about diseases, conditions, and wellness issues in language you can understand. Reliable, up-to-date health information including articles, medical dictionaries and videos.  
[medlineplus.gov/](http://medlineplus.gov/)  
Children's Health Pages:  
[medlineplus.gov/childrensheath.html](http://medlineplus.gov/childrensheath.html)  
Español: [medlineplus.gov/spanish/](http://medlineplus.gov/spanish/)



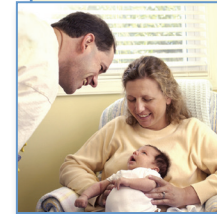
This brochure developed by the Washington State Medical Home Partnerships Project at the University of Washington.  
Download copies at: [www.medicalhome.org](http://www.medicalhome.org)

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# Your Child's MEDICAL HOME

## Health Care with Your Family at the Center

### Information for Washington State Families



### What is a Medical Home?

- A "home base" for your child's health care needs
- A health care team that looks at the whole child, not just your child's health issues
- A family-centered approach to health care

# What is a Medical Home?

A medical home is a way to provide high quality health care services that best meet the needs of your child and your family. It is not a building, house or hospital. It is a partnership between you and your family and your primary care doctor, nurse and clinic staff. Together, you make sure that the medical and non-medical needs of your child are met.

A medical home is sometimes also called a "health home."

## Your Medical Home Team:

- Respects your child and your family
- Shares information with you and includes you in decisions
- Provides primary health care including regular check-ups, developmental screening, "shots" and illness visits
- Works to catch problems early—which can prevent emergency room visits
- Helps you plan for and manage any chronic health problems
- Finds specialists when they are needed
- Helps connect you to resources in the community
- Helps lower family stress, health care costs, and missed school and work days

# What can our family do?

Below is a list of some things you can do to get the best health care for your child:

- ✓ Bring questions to doctor visits
- ✓ If you need it, ask for extra time when you schedule your visit
- ✓ Keep a folder or notebook with your child's health information
- ✓ Share any changes with your doctor
- ✓ Celebrate successes and talk about challenges
- ✓ Ask for something to be explained if you don't understand
- ✓ Work together to make a plan
- ✓ Ask for information to be written down
- ✓ Ask to meet with office staff who will be working with you and your child
- ✓ Let your doctor and staff know things they are doing right

