

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

Español: www.parenthelp123.org/es/

Center for Children with Special Needs

Free care organizers and plans to help manage your child's care.

www.cshcn.org

Washington State Medical Home Partnerships Project

See the Family pages, the Resource and Support pages, and the Washington State Medical Home Plan page.

www.medicalhome.org

WA State Parent to Parent

1-800-821-5927

Support and information for families of children with developmental disability

http://arcwa.org/getsupport/parent_to_parent_p2p_programs

Family Voices of WA Family to Family Health Information Center

1-800-5-PARENT. Serves families who have children and youth with special health care needs. Call to find out how to help your child get health insurance, health care services, and other resources.

www.familyvoicesofwashington.com/



 Center on
Human Development
and Disability



The WA Chapter of the American Academy of Pediatrics

Information on children's health and development for parents, pediatricians and child care providers.

<http://wcaap.org/parent-resources/>

National Resources

The American Academy of Pediatrics:

National Center for Medical Home Implementation

See Tools and Resources for Families

www.medicalhomeinfo.org

HealthyChildren.org

Information from the American Academy of Pediatrics for parents

www.healthychildren.org/

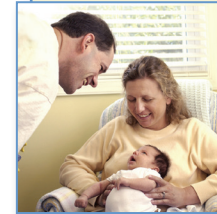
American Academy of Family Physicians

www.familydoctor.org

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 new way of thinking about how your child is cared for
- A family-centered approach to health care—your opinion matters!
- A health care team that looks at the whole child, not just your child's health issues

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

