

## Washington State Resources

### Family Health Hotline

<http://withinreachwa.org/hotlines>

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. Interpreters are available.

### Parenthelp123

[www.parenthelp123.org](http://www.parenthelp123.org)

1-866-585-1123

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

Español: [www.parenthelp123.org/es/](http://www.parenthelp123.org/es/)

### Center for Children with Special Needs

[www.cshcn.org](http://www.cshcn.org)

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

### Washington State Medical Home Leadership Network

[www.medicalhome.org](http://www.medicalhome.org)

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

### WA State Parent to Parent

[http://arcwa.org/getsupport/parent\\_to\\_parent\\_p2p\\_programs](http://arcwa.org/getsupport/parent_to_parent_p2p_programs)

1-800-821-5927

Support and information for families of children with developmental disability

### Family Voices of WA Family to Family Health Information Center

[www.familyvoicesofwashington.com/](http://www.familyvoicesofwashington.com/)

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.

## National Resources

### The American Academy of Pediatrics:

#### National Center for Medical Home Implementation

[www.medicalhomeinfo.org](http://www.medicalhomeinfo.org)

See Tools and Resources for Families

#### HealthyChildren.org

[www.healthychildren.org/](http://www.healthychildren.org/)

Information from the American Academy of Pediatrics for parents

#### The WA Chapter of the American Academy of Pediatrics

[www.wcaap.org/](http://www.wcaap.org/)

Includes parent resource section

### American Academy of Family Physicians

[www.familydoctor.org](http://www.familydoctor.org)



Center on Human Development and Disability

This brochure developed by the Medical Home Leadership Network project at the University of WA. Download copies at: [www.medicalhome.org](http://www.medicalhome.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, "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

