

How to Be an Active Member of your Child's Healthcare Team

Prepare for each health care visit

- ♥ Write down your concerns
- ♥ Note your questions to ask the doctor or nurse
- ♥ Create a list of all the prescriptions and medications your child takes (including dosage and how often)
- ♥ Be able to share how your child is doing at school, during play, during sleep, etc.
- ♥ Bring a list of any other providers that your child sees with their contact information
- ♥ Complete a record of your child's care, including any recent hospital visits and medical appointments
- ♥ Note any changes in your child's life since the last time you visited the doctor
- ♥ Ask for specific support for your child in setting up the appointment, for example:
 - ♥ Distraction-free room
 - ♥ First morning or evening time slot

Be a partner in decision-making

- ♥ Explore care options with your provider
- ♥ Consider what makes sense for your child and your family when deciding on services
- ♥ If information is vague, ask for more specific details

Know what to do during your visit

- ♥ Discuss what is going well for your child
- ♥ Discuss what is challenging or difficult for your child
- ♥ Share your concerns
- ♥ Ask your questions
- ♥ Take notes, including information on:
 - ♥ Changes to medication
 - ♥ Contact information for referrals
 - ♥ Who to contact if you have questions
- ♥ Discuss any of **medical, social, educational, financial, legal, or general** needs
- ♥ Develop plans as needed, for example:
 - ♥ Action plan
 - ♥ Emergency plan

Follow-up with the healthcare team

- ♥ Provide feedback on the referrals you were given
- ♥ Inform the team about what is working and not working for your child
- ♥ Ask for other recommendations, if necessary

CONTACT Massachusetts Family Voices
for additional help and resources:
1 (800) 331-8688 ext. 301
www.fscn.org/mfv



FEDERATION FOR CHILDREN
WITH SPECIAL NEEDS