

## What if your child doesn't have a medical home?

You are your child's first and best advocate. Here are some ways you can coordinate your child's care even if you don't have access to a medical home.

### Choose a primary physician you trust.

Your primary care provider or specialist should coordinate the full range of services your child needs and should value you as a partner in your child's care.

### Make sure your child has a written care plan.

Work with your primary physician to develop a written plan that addresses your child's needs and goals. Make sure it is shared with the entire care team and updated regularly.

### Create a Care Notebook.

Keep a binder to organize important information about appointments, therapies, medications, and more. Take it with you to appointments and share the information with your care team.

### Ask questions and communicate.

Take your questions, concerns, and observations to appointments. Always feel free to let providers know if you don't understand or need help for your child or family.

### Help your child transition to adult care.

Teenagers should become more informed about and responsible for their own care. Help your teen understand his care plan, maintain the Care Notebook, and know how to address his care needs.

## Medical Home Resources

### Texas Parent to Parent

Download a free Medical Home Toolkit that explains what a medical home is and how to get one. Visit [txp2p.org/resources/medHome](http://txp2p.org/resources/medHome) for more information.

### Navigate Life Texas

Visit the Diagnosis and Healthcare section of the Navigate Life Texas website at [navigatelifetexas.org](http://navigatelifetexas.org) for a variety of resources and services for children with disabilities, including helpful tips and video interviews.

### National Center for Medical Home Implementation

Check out tools, resources, and links to information to help you partner with your child's care team at [medicalhomeinfo.aap.org/tools-resources/Pages/For-Families.aspx](http://medicalhomeinfo.aap.org/tools-resources/Pages/For-Families.aspx)

### Maternal and Child Health – Children with Special Health Care Needs (CSHCN)

The CSHCN Systems Development Group works with local, state, and national organizations to educate health care providers and families and promote access to medical homes for all children. Visit [dshs.texas.gov/mch/CSHCN.aspx](http://dshs.texas.gov/mch/CSHCN.aspx) for more information.



**TEXAS**  
Health and Human  
Services

**Texas Department of State  
Health Services**

## MATERNAL and CHILD HEALTH

MC-1922  
Department of State Health Services  
P.O. Box 149347 (512) 776-7373  
Austin, TX 78714-9347 Fax: (512) 458-7658  
[dshs.texas.gov/mch/cshcn.aspx](http://dshs.texas.gov/mch/cshcn.aspx)

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## Children with Special Health Care Needs

EVERY CHILD DESERVES A MEDICAL  
HOME: A GUIDE FOR FAMILIES



Your medical home care team may include doctors and nurses, therapists, dentists, pharmacists, community health workers, school staff, friends, neighbors, and anyone else who cares for your child.

A medical home is not a building – it is a family-centered approach to comprehensive care for your child. Through this partnership, you work with health-care experts to find and access the medical and non-medical services your child needs.

Receiving care through a medical home can improve your child's health and make life easier for your family.

#### **Accessible**

Care is provided for your child in your community 24 hours a day, 7 days a week.

#### **Family-Centered**

You are recognized as an expert on your child and a valued member of the care team.

#### **Continuous**

The same pediatric health-care professionals care for your child from infancy until it's time to transition to adult care.

#### **Comprehensive**

Your child's care includes checkups, sick visits, therapy, and specialty care. Your family is connected to support and educational services.

#### **Coordinated**

The care team works with multiple providers to develop a care plan, book appointments, handle referrals, and provide access to resources.

#### **Compassionate**

All members of the care team are genuinely concerned about the overall well-being of your child and family.

#### **Culturally Effective**

Services are delivered in your preferred language, and the care team respects your family's cultural and religious beliefs.

