



"All About Me" Handbook!

A resource to help track your child's progress.

ABC's of Healthcare

Topics Covered In This Section:

- About This Section
- Suggestions For Working With Professionals
- Signs Of Illness In Children
- Information For Sick Visit Or Illness Related Phone Call To Physician
- Family/Professional Collaboration



About This Section:

This section of the notebook is for other information to assist you in caring for a child with special healthcare needs as a list of acronyms commonly used by medical personnel, state phone numbers, and journal notes.

Suggestions For Working With Professionals:

- Seek out professionals and parents who demonstrate concern for the child and your family through their actions.
- Learn your rights and the rights of your child regarding:
 1. service eligibility
 2. confidentiality and access to services
- Keep copies of all information you gather or provide.
- Develop a file of all material related to the child's medical and developmental needs and services they are receiving.
- If you are having difficulty accessing a professional:
 1. Let the professional know that you are having difficulty reaching them, and ask what to do to avoid delays.
 2. Discuss with the professional ways to reach them, as the need arises.
- Tell the professional you want and expect to be involved in decisions about the child.
- If a professional uses terms you do not understand, ask them to explain it again using simpler terms.
- Know about available resources for you and the child. Be specific with the child's case manager about the child's and family's needs.
- Write down points to be discussed, questions to be answered, and decisions to be made before attending any meetings.



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- Be on time for all meetings. You may want to take notes of your discussion.
- You are the child's best advocate; collect information, stay involved, and participate.
- Make sure that all commitments include a target deadline and identify who is responsible to complete the task.
- Believe that all problems have solutions. Allow time to help. Don't give up.

** Adapted from A Parent's Guide to Accessing Parent Groups, Community Services, and Keeping Records, National Information Center for Children and Youth with Disabilities.*

Signs Of Illness In Children:

There are many signs of illness in children. Some of the more common changes you may see in a child when they are sick include:

- | | |
|------------------------|--------------------------------------|
| 1. fever | 9. eyes look "glassy" |
| 2. Vomiting | 10. pulling at their ears |
| 3. Diarrhea | 11. child's crying can't be soothed |
| 4. increased fussiness | 12. runny nose |
| 5. unusually sleepy | 13. cough |
| 6. unusual rash | 14. headache |
| 7. breathing problems | 15. urine has unusual color or smell |
| 8. not eating well | 16. waking up frequently crying |

Information For Sick Visit Or Illness Related Phone Call To Physician:

Child's Name:

Child's Age:

Weight (last time it was taken)

Temperature (before giving any medication)

What signs are there that the child is sick?

When did the symptoms begin? Are the symptoms better or worse?

What is the child's activity level and appetite?

What have you already done for the child?

Does the child have a chronic health problem? If yes describe.

Is the child on any ongoing medications? If yes; name, dose, when given.

Does the child have any drug allergies?

Is anyone else in the home ill? If yes, with what?



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Pharmacy name and telephone number.

Family/Professional Collaboration:

1. Promotes a relationship in which the family members and professionals work together to ensure the best services for the child and family.
2. Recognizes and respects the knowledge, skills, and experience that families and professionals bring to the relationship.
3. Acknowledges that the development of trust is an integral part of a collaborative relationship.
4. Facilitates open communication so that families and professionals feel free to express themselves.
5. Creates an atmosphere in which the cultural traditions, values, and diversity of families are acknowledged and honored.
6. Recognizes that negotiation is essential.
7. Brings to the relationship the mutual commitment of families, professionals, and communities to meet the needs of children with special needs and their families.

**From Family/Professional Collaboration for Children with Special Health Needs and Their Families, Kathleen Kirk Bishop.*