

Time Away from Home Worksheet:

Diagnosis Information

1. What is the name of my health condition?

2. How do I describe my health condition to others?

TIP: If you do not have a written health history, search Care Plans for Teens on www.cshcn.org for more info.

3. Who should know about my diagnosis? *(Things to think about: Who would I share about my diagnosis with and why? Who would I not want to share this information with?)*



4. Do I have a complete and current written health history summary? *(Things to think about: Is my summary something emergency workers could take a quick look at to get background on my health needs and give needed care? Does it contain diagnoses, past surgeries, treatments, medicines, daily care needs, doctors, insurance, etc.? Where will I keep it while I am away?)*

5. What health records do I normally have with me and will that be enough when I am away? *(Things to think about: What other health records would I need if I were away? Is my health history summary up to date with my most recent surgical reports, x-rays reports, or lab results? Is my health history summary complete or should it be updated?)*