

Organizing your Child's Health Information

Seattle Children's Center for Children with Special Needs | www.cshcn.org



Who we are

The Center for Children with Special Needs is a program of Seattle Children's Hospital and the Washington State Department of Health. Our mission is to improve and promote the health and well being of children with special health care needs and their families.

How can I organize my child's health information?

Create a care organizer to store your child's information. It can help you:

- Keep track of medicines or treatments
- Organize contact information for health care providers and community organizations
- Prepare for appointments
- File information about your child's health history

How do I get started?

- Gather existing information such as discharge reports, clinic visit summaries, and immunization records.
- Bring the organizer to appointments and meetings to share information.
- Take photos of forms you use often and keep a copy on your mobile phone.

What tools can I use?

- You can download care organizing pages at www.cshcn.org/planning-record-keeping/care-notebook
- Or
- Order an accordion style file organizer from <http://cshcn.org/planning-record-keeping/care-organizer>

Where can I find more information?

- For more information or help with organizing your child's health information, call (206) 987-3736, or visit www.cshcn.org.

For more information visit us at www.cshcn.org/planning-record-keeping/care-notebook or connect with us on Facebook at

www.facebook.com/cshcn.org 