



## Does Your Child have a Care Notebook?

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**A** Care Notebook is an organizing tool for families who have children with disabilities, chronic illness or special health care needs. It assists families with recording and organizing important information about the child's health, educational and social issues such as medical information, appointments, etc. It also provides the child an area to record his or her interests and participation in various activities. This notebook is a reflection of them, medically, educationally and socially and gives the child an opportunity to express him or herself openly.

A Care Notebook makes it easier for you to find and share information with others who may provide care for your child or who are involved with your child at school, work, or in the community. In actuality, persons of all ages and health statuses could benefit from having their very own Care Notebook!

### **You can use your Care Notebook to:**

- List phone numbers for health care providers and community resources
- File information about the child's health history
- Prepare for appointments
- Share new information with the primary doctor, specialists, emergency MD, public health or school nurse, daycare, educators, and others caring for your child
- Track changes in your child's medications or treatments
- Take with you when you take your child out of town or on vacation, or in the event of an emergency

### **Helpful Hints for Your Care Notebook**

- Store it where it is easy to find
- Add new information as you/your child have a new evaluation, ARD, surgery, medication change, diagnosis, etc.
- Take it with you to appointments, hospital visits and ARD meetings.

### **Setting Up Your Notebook**

- Gather information you already have
- Look through the pages provided
- Decide which information is most important to include
- Put the notebook together
- Review and update it as needed
- Don't forget to take it with you!

**Texas Parent to Parent**

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The greatest challenge to this project is getting everything together. Just gather what you can and continually add new information. Be sure to take it to each physician visit, hospitalization and ARD meeting. You just never know when you will need the information you have carefully stored here.

Texas Parent to Parent also offers the Transition Care Notebook component, which supplements the Care Notebook. This component includes issues such as financial goal setting, writing college scholarship essays, how to apply and interview for a job, resume' writing, developmental skills checklists, and more.

Texas Parent to Parent's Care Notebook/Transition Care Notebook is well underway and will be posted on our website ([www.txp2p.org](http://www.txp2p.org)) soon. Our Care Notebook/Transition Care Notebook documents are in PDF format and can be filled-in, saved and printed by the user (requires the latest version of Adobe Reader [free]). Please contact Jeanine Pinner, Training & Outreach Coordinator, at [Jeanine@txp2p.org](mailto:Jeanine@txp2p.org) with any questions about TxP2P's Care Notebook.

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