

My Care Binder

“My care binder” is a tool for families who have children with special healthcare needs. Use your “Care Binder” to:

- Keep track of your child’s medications
- List phone numbers of healthcare providers and resources
- Get ready for appointments
- Share information with your child’s healthcare providers

The “Care Binder” is a notebook where you can organize health information, reports, doctors’ visits and written handouts

To set up your “care binder”

STEP 1: Decide what you want to keep in the “Care Binder.”

What information do you look up most often? What do people who care for your child need to know about your child?

STEP 2: Gather any information you already have – such as reports, hospital stays, and test results

STEP 3: Choose pages from the “Care Binder” packet that you like

STEP 4: Put together your “Care Binder” – you can use tabbed dividers or pocket dividers to separate the pages. Make it easy to find the information you need.

You can print extra “Care Binder” pages from the UC Davis Children’s Hospital website: www.ucdmc.ucdavis.edu/children/patients_family_resources/Patient_and_Family_Education_A_to_Z/index.html

You can download more pages for your “Care Binder” from these websites:

Center for Children with Special Needs, Seattle Children’s, and Washington State Department of Health, Children with Special Health Care Needs Program: <http://cshcn.org/planning-record-keeping/care-notebook>

National Center for Medical Home Information, American Academy of Pediatrics: www.medicalhomeinfo.org/for_families/care_notebook



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