



*Managing and accessing health care and staying well- medical, mental health, behavioral health, developmental health, wellness, and nutrition.*

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### Things to Think About:

- Do you understand and can you talk about your sibling's disability and special healthcare needs with others?
- What steps can your sibling take to manage their own healthcare?
- How does your family find adult health providers who will understand your sibling's disability and special healthcare needs?
- Does your sibling know the importance of healthy eating and regular exercise?
- Does your sibling understand and manage their reproductive health?

### For Aging Siblings:

- Is your sibling staying as physically active as possible?
- Who understands your sibling's medical needs and is available if they need help communicating their needs to others?
- Are there disability-related health issues about growing older you should be aware of?
- Is your sibling learning about changes in their body and health as they get older?
- Who will help your sibling create end of life documents and make their wishes known for medical directives?
- Is your sibling eating healthy meals and snacks?

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### Diet & Exercise

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Does your sibling struggle with being overweight?	Yes or No
Have specific dietary needs?	Yes or No
Have a regular exercise programs?	Yes or No

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# Medical History

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Does your sibling have any allergies to medications? Yes or No  
*If yes, list here*

Does your sibling have any food allergies? Yes or No  
*If yes, list here*

Does your sibling have any chronic health conditions? Yes or No  
*(Please circle all that apply)*

Lung Disease	Arthritis
High Blood Pressure	Hepatitis
Heart Condition	Blood Disorders
GI Issues	Visual Impairment
Cancer	Hearing Impairment
Kidney Disease	Diabetes

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**Any other Conditions?**

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Has your sibling had surgery or been hospitalized in the past ten years?

List the year and cause:

_____	_____
_____	_____

Does your sibling have any psychological/emotional difficulties?

*(Please circle all that apply)*

Depression	Anxiety
Self-Talk	Behavioral Issues
Agitation	Memory Loss
OCD	Physical Aggression
Loss of Skills	PTSD

# Medication Information

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Medication Name:

Medication Purpose:

Dosage:

Prescribing Doctor:

Comments:

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Medication Purpose:

Dosage:

Prescribing Doctor:

Comments:

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Comments:

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Dosage:

Prescribing Doctor:

Comments:

# Medication Schedule

	Medication Name	Dosage	Condition Treated	Prescribed By	Special Instructions	Possible Side Effects
Early Morning						
Mid-morning						
Lunch						
Mid-afternoon						
Evening						

**Other Notes:**

# Medical Professionals

Doctor	Specialty	Condition	Phone	Address	City, State & Zip

### WA HEALTH PLAN FINDER

Find, compare and enroll in health insurance.  
**wahealthplanfinder.org**  
WA State Healthcare Authority

**Hca.gov**  
MWA Apple Health (Medicaid)  
**Hca.wa.gov/Medicaid | 800-562-3022**

Healthcare for individuals with low income (formerly known as Medicaid)

### WA PRESCRIPTION DRUG DISCOUNT CARD

Free to anyone who lacks prescription drug coverage.  
**hca.wa.gov/pdp/ | 800-913-4146**

### AUTISM CENTERS

*University of Washington*  
Evaluation, treatment, training, and research.  
Seattle 206-221-6806  
Tacoma 253-692-4721  
*NW Autism Center (Spokane)* Information and referral.  
**nwautism.org | 509-328-1582**

### FAMILY TO FAMILY HEALTH INFORMATION CENTER

Information and referral about special health care needs and insurance.  
**familyvoices.org | 800-572-7368**  
Family Health Hotline  
**1-800-322-2588**

### DIVISION OF BEHAVIORAL HEALTH & RECOVERY

Contracts with 11 Regional Support Networks (RSNs) to administer community mental health programs for Medicaid-eligible persons. **dshs.wa.gov/dbhr/**

### WITHINREACH/PARENT HELP 123

A family-friendly clearinghouse, connecting families to resources, benefits, and services.  
**withinreachwa.org | parenthelp123.org**

### BASIC FOOD

Monthly benefits to help low-income individuals and families buy food.  
**foodhelp.wa.gov**

### UW CENTER ON HUMAN DEVELOPMENT & DISABILITY (CHDD)

A range of on-site clinical service programs that serve primarily children, with or at risk for developmental, learning, and behavioral problems. **depts.washington.edu/chdd**

### UW DENTAL EDUCATION IN CARE OF PERSONS WITH DISABILITIES (DECOD)

A program of the School of Dentistry that treats persons with severe disabilities.  
**206-543-4619**