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

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?

Diet & Exercise

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes or No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Does your sibling struggle with being overweight?</td>
<td></td>
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<tr>
<td>Have specific dietary needs?</td>
<td></td>
</tr>
<tr>
<td>Have a regular exercise programs?</td>
<td></td>
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</tbody>
</table>
Medical History

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)*

<table>
<thead>
<tr>
<th>Lung Disease</th>
<th>Arthritis</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Blood Pressure</td>
<td>Hepatitis</td>
</tr>
<tr>
<td>Heart Condition</td>
<td>Blood Disorders</td>
</tr>
<tr>
<td>GI Issues</td>
<td>Visual Impairment</td>
</tr>
<tr>
<td>Cancer</td>
<td>Hearing Impairment</td>
</tr>
<tr>
<td>Kidney Disease</td>
<td>Diabetes</td>
</tr>
</tbody>
</table>

Any other Conditions?  
__________________________________________________________________________  __________________________________________________

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)*

<table>
<thead>
<tr>
<th>Depression</th>
<th>Anxiety</th>
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</thead>
<tbody>
<tr>
<td>Self-Talk</td>
<td>Behavioral Issues</td>
</tr>
<tr>
<td>Agitation</td>
<td>Memory Loss</td>
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<tr>
<td>OCD</td>
<td>Physical Aggression</td>
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<tr>
<td>Loss of Skills</td>
<td>PTSD</td>
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</tbody>
</table>
Medication Information

Medication Name: 
Medication Purpose: 
Dosage: 
Prescribing Doctor: 
Comments: 

Medication Name: 
Medication Purpose: 
Dosage: 
Prescribing Doctor: 
Comments: 

Medication Name: 
Medication Purpose: 
Dosage: 
Prescribing Doctor: 
Comments: 

Medication Name: 
Medication Purpose: 
Dosage: 
Prescribing Doctor: 
Comments:
## Medication Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Medication Name</th>
<th>Dosage</th>
<th>Condition Treated</th>
<th>Prescribed By</th>
<th>Special Instructions</th>
<th>Possible Side Effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early Morning</td>
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<tr>
<td>Mid-morning</td>
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<td>Lunch</td>
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<td>Mid-afternoon</td>
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<td>Evening</td>
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**Other Notes:**
<table>
<thead>
<tr>
<th>Doctor</th>
<th>Specialty</th>
<th>Condition</th>
<th>Phone</th>
<th>Address</th>
<th>City, State &amp; Zip</th>
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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.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