



SPECIAL HEALTHCARE NEEDS

When a parent first learns their child has a disability, their world is forever changed. Whether that diagnosis involves one or more body systems, life can get complicated quickly. First and foremost, organization and self-care are imperative. There are several issues to consider along the way and many resources to help you. To name a few:

- ♥ Assure health insurance coverage for your child's medical services
 - Mass. Family Voices: www.massfamilyvoices.org or 617-236-7210 Ext. 210
 - NeedyMeds, for patient assistance programs: www.needymeds.org (online only)
- ♥ Identify public benefits and programs to help your family
 - Mass. Department of Public Health Community Support Line: www.mass.gov/dph/fch/community_support.htm or 800-882-1435
 - Family TIES of Massachusetts: www.massfamilyties.org or 800-905-8437
- ♥ Consider your family's and your own emotional well-being
 - Ask your child's pediatrician to contact the hospital-based medical team and determine if they offer case management, care coordination, or complex medical care services.
 - Speak with a social worker associated with your child's medical team, to address medical, therapeutic, financial, transportation, emotional, or other challenges.
 - Call Family TIES of Massachusetts' Parent-to-Parent Program, to find other families facing similar life challenges, for emotional support: 800-905-8437
- ♥ Manage the mountains of paperwork and resources you will collect
 - Family TIES of Massachusetts' "Let's Get Organized" workshop: 800-905-8437
- ♥ Take life one day at a time
 - Focus on the gifts your child possesses
 - Be realistic when planning any aspect of life
 - Remember to address your own needs, to maintain a sense of balance
 - Learn to ask for help, whenever you need it

For more information, contact your **Family TIES Regional Coordinator**
at **1-800-905-8437** or **www.massfamilyties.org**