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
  o Mass. Family Voices:  www.massfamilyvoices.org  or  617-236-7210  Ext. 210
  o Needymeds, for patient assistance programs:  www.needymeds.org  (online only)

♥ Identify public benefits and programs to help your family
  o Mass. Department of Public Health Community Support Line:  
    www.mass.gov/dph/fch/community_support.htm  or  800-882-1435
  o Family TIES of Massachusetts:  www.massfamilyties.org  or  800-905-8437

♥ Consider your family’s and your own emotional well-being
  o 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.
  o Speak with a social worker associated with your child’s medical team, to address medical, therapeutic, financial, transportation, emotional, or other challenges.
  o 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
  o Family TIES of Massachusetts’ “Let’s Get Organized” workshop: 800-905-8437

♥ Take life one day at a time
  o Focus on the gifts your child possesses
  o Be realistic when planning any aspect of life
  o Remember to address your own needs, to maintain a sense of balance
  o 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