

# Health Care Tools and Checklists

Access health histories, emergency forms, portable health summaries and other care coordination tools at this site: [http://www.syntiro.org/hrtw/tools/check\\_care.html](http://www.syntiro.org/hrtw/tools/check_care.html)

Includes **Portable Medical Summary templates for:-**

- Medically Complex
- Intellectually disability

## Other direct links for care tools

- **Health History Summary**

[http://depts.washington.edu/healthtr/documents/hhsummary/hhsummary\\_eng.pdf](http://depts.washington.edu/healthtr/documents/hhsummary/hhsummary_eng.pdf)

- **Medications List**

[http://cshcn.org/sites/default/files/webfm/file/Care\\_Notebook/Medications.pdf](http://cshcn.org/sites/default/files/webfm/file/Care_Notebook/Medications.pdf)

- **Care Plan Forms for Teens and Young Adults-** Three forms designed to help document health information and create a care plan. These forms were developed with the help of youth with ongoing health needs. You can use or change the forms to best meet your needs.

- **Getting to Know Me** - Provides space to write about your general health, strengths and challenges.

[http://cshcn.org/sites/default/files/webfm/file/Care\\_Plans/Teens/GettingtoKnowMeTeens.doc](http://cshcn.org/sites/default/files/webfm/file/Care_Plans/Teens/GettingtoKnowMeTeens.doc)

- Getting to Know Me (Sample)

[http://cshcn.org/sites/default/files/webfm/file/Care\\_Plans/Teens/GettingtoKnowMeTeens-Sample.pdf](http://cshcn.org/sites/default/files/webfm/file/Care_Plans/Teens/GettingtoKnowMeTeens-Sample.pdf)

- **What's the Plan** - Designed to help organize your questions and concerns. Helps plan for doctor visits and includes space for writing down 'next steps'

[http://cshcn.org/sites/default/files/webfm/file/Care\\_Plans/Teens/WhatsthePlanTeens.doc](http://cshcn.org/sites/default/files/webfm/file/Care_Plans/Teens/WhatsthePlanTeens.doc)

- What's the Plan (Sample)

[http://cshcn.org/sites/default/files/webfm/file/Care\\_Plans/Teens/WhatsthePlanTeens-Sample.pdf](http://cshcn.org/sites/default/files/webfm/file/Care_Plans/Teens/WhatsthePlanTeens-Sample.pdf)

- **Other Emergency Information Tools**

- **In Case of Emergency (ICE)** - ICE is a program that enables first responders, such as EMTs and police, to identify victims and an emergency contact for important medical information. Individuals are encouraged to enter emergency contacts in their phone or address book under the name "ICE". Alternately, a person can list multiple emergency contacts as "ICE1", "ICE2", etc.

- **ICE info list for wallet**

[http://cshcn.org/sites/default/files/webfm/file/Care\\_Plans/Teens/InCaseofEmergencyTeens.pdf](http://cshcn.org/sites/default/files/webfm/file/Care_Plans/Teens/InCaseofEmergencyTeens.pdf)

**Medical Identification Tag** - A **medical identification tag** is a small emblem or tag worn on a bracelet, neck chain, or on the clothing bearing a message that the wearer has an important medical condition that might require immediate attention. The intention is to alert a physician, emergency department personnel or police of the condition even if the wearer is not conscious enough or old enough to explain. Some people prefer to carry a wallet card with the same information.

A new type of medical identification alert is the USB medical alert tag – a USB flash drive that contains an individual's emergency information. Because of the memory on the flash drive these USB medical alert tags are capable of carrying much more information than the conventional medical ID bracelet. Emergency personnel can instantly access the information with any available computer.