

Caring for Your Medically Complex Child at Home

Take steps to keep your loved one safe, healthy, and cared for at home by building an emergency plan

Start Here



Take these steps as soon as possible.

- ✓ Ask your child's primary care provider or specialist if there are specific emergency instructions for EMS or emergency department providers. If so, ask them to complete an [**Oregon Health Emergency Protocol**](#) form, request a signed copy, and keep it handy.
- ✓ Consider adding your child to the [**HERO Kids Registry**](#). Print the completed form and keep it handy. Let family, caregivers, and school staff and nurses know your child is registered.
- ✓ Consider calling your local ambulance agency or fire station to tell them about your child's medical needs. Call [**Oregon EMS for Children**](#) if you need help connecting, **971-673-0564**.

Create A Plan

- ✓ Use the [**Family's Emergency Support Team**](#) worksheet to think about which family members and friends will help you in an emergency.
- ✓ Practice what to do in an emergency with family, friends, and neighbors who live close by and are willing to help.
- ✓ Hospitals may not have the specialized equipment and supplies your child needs. Have items available to bring with you.

Be prepared for health emergencies

- ✓ Every community's emergency response system is different. In rural areas, local EMS teams may not be familiar with the specialty devices or care your child or young adult needs. Oregon's [**HERO Kids Registry**](#) fills that information gap.
- ✓ HERO Kids lets families share key details about their child's or young adult's medical or behavioral health needs. It can help responders act quickly and appropriately in an emergency.

Resources

Caring for Children with Medical Complexity at Home Training modules featuring real stories and tips.

Planning for Health Emergencies Toolkit Easy-to-read toolkit written by and for families.

Emergency Information Form for Children with Special Needs Primary care provider or specialist will complete form and give you a copy to bring to emergency department.

United Cerebral Palsy Family Support For ALL families living with medical complexity.

Oregon Family to Family Health Information Center Get help navigating complex health care systems.

Cerebral Palsy Parents of NW Oregon/Washington Facebook Group



Contact Us



Oregon Family to Family Health Information Center

contact@oregonfamilytofamily.org

855-323-6744

www.oregonfamilytofamily.org



Oregon EMS for Children

971-673-0564

www.oregonemsc.org

