

## Transportation Resources

Sometimes just getting to appointments can be a challenge. It could be money for gas, a reliable vehicle or an accessible van. Here are few resources that may be of help:

- If your child has Healthy Kids Gold or HCCSD (Katie Beckett), reimbursement for mileage is available as well as information on NH providers that offer transportation services. For more information contact: 1-800-852-3345 EXT 3770 or (603) 271-3770.
- An ambulance service (found in the yellow pages under ("Ambulance")) may have wheelchair van service and some take insurance/Medicaid payments.
- Check with your local bus service. Many of them have door to door availability if eligible. They also often have other special transportation services. You can find the local bus service in your phone book.



### NH Family Voices

A Family to Family Health  
Information and Education Center

129 Pleasant St.

Concord, NH 03301

Phone: (800) 852-3345 X 4525

or (603) 271-4525

Fax: (603) 271-4902

E-mail: [nhfv@yahoo.com](mailto:nhfv@yahoo.com)

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## Tips on Handling Medical Appointments

For Families Having Children  
with Special Health Care Needs

NHFV (800) 852-3345 X 4525

# Tips on Handling Medical Appointments for Parents and Caregivers

- Find out the doctor's hours. Try to make your appointments the first of the day or the first appointment after lunch.
- Call before you leave for your appointment to confirm that the doctor is in and waiting time is minimal.
- Leave ample time for parking.
- Bring extra money for parking, co-pays and lunch.
- Ask about your doctor's schedule at the Hospital/Clinic. It might be possible to schedule a few appointments in one day. This will save you money on gas, parking, childcare for siblings and reduce the number of trips to the doctor, thus making it less stressful on you and your child.
- On a small piece of paper (the size of a credit card) write the names, phone and fax numbers you find your self needing at various appointments. Include pertinent doctors, labs, pharmacist, Social Security number, etc.
- Use one calendar for everything. It helps to avoid missing appointments. If you are writing appointments on different calendars you may miss something.
- Keep a bag packed for your doctor visit at all times. This way in an emergency you have a toy, phone numbers, snack, drink and medications ready and can run to the doctor's office without having to waste time looking for things.
- If you think your child will need something that he or she hates, or is afraid of, bring some type of reward (whether food, candy, small toy, favorite blanket, whatever will work to calm them down).
- Bring something for you to do while waiting, i.e. book, crossword, notes to be written.
- Make sure the individual you have watching your other children is available to stay late in the event it takes longer than you anticipated.
- If a hospital admission is a possibility, bring your child's current medications, pajamas, favorite nighttime toy, etc., to make the transition easier. Even though the hospital will not be able to use the medications you bring, it will provide accurate information on the meds and doses.
- Write down all of the questions you have prior to the appointment. It is easy to forget important questions when in the "heat of the moment".
- Bring a small notebook to write questions and notes about medication changes or instructions. Relying on your memory while trying to calm a child can be virtually impossible.

Adapted from material compiled by Parent to Parent of NYSNYS Family to Family Health Information and Education Center  
[www.parenttoparentnys.org](http://www.parenttoparentnys.org)



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