

IDEAS FOR HOME AND AWAY

Arranging the physical environment for people with special health care needs is important. The more organized you are the easier and safer it will be to go for a walk or travel. Persons with special health care needs have developed this list from their experiences.

- Develop a portable medical record that has all important information needed about you. Include immunizations, allergies, contact names and numbers, medical information, list of all medications (over the counter and prescribed), birth date, and insurance information. Keep it with you at all times.
- Organize your home environment so information and supplies are easily accessible. This eliminates stress and helps when others care for you.
- When traveling out of town always get a name and contact for medical supplies. Contact the suppliers before you leave to avoid problems.
- Develop a detailed checklist of what you need when you travel (use our ideas to help you). This helps you to remember every necessity and makes it easier for others to help you. Check your inventory list monthly.

TRAVEL BAG (EXAMPLE)

✓	ITEMS
	Diapers, wipes, personal hygiene supplies, change of clothes
	Medications, syringes, water
	Blue Ice
	Formula, snack

THE CAR (EXAMPLE)

✓	ITEMS
	Portable medical record
	Travel bag
	Wheelchair
	Cell phone



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TIPS FOR ARRANGING THE PHYSICAL ENVIRONMENT



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family-centered research, education, and dissemination

**ACCESSIBLE AND EASY TO FIND ITEMS
TO HELP IN YOUR HOME**

ITEM	PURPOSE	CHECK
Names and contact information for utilities, fire, and police	Emergency information	Keep current and posted
Home emergency plan	Education, safety, and emergency information	Keep current and posted
Immunizations list and allergy log	Medical record and emergency information	Keep current and portable
Names and contact numbers for caseworkers and suppliers	Medical record and communication	Keep current and portable
Names and contact numbers for physicians and specialists	Medical record and emergency information	Keep current and portable
Medications (list all prescribed and over-the-counter)	Medical record and emergency information	Keep current and portable
No Code information (may post at bedside)	Medical record and emergency information	Keep current and portable
Insurance information and birth date	Medical record and emergency information	Keep current and portable
Terminology explanations and definitions	Communication and understanding	Keep current
Personal checklists for home, yard, car, and travel	Aid in organization	Keep current
Spiral notebook with referral information	Relay information quickly and accurately	As needed
Clothes, diapers, wipes, and personal hygiene supplies	Cleanliness	As needed
Snacks	Fast and nutritious	As needed
Reading material and entertainment (games / movies)	Education, relaxation, and attention span	As needed
Zip lock bags	To organize essentials	As needed
Plastic grocery bags	Dispose of soiled diapers (minimize odor)	As needed
Thermometer (insulated)	Take temperature	As needed
Door stop (keep by doors)	To hold open door	As needed
5 gallon pails	To clean and sanitize equipment	48-72 hrs
Ambu Bag (aid for CPR)	Inflate lungs	Monthly
Generators (as needed for your equipment)	To use in case of a power failure	Monthly
Fire extinguisher	Fire Emergency	Annually

**MEDICAL CHECKLIST & IDEAS FOR
OXYGEN, TRACHS, J-TUBES, OR G-TUBES**

ITEM	PURPOSE	CHECK
Oxygen — check supply and connections	Breathing aid	Daily
Ventilators — check connections, settings, and back-up battery	Breathing aid	Daily
All medical equipment should be tested daily for tight connections, power source, and working condition (SVN, Suction, etc.)	Ensure safety and avoid emergency situations	Daily
Tape and dressing supplies	Change dressings	As needed
2x2 or 4x4 split gauze dressings for trachs, g-tubes, and j-tubes	To minimize redness and skin irritation	When wet
Catheters	Suctioning trach	As needed
Spare trachs and trach ties at bedside, in travel bag and with suction machine	In case trach falls out and need to reinsert	Daily
Cotton shoe laces	Optional trach tie can be washed and reused	Daily
Syringes	To rinse tubing, wet patients throat, and to give medications	As needed
Water	Drinking and irrigation of tubing	As needed
Saline bullets	Irrigate trach and for SVN treatments	As needed
Oxygen tubing (connectors are available to increase length)	Oxygen supply to patient	As needed
Christmas tree adapters (can't be loose, will leak oxygen)	Connect oxygen tubing to tanks	Daily

HELPFUL IDEAS FOR LEAVING HOME

ITEM	PURPOSE	CHECK
Travel bag should be a bag that hangs well on wheel chair	To organize and carry all necessary items	Daily
Blue ice (keep in freezer)	Keeps formula or medication cool	As needed
Wheel chair with large storage area	Ease of mobility	As needed
Develop detailed lists for your travel bag, chair, car, etc.	Prepared for everything	Keep current

ITEM	PURPOSE	CHECK
Portable Medical Record	All information in one place	Keep current
Portable door stop (keep with wheel chair)	Rock, small sand bag, or door stop	Before leaving
Cloths, diapers, wipes, change of clothes, personal hygiene supplies, etc.	Diaper changes and cleanliness	Before leaving
Oxygen (fill before leaving, check levels frequently, and don't run low)	Supplemental breathing	Before leaving
Always know time limits of oxygen and batteries on machinery	Not to run low	Ask supplier
Check all equipment operation, tubing, plugs, and battery supply	Not to run low	Before leaving
Extra receiving blanket (cover child while feeding or changing)	Privacy	As needed
Ambu Bag (check condition)	Inflate lungs	As needed
Spray bottle/mister with water	Cool self	As needed
Anti-bacterial hand gel or soap	Cleanliness	As needed
Small cooler (formula or meds)	Keep things cool	As needed
Umbrella, sun screen, glasses, hat, etc.	Protection	As needed
Ziploc bag with medications and all supplies needed to administer (syringes, adapters, extensions) *Don't forget Tylenol or Motrin.	To give medications (Don't forget water)	Before leaving
Ziploc bag with extra medical supplies (Trach, g-tubes, syringes, dressings, tape, thermometer, connections, etc.)	To have everything when needed	Before leaving
Reading material and entertainment (games / movies)	Education, relaxation, and to avoid boredom	As needed
Snacks	To avoid hunger	As needed
Cell Phone (charged & ready)	Emergency	As needed
Buddy System (a friend, relative, or caregiver to accompany)	Emotional & physical support	As needed
Portable Fire Extinguisher	Fire emergency	Annually Keep in car
Shingles, rugs, etc. for vehicles	Added traction in bad weather	Keep in car
Ramps in and out of home	Ease mobility	As needed
Ramps or lifts for vehicles	Ease mobility	As needed