

News & Resources

January 2024

For parents of children with special health care needs

January 2024 Table Talk: Dads talk about raising children with special health needs



Are you a Dad, Granddad, or male-identifying caregiver? Join Chuck Smith, OR F2F HIC Parent Partner, to talk about:

- **What helps dads participate** fully in the development and care of their children?
- **What are the barriers** that keep dads from being fully involved?
- **How can providers support dads** in being present for their children with special health care needs?

**Spanish interpretation available. For other languages, submit request two weeks prior to event.*

WED, Jan 17, 2024 | 12:00-1:00pm

[Register here](#)

<https://tinyurl.com/2s3bmr8e>

You will receive a zoom link via email.

Cost: FREE

The first 10 Oregon families to register and participate will receive a \$10.00 e-gift card.



Visit our [Facebook](#) page and [website](#). [Speak with a Parent Partner](#) or [refer a parent](#). For more information, to schedule a free training, or to be added to our mailing list contact us at contact@oregonfamilytofamily.org or 855-323-6744.

Parent Spotlight: Linda Baker



Q: What is one thing you have learned that you would share with a new parent or grandparent?

A: Take time to investigate the situation when your child is trying to tell you something. Try to better understand their intention to get the whole picture of what they are trying to communicate.

Q: Describe a perfect day with your child

A: A day at the library. Every time we go he is so enthusiastic. He recognizes the images in the books and enjoys looking at the pictures. He is a very visual learner and can recognize the words he remembers. Loves Pete the Cat, Paw Patrol, Care Bears, and Lego books. He brings books from school that are about pirates.

Q: What does your family do for fun?

A: We do family activities like paint rocks. He recently joined cub scouts and will be able to do a ton of activities with them, like crabbing. We also recently discovered that going to a movie theater can be enjoyable.

Linda is a grandparent residing in Sandy, Oregon.

Toolkits and Tip Sheets: By Parents, for Parents



Many free toolkits and tip sheets on topics related to children and youth with special health needs are available in our resource library and online. Our materials are available in English and Spanish, and with notice, we can get them translated to other languages. Some of our popular kits are linked below and MANY more are [available on our website](#). Stay tuned for our new in-depth toolkit on [Service Dogs and Support Animals](#) published in spring 2024!

Toolkits to help you stay organized:

- [My Child's Care Coordinators](#) – keep track of all of the people assigned to help you with your child's complex care
- [Problem Tracking Sheet](#) – tracking down problems with insurance or special education or something else? Use this sheet to document progress. Useful in the event you need to make a grievance or complaint

Toolkits about Pediatric to Adult Health Care Transition:

- [Five Questions to Ask your Provider about Transition](#): Don't wait! Get all the information you need for when your child ages out of pediatric care.
- [Adolescent Autonomy Checklist](#): (from the University of Washington) Not just for youth with disabilities, this tool gives you many ideas.

Need a printed copy or have an idea for a toolkit or tip sheet? [Send us an email!](#)

Organization Spotlight: ADRC



This month we are happy to feature the [Aging and Disability Resource Connection of Oregon](#) which has offices in every county in Oregon!

You may especially want to check out the **Relatives as Parents Program**. It is free to grandparents raising grandchildren or other relative caregivers age 55 or older who are caring for children or caring for adults with disabilities. The Relatives as Parents Program provides seniors who are legal guardians of their grandchildren benefits such as respite, counseling, information, and other support.

If you are a grandparent or other relative raising children contact the (ADRC) at www.adrcforegon.org or (855) 673-2372 to see what benefits you are eligible for.

The ADRC recommends these excellent resources for grandparents and other older adults raising children:

- [The Oregon Legal Guide for Grandparents and Older Relatives Raising Children](#)
- [A Resource Guide for Grandparents and Other Relatives Raising Children in Oregon](#)
- [Grandparent's and Other Relative's Guide to Raising Children with Disabilities](#)

SAVE the DATE!

Tues., Feb. 6, 2024, 6 pm
F2F will host a special information session
with the [Genetic Support Foundation!](#)

The Oregon Family to Family Health Information Center is affiliated with the Oregon Center for Children and Youth with Special Health Needs, Oregon Health & Science University, and supported by the Health Resources and Services Administration (HRSA) of the US Department of Health and Human Services (HHS). (Grant #H84MC21658/Family Professional Partnership/\$95,700). This information, content and conclusions are those of the author(s) and should not be construed as the official position or policy of, nor should any endorsements be inferred by, HRSA, HHS, the US Government, or OHSU.