

# Telehealth for Children and Youth with Special Health Care Needs

## How can telehealth improve my child's health care?



Telehealth can decrease or eliminate travel time for specialty care and offer flexible appointments



Telehealth gives you the opportunity to coordinate care with providers, family members, and caregivers all at the same time



You can use translation services to communicate more effectively and confidently about your child's health care

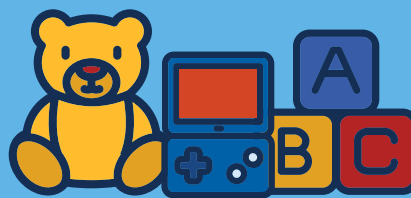


Telehealth visits can protect your child from contagious illness

## How can I help my child participate in a telehealth visit?



Conduct the telehealth visit in a place that's comfortable for your child



Minimize distractions



Encourage your child to talk and answer questions, if possible

## How can I prepare for my child's telehealth visit?



Make sure you have access to the internet and the equipment your child needs to communicate



Role play with your child so they are comfortable discussing their health



Consider what you and your child would like to share with their provider, such as:

- ▶ Celebrations
- ▶ Health updates
- ▶ Concerns and challenges
- ▶ Information from other providers



Talk with the doctor about follow-up care, such as:

- ▶ Bloodwork and lab tests
- ▶ Changes in medication
- ▶ Follow-up visits
- ▶ Plans to address behavior, emotional, or social concerns

Visit [Telehealth.HHS.gov](https://www.Telehealth.HHS.gov)



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