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# Moving With Special Health Needs Checklist

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| As Soon as you know when and where you will move: | Two weeks before moving |
| [ ]  | Contact your child’s health insurance plan | [ ]  Get new written prescriptions from your child’s providers  |
| [ ]  | Ask all current providers to make referrals to new providers | [ ]  Contact the new school again |
| [ ]  | Contact the local school system | [ ]  Send school reports |
| [ ]  | Contact the State Department of Public Health or Family to Family Health Information Center to learn about services. | [ ]  Send medical records to new health care providers |
| [ ]  | Contact the State Department of Education to learn about Special Education | [ ]  Notify electric company of moving date |
| [ ]  | Visit the area and video tape it if possible | [ ]  Call medical equipment supplier and get set up |
| [ ]  | Contact the Chamber of Commerce for information about your new community | [ ]  If in Oregon, consider registering with [HERO kids registry](https://www.ohsu.edu/occyshn/hero-kids-registry) Emergency personal can access key information when needed. |
| [ ]  | Learn about religious organizations and other special interest organizations in the area | **TWO DAYS BEFORE MOVING** |
| [ ]  | Locate a pharmacy that accepts your health insurance | [ ]  Refill prescriptions |
| [ ]  | Find and connect with another parent from the area | [ ]  Make sure the electricity is on in your new home |
| [ ]  | Contact parent organizations and support groups in the area | [ ]  Check supplies for the trip |
| [ ]  | Contact your current medical equipment supplier | [ ]  Call new medical equipment supplier to remind them |

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| New INFORMATION and Contact list |
| Hospital (Children’s hospital if needed) |  |
| Health Care Providers (Specialists too) [My Child's Team](https://www.ohsu.edu/sites/default/files/2018-12/My%20Childs%20Team.pdf) |  |
| Health insurance plan |  |
| EMS/ Fire/ Police |  |
| School |  |
| Parent Support Group/Organizations |  |
| Electric and other Utility companies |  |

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| DO YOU HAVE COPIES OF: |
| [ ]  Medical records: shots and immunizations, protocols, allergies – Uploaded into HERO kids? [www.herokidsregistry.com](http://www.herokidsregistry.com) (OR only) |
| [ ]  School records including IEPs, or IFSPs |
| [ ]  List of medical supplies and prescriptions used – Uploaded into HERO kids? [www.herokidsregistry.com](http://www.herokidsregistry.com) (OR only) |
| [ ]  Letter from PCP and specialty providers explaining your child’s condition |

Modified from the Massachusetts Department of Health 2004 Checklist

Oregon Family to Family HIC Feb. 2023

**Tips from Parents who have moved recently or frequently**

Planning

* You can ask your case manager(s) to help you apply for services in your new area. These will be different if you move across state lines. You start applying when you have your new address.
* Reach out to local the Family to Family, condition specific organization, Parent Training Center, or Facebook group for local knowledge and support.
* Consider [emergency plans](https://www.ohsu.edu/oregon-family-to-family-health-information-center/emergency-planning-and-safety) for common natural disasters in your new community, frequent or extended power outages, floods, wildfires etc.
* Research your new community, look for positive things you can share with your child(ren).

New Providers

* As you shop for new providers, tell them what your needs are, and ask if they can meet them. You can take notes on our [Problem Tracker Tip Sheet](https://www.ohsu.edu/sites/default/files/2018-12/91.%20%20Problem%20Tracking%20Sheet%20-%20Regular%20Printing.pdf).
* Contact the [state’s chapter of the American Academy of Pediatrics](https://www.aap.org/en/community/chapter-websites/) if you need help finding a primary care provider. <https://www.aap.org/en/community/chapter-websites/>

School

* Search and learn about special education services on school district, regional service districts, and state department of education websites.
* When you have an address, you can reach out to the local schools and speak to school nurses, 504 coordinators, Special Education personnel, or heads of private schools.

Family

* Talk with your child(ren) about the move, check to see what they are feeling or thinking.
* Consider whether to start school right away, or to allow some adjustment time first.
* Look into recreation options, adaptive and inclusive organizations, and other activities in your new community.
* Sign your child up for an activity, class, or sport to help them meet people.
* Help your child make a plan for how to stay connected with friends and family left behind. Don’t over-promise.