

## Taking Care of Your Child's Asthma— Knowing Your Resources!

Asthma is the most common chronic illness for children and teens in the United States. However, asthma can be managed. The goal is to help your child take control of his or her asthma. This handout shares ideas to help patients and their families manage asthma. It also provides resource and support information.

### **IMPORTANCE OF A MEDICAL HOME**

The American Academy of Pediatrics (AAP) describes the medical home as a model of health care. A medical home is not a specific place or type of health provider. When a medical home approach is taken your child is cared for in a way that looks at your whole child, not just the chronic condition. It means that health care is provided near to where you live. Your child's doctor includes your child and family in making decisions about his or her care, and respects your family's choices. Learn more about medical home at [www.medicalhomeinfo.org](http://www.medicalhomeinfo.org).

### **GETTING READY FOR YOUR ASTHMA APPOINTMENT**

Good communication with your child's doctor leads to better outcomes! Prepare before your child's appointment. Write down your child's medicines or bring them with you. Bring your child's spacers too. Write down your questions or concerns so you don't forget to ask. Bring extra paper so you can write down what you and your child need to remember.

Some things you may want to talk about include:

- How often your child uses a quick-relief (rescue) medicine
- If asthma keeps your child up at night
- If your child's Asthma Action Plan is up-to-date
- If your child is using his inhaler the right way
- The things that trigger your child's asthma attacks

Ask more questions if you don't understand an answer or instructions. Your child's doctor doesn't know what you don't know unless you ask.

### **ASTHMA RESOURCES:**

#### ***Paying for Asthma Medicine***

There are programs that help families pay for medicine when their health plans don't.

- Visit the Partnership for Prescription Assistance at [www.pparx.org](http://www.pparx.org) or call 888/477-2669. They can help you find a program or you can search online at [www.pparx.org/en/prescription\\_programs/list\\_of\\_participating\\_programs](http://www.pparx.org/en/prescription_programs/list_of_participating_programs).
- Call or search the Web site of the company that makes the medicine your child needs. Many have assistance programs.
- Ask your local pharmacy about discounts or assistance programs.

### ***Managing Asthma at School***

Children and teens with asthma will need an asthma health plans to make sure their medical needs are met during the school day. You will want to know if there is a nurse at the school, and if your child can carry his or her medicine. You will also work with the school to create a plan if your child has an asthma emergency. The resources below provide ideas for working with your school and for making asthma plans.

- American Academy of Pediatrics (Committee on School Health):  
[www.schoolhealth.org](http://www.schoolhealth.org)
- Center for Health and Health Care in Schools, School Children with Asthma:  
[www.healthinschools.org/sh/asthma.asp](http://www.healthinschools.org/sh/asthma.asp)
- Centers for Disease Control and Prevention, Division of Adolescent Health and School Health: [www.cdc.gov/healthyyouth/asthma](http://www.cdc.gov/healthyyouth/asthma)

### ***Asthma Camps in Your Area***

Many children look forward to going to camp and parents want to know their asthma is being cared for. To search for camps—especially for children with asthma—visit:  
[www.asthmacamps.org](http://www.asthmacamps.org).

### ***Resources for Parents***

American Academy of Pediatrics  
[www.aap.org](http://www.aap.org)  
[www.HealthyChildren.org](http://www.HealthyChildren.org)

Allergy & Asthma Network Mothers of Asthmatics  
[www.aanma.org](http://www.aanma.org)

Family-to-Family Health Information Centers  
(F2F – HICs)  
[www.familyvoices.org](http://www.familyvoices.org)

Asthma and Allergy Foundation of America  
[www.aafa.org](http://www.aafa.org)

Clean Air Campaign  
[www.cleanaircampaign.com](http://www.cleanaircampaign.com)

Maternal and Child Health (MCH) Library at  
Georgetown University  
[www.mchlibrary.info/families](http://www.mchlibrary.info/families)

### ***Information on Local Chapters and Support Groups:***

**(CHAMPION: PLEASE INSERT LOCAL/STATE INFO HERE)**

### ***Web Sites for Kids:***

Asthma Busters  
[www.asthma-busters.org](http://www.asthma-busters.org)

Just For Kids  
[www.aaaai.org/patients/just4kids](http://www.aaaai.org/patients/just4kids)

Games for Kids  
[www.lung.ca/children/index\\_kids](http://www.lung.ca/children/index_kids)

Nemours Family Web sites  
[www.kidshealth.org](http://www.kidshealth.org)