

ADHD Care and Self-Care Plan

Date _____

At your appointment today you and your healthcare team discussed your child’s ADHD and made a plan for what to do next. These are notes on what you did and decided.

Goals

Treatment goals are made to improve day-to-day function in areas that have been identified as impaired. This may be more than simply suppressing ADHD symptoms.

Your goals. The goal you have set for your child’s ADHD care is:

Management

• Assessment

MHI packet most recently completed: ___ / ___ / ___

School baseline most recently completed: ___ / ___ / ___

Current baseline impairment (as reported in most recent MHI packet): 1 2 3 4 5 6 7 (1-7 scale)

• ADHD Management Team Plan completed: ___ / ___ / ___

• Medication goal set with provider:

Begin a medication. See provider within 30 days (face-to-face visit). Date for visit: ___ / ___ / ___

Continue a medication. See provider for at least 2 follow-up visits within 9 months of starting medication.

Local resources:

Care manager: _____

Local provider _____

Clinic phone: _____

Other consultants or providers: _____

Self-care

• **Self-care goals and monitoring method options:** See ADHD Management Team Plan (also available at intermountainhealthcare.org/adhd)

• **Self management.** We discussed changes you and your child can make that will help manage your child’s ADHD and reach your goals.

How **important** are these changes to you? (1-10): _____

How **confident** are you that you can make these changes? (1-10): _____

What would help you reach your goals? _____

• **Self management tools:** See ADHD Management Team Plan (also available at intermountainhealthcare.org/adhd)

• **Healthy behaviors.** Check the goals that you and your child most want to work on now.

Get proper nutrition: _____

Eat more fruits and vegetables

Exercise: _____

Sleep ___ hours per night

Drink at least ___ glasses of water per day

Avoid tobacco and alcohol

Barriers assessed and addressed: _____

Patient education

Write the date you received each resource:

- Attention Deficit Hyperactivity Disorder (8-page color handout): ____ / ____ / ____
- Talking with Your Child's Teacher about ADHD (4-page fact sheet): ____ / ____ / ____
- ADHD: Tips for Teachers (4-page handout for teachers): ____ / ____ / ____

Patient education resources or referrals

- Specialist referral (date, name, phone) _____

- Community or other referral _____

- Support group: CHADD of Utah
- Parenting class. Date taken: ____ / ____ / ____

Online resources

- www.intermountainhealthcare.org/adhd (includes education, handouts, tools, and a list of national and local resources)
- www.chadd.com (Children and Adults with Attention Deficit Hyperactivity Disorder)
- www.chaddofutah.com
- www.help4adhd.org (national resource center for ADHD)
- www.parentsmedguide.org
- www.questforwhatsbest.info (information focused on the school)

Ongoing visits

Use the spaces below to indicate changes since your last visit.

Treatment goals reviewed and updated: ____ / ____ / ____

Current baseline impairment (as reported in most recent MHI packet): 1 2 3 4 5 6 7 (1-7 scale)

Improvement rating: Since your last visit, has your child shown any improvement in functioning at school or at home?

	None	Mild	Moderate	Significant
Home				
School				

Self-management progress: What aspects of self-management has your child improved on since your last visit?

- Taking medications
- Counseling
- Improving nutrition
- Exercising
- Spirituality
- Hobbies and fun activities
- Support from family and friends
- Other: _____

Intermountain Healthcare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Se proveen servicios de interpretación gratis. Hable con un empleado para solicitarlo. 我們將根據您的需求提供免費的口譯服務。請找尋工作人員協助。

© 2013-2019 Intermountain Healthcare. All rights reserved. The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to diagnose or treat a health problem or disease. Please consult your healthcare provider if you have any questions or concerns. More health information is available at intermountainhealthcare.org. FS336-10/19 (Last reviewed - 10/19) Also available in Spanish.