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 protect your child from contagious illness, including COVID-19.

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

Turn to Telehealth.HHS.gov