

### **Pediatric High-Tech Nursing**

Whenever possible, children and their families are given the choice to live in their own homes and communities, not hospitals. Some children live with medical conditions that require in-home nursing care to achieve this goal. Pediatric high-tech nursing enables medically fragile children with complex needs to be cared for safely at home and in their community. Services are provided by specially-trained nurses from home health agencies.



### **Nutrition consultation and support**

Individualized nutrition services are sometimes necessary for children with special health needs who have specific growth, feeding and dietary needs. Services are provided by expertly trained registered dietitians (RDs) who serve all regions of Vermont. Children who are commonly referred for these services are living with a special health need, and may:

- eat only a limited variety of foods
- have problems with constipation
- have challenges with feeding and eating
- be unable to eat safely by mouth
- have diagnoses that change their needs for specific nutrients
- have challenges maintaining a healthy weight



**Just call —  
we'll figure it out together.**

**800-660-4427 or 802-863-7338**



### **Children with Special Health Needs**

Vermont Department of Health  
108 Cherry Street, PO Box 70  
Burlington, VT 05402  
Fax: 802-863-7635

**[healthvermont.gov/family/special-health-needs](http://healthvermont.gov/family/special-health-needs)**

# Children with Special Health Needs

*A free public health program for families*





## Care coordination

Navigating health care, child care, insurance and resources for children with special health needs can be challenging. Our team of medical social workers are located throughout the state to help children, their families, and the providers who care for them. We make things easier by:

- meeting children and families in a setting that is most comfortable for them
- helping families navigate the healthcare system
- providing respite funding for parents and caregivers who need a break
- organizing care conferences with the various providers caring for a child
- collaborating with schools and special educators to create meaningful and appropriate educational plans
- accessing health insurance, medical care, and services
- identifying services and resources that may be helpful for a child and family
- assisting with transitions from services throughout a child's life and into adulthood

## Who we are

Children with Special Health Needs (CSHN) is a free public health program for families, part of the Maternal and Child Health Division at the Vermont Department of Health.

Our services are comprehensive, culturally sensitive, community-based and family-centered.

## Who we help

CSHN is available for children and youth from birth to age 21 who have special health needs, and their families.

## How we help

CSHN provides flexible, experienced, and proactive support. We offer a variety of services and programs, depending on the needs of your child and family.

While our focus is on your child, we also take a holistic, family-centered approach. We're there when you need us the most, and in the background when you don't.



## Connect with other programs within CSHN

*The following programs have additional clinical eligibility requirements and are for Medicaid beneficiaries only.*

### Children's Personal Care Services

Sometimes children need assistance to perform daily self-care skills. We help pay for one-on-one personal care services for a child that needs assistance with dressing, bathing, grooming, toileting, eating and/or mobility.



### Pediatric Palliative Care Program

Palliative care provides an added layer of support for children and adolescents living with life limiting illness. It helps ensure that your goals as a family are at the heart of your child's care. Palliative care can help to ease pain and other upsetting symptoms resulting from a condition or treatment.

This program is available for children at any age and any stage of illness and can be combined with other treatments the child is receiving. Services are provided by specially-trained teams made up of nurses, social workers, and other specialists from home health agencies.