



CARE BINDERS

4 SECTIONS TO INCLUDE

A care binder keeps important medical and therapy records in one place, making it easier to track your child's needs. It helps during doctor visits, IFSP meetings, and applications for services like IHSS or SSI.

1

Medical Records

- Diagnosis Information
- Medication List
- Medical Reports & Imaging
- Hospital Papers
- Specialist Contact List

3

Benefits Paperwork

- Benefits Approval Letters
- Doctor's Letters Supporting IHSS/SSI
- Medi-Cal Approval & Caseworker Info

2

Early Start Services

- Individualized Family Service Plan -- also known as the "IFSP"
- Early Start Therapy Notes
- Early Start Assessments
- Behavioral Support Plans

4

Daily Logs & Tracking

- Daily Care Log
 - seizures, breathing issues, feeding challenges
- Your Appointment Notes
- List of Questions

About Early Start Together

We help parents of infants and toddlers with delays and disabilities find resources and build community. Exceptional Family Resource Center (EFRC) offers free services to parents through all ages and stages, birth through adult.

CONTACT: SHASSANI@SDSU.EDU

We are happy to help you with your specific questions and situation.



EFRC Main
619-594-7416



Find Us Online
www.efrconline.org