

Neurosciences Family Advisory Council (Neuro FAC)

Fall, 2014

Getting to know your Neuro FAC



How can we help your family?

We are dedicated to changing lives and improving outcomes for children and teens with neurological conditions. The following information is provided by our Neuro FAC to make things simple when things get complicated with your child's condition. We are here to help families bridge communication gaps and empower parents with tools to manage their child's healthcare.

Email us: neuro@cookchildrens.org

SPOTLIGHT ON: MATTHEW REED, LCSW

Neurosciences Social Worker



As the Neurosciences Social Worker, my job is to help families and assist with any barriers to healthcare. Social workers help advocate for patients when they do not receive the services they so desperately need. I often assist with insurance issues and ensure that patients receive the correct services at school and have access to available resources. I often ask myself, is this child receiving all the benefits and services that are available to them? As a clinical social worker I do my best to stay knowledgeable of community resources, programs, and government policies that affect your child's care. A social worker can also help families with coordinating the care of their child. Many of our patients have complicated medical conditions, which can make daily life challenging. Social workers are here to listen, offer support, and ensure that patients and families thrive, not just survive.

Social workers view patients not as an illness or diagnosis, but rather as a whole person. A social worker understands that there is so much more to a patient's life than an annual neurology visit. How does this illness or condition affect their friendships at school or relationships with family members at home? Does this

patient need extra support to be successful and happy? Many times, social workers can provide brief counseling and assessment to determine a family's needs, and connect them with other professionals who can provide ongoing therapy and support.

Every patient situation is unique. One day I might assist a refugee family from a war torn country locate basic services, the next I may meet with a local middle class family who is overwhelmed with their child's care. The goal of a social worker is to enhance human well-being and help meet the basic human needs of all people. I often tell families that if there is an issue or problem, a social worker can help. I may not have all the answers, but I will always do my best to point you in the right direction.

Contact Matthew Reed at: 682-885-2259
matthew.reed@cookchildrens.org



HOT TOPIC: CONCUSSION AWARENESS



Awareness regarding the potential negative effects of concussion has increased in recent years, and we continue to learn more about the best ways to support recovery following a concussion. A concussion can be very serious, but when given appropriate treatment, most people with concussions recover just fine. If you suspect a concussion, it's very important to contact your physician's office and follow steps designed for your child's condition. Recovery typically occurs within hours to a few days. Here are some general guidelines:

- ◆ **Head injuries in children are common and often very mild**
- ◆ **Concussions are serious because their symptoms can get worse**
- ◆ **It is rare to have the very serious type of head injury**
- ◆ **Recovery from concussions should be monitored because symptoms can get worse**



Cook Children's will create a plan to help your child recover from a concussion with the goal to speed recovery and prevent further injury.



Neurosciences Nuggets



The Neurosciences nurses have implemented a new Team Approach in an effort to continue providing the highest quality nursing to patients in the most efficient manner. This system will allow the nursing staff to get to know more of our patients and their families more intimately.

Families and patients can expect to meet more of the staff on the Neurosciences Nursing team. We are excited by this prospect of having more nurses becoming more knowledgeable about your child's unique history and your needed care.

*Nurses encourage the use of the patient portal to answer
many questions without having to wait for a callback!*

The Patient Portal can be found at www.mycookchildrens.org. If you have not yet created an account, registration is free and easy! Just click on *Create Account*.

- View & request appointments
- View & pay bills securely
- Get test results quickly and confidentially
- See a summary of your child's visit

Upcoming Events and related resources

October: Spina Bifida Awareness Month

Information and online support: www.spinabifidaassociation.org

October 9: Neurofibromatosis Support Group at Cook Children's

Information and online support: www.texasnf.org

October 16: Tourette Back-to-School Bash at Cook Children's

Information, education, and support: www.tsa-usa.org

November: Epilepsy Awareness Month

Information and online support: www.eftx.org

November 8: "Greetings From Texas" Epilepsy Foundation Texas—Epilepsy Awareness Event at Gilley's Dallas. Registration and information: www.eftx.org

November 13: Epilepsy Support Group at Cook Children's

December 11: Holiday Party for Neurology Support Groups at Cook Children's

Information on Cook Children's support groups: www.cookchildrens.org

<http://www.cookchildrens.org/SpecialtyServices/Neurosciences/Resources>

Save the date!
**Neurosciences Family
Education Day!**
Sat., February 7, 2015!