



# **FAMILY CARE PLAN**

Planning for Pregnancy,  
Postpartum, & Parenting

# BACKGROUND

This document is a Family Care Plan. A Family Care Plan is helpful for **any** family and can be used to help your care team understand how to better connect you and your family to resources during pregnancy. The goal of a Family Care Plan is to reach Oregonians as early as possible in their pregnancy so that families can receive the support they need for a healthy pregnancy and baby. It's never too late to make a family care plan even if your baby has already been born.

Sharing your Family Care Plan with all of the care professionals you interact with can also show that you have a plan in place to prepare for caring for your baby. This is especially helpful if you are worried that child welfare might become involved when you give birth. If you are a person who used substances during your pregnancy, this Family Care Plan satisfies the requirements of the Oregon Department of Human Services to make sure a Family Care Plan is in place if a person used substances during pregnancy. Child welfare never becomes involved *during* pregnancy, only after a baby is born and not every time a person uses substances during pregnancy. If you have another child in the home child welfare could become involved while you are pregnant.

# INFORMATION

**Date Family Care Plan Started**

**Name**

**Partner/Support Person**

**Baby(ies) Name(s)**

**Due Date**

**Other Children**








**Health Insurance Information**

**Health Care Provider Contact(s)**

**Peer Doula or Other Contact(s)**








# Immediate Needs

Housing, food, and other basic resources

	Interested 	Enrolled 	Complete 	Not Needed 	 Person/ Organization	 Contact Information	 Next Steps
Somewhere to sleep tonight							
Food to eat right now or in the next few days							
Clean drinking water							
Electricity and running water							
Wound care							
Other urgent medical needs							
Mental health crisis support							
Access to medications							
Somewhere safe to be right now							

# Basic Needs








Housing, food, and other basic resources

	Interested 	Enrolled 	Complete 	Not Needed 	 Person/ Organization	 Contact Information	 Next Steps
Permanent Housing							
Temporary Housing							
Safe Sleep Site							
Food (SNAP, WIC, etc.)							
Transportation (rides through insurance, bus passes, gas)							
Financial Assistance (TANF)							
Social Security Disability							
Job Search							
Education							



# Parenting and Child Resources

Resources for caring for your baby and other children

	Interested 	Enrolled 	Complete 	Not Needed 	 Person/ Organization	 Contact Information	 Next Steps
Home Visiting Programs							
Safer Sleep Info/Items							
Childcare							
Emergency Childcare							
Early Intervention							
Early Head Start							
Carseat							
Other Baby Items							
Medication lock box							



# Healthcare: General

Resources to care for your physical well-being

	Interested 	Enrolled 	Complete 	Not Needed 	 Person/ Organization	 Contact Information	 Next Steps
Health insurance (you, partner, child(ren))							
Prenatal & Postpartum Care (OBGYN, Midwife)							
Doula							
Family Planning (Contraceptive)							
Primary Care							
Pediatric Care							
Sexual health including STI testing							
Glasses/vision							
Dental							








# Healthcare: Mental Health

Resources to care for your mental well-being

	Interested 	Enrolled 	Complete 	Not Needed 	 Person/ Organization	 Contact Information	 Next Steps
Mental Health Counseling							
Psychiatric Medication							
Safety Plan for Suicidal Thoughts							
Personal Safety Including Self-Defense							
Grief and loss support							
Mental health peer support							

# Healthcare: Substance Use

Resources to support where you are at in your relationship with substances

	Interested 	Enrolled 	Complete 	Not Needed 	 Person/ Organization	 Contact Information	 Next Steps
Stopping smoking resources							
Medication for Substance Use							
Substance Use Counseling							
Substance Use Treatment							
12-step and other support groups							
Narcan/naloxone for overdose reversal							
Fentanyl and xylazine test strips							
Unused syringes to prevent HIV/Hep C							
Peer support for substance use							



# BIRTH PLAN

## I Want My Care Team to Know

- I have Group B Strep
  - I am Rh Incompatible with Baby
  - I have Gestational Diabetes
  - I have HIV
  - I have Hepatitis C
  - I take Prescription Opioids and May Need Additional Pain Management Medication
  - I have Experienced Pregnancy Loss or Child Removal in the Past
  - It was Difficult to Become Pregnant
  - I am a Survivor of Trauma
  - Other:
- 

## My Delivery is Planned As

- Vaginal
  - Cesarean Section
  - Water Birth
  - Vaginal Birth after prior Cesarean Section
  - Other:
- 

## I Want the Following People Present During or After Labor:

- Partner
- Parents
- Other Children
- Doula
- Other

## If I Have a Vaginal Birth:

## If I Need an Induction:

## If I Need a Cesarean:

## If My Baby Goes to the NICU:

## Other Information: