

# NETWORK OF CARE USER GUIDE



A Web Site for  
Seniors and  
People with  
Disabilities

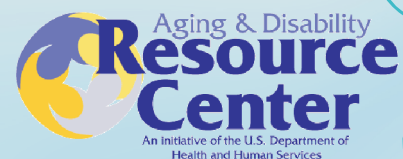
[www.sandiego.networkofcare.org/aging](http://www.sandiego.networkofcare.org/aging)

find services

gain knowledge

remain independent

be heard



The Network of Care User Guide was created with a Tech4Impact Grant from the Center for Technology and Aging. The project is part of a broader effort in San Diego County to improve health outcomes for people with complex health needs.



# Network of Care Main Page



The screenshot shows the Network of Care main page. At the top, there is a navigation bar with links: Home, Services, Library, Legislate, Links, Assistive Devices, and My PHR. A 'Visit Our Other Sites' button is also present. Below the navigation bar is a large green banner featuring the HHSA logo (Health and Human Services Agency) and the text 'Seniors and People with Disabilities'. To the right of the text is a photograph of an elderly woman wearing a white scarf and a brown jacket. Below the banner, there is a sidebar on the left with various links: Change Language, Large Print, Message Boards, Community Calendar, Rx Assistance, Abuse Prevention, Fall Prevention, Medicare, Social Networking, and eNews Signup. The main content area has a section titled 'Find Local Services by Topic or Keyword' with a dropdown menu for 'Alzheimer's Disease' and a search button. Below this is a 'LEARNING CENTER' section with icons for Healthy Aging, Alzheimer's, Depression, Heart Health, Alcohol & Drugs, and Macular Degen. On the right side, there is a section titled 'ANNOUNCEMENTS & SPECIAL REPORTS' with links to various reports and a 'CAREGIVER COALITION OF SAN DIEGO' section with a link to the Caregiver Coalition.


The Network of Care Web site is a comprehensive, Internet-based community resource for older adults, people with disabilities, their families, caregivers and service providers.

This easy-to-use Web resource provides an extensive directory to put people in touch with the right services at the right time. It also offers vital information about diseases, medications, assistive devices and caregiving, as well as daily news from around the world related to aging and disabilities. This unique, one-stop information tool enables you to keep personal records, create an online family meeting place, and communicate directly with elected officials to make your voice heard in the legislative halls.

There are six links at the top of the page to help meet your needs: **Service Directory**, **Library**, **Assistive Devices**, **Links**, **Legislate** and **My PHR**.

Additional local information, resources and links are accessible from the menu located on the left side of the main page. Using the **Planning Your Future** link, you can assess and plan for your current and future needs for long-term care services and supports.

# Service Directory

Home **Services** Library Legislate Links Assistive Devices My PHR

**County of San Diego**  
Health and Human Services Agency



[SHARE](#) [f](#) [t](#) [e](#)  
Change Language  
Large Print  
[Find Services](#)  
Add or Correct Info  
How to Use the Database

## Seniors and People with Disabilities


**Find Services**

Search your area's comprehensive directory to find services related to aging, disabilities, caregiving, Alzheimer's, and more. Whether you're looking for programs or facilities, you'll find them below.

Listings can easily be added or updated anytime by clicking "Add or Correct Info" at left.

| Categories                              | Program/Agency Name | Keyword                                    | Advanced Search |
|---|---------------------|--|-----------------|
| <b>Choose a Category:</b>               |                     |  |                 |
| <a href="#">Advocacy &amp; Planning</a> |                     | <a href="#">Housing &amp; Homelessness</a> |                 |
| <a href="#">Caregiver</a>               |                     | <a href="#">Information</a>                |                 |
| <a href="#">Child Care</a>              |                     | <a href="#">Legal Issues and Services</a>  |                 |

For more resource information, click here...



**ITN San Diego**  
Digitized transportation for seniors



**MEDICARE FACILITY RATINGS IN YOUR AREA**

[Hospital Ratings](#)  
Patient satisfaction survey results and how they compare to the statewide average.

[Nursing Homes](#)  
View nursing staff information and nursing provider ratings for nursing homes in your area.

[Home Health Facilities](#)  
View quality measure ratings for home health facilities in your area.

## About the Service Directory

The Network of Care Service Directory is the first database of its kind. It is a comprehensive database of local community resources for consumers, caregivers and service providers. It was designed to be easily used by anyone who wants to find local services by category. The resources in the Service Directory are maintained and updated regularly by 211 San Diego to ensure the highest accuracy.

The Service Directory is extremely important in enabling people to make greater use of home and community based services, so they can stay in their own homes, as independent as possible for as long as possible.

Now, let's review how you can navigate the Service Directory.

## **How you can use the Service Directory**

You can search for community listings four ways: the **Category Search**, the **Program/Agency Name Search**, the **Keyword Search** and the **Advanced Search**. Here are some examples of how you can use each of these search functions.

### **Category Search:**

**Step 1.** With the Category search, you can search by selecting a category related to your field of interest.

Choose a Category

- [Advocacy & Planning](#)
- [Caregiver](#)
- [Child Care](#)
- [Counseling](#)
- [Crime Prevention](#)
- [Crisis & Emergency Services](#)

**Step 2.** After selecting a category, you will see a list of results.

### **Caregiver**

**Results: 8**

- [Caregiver Training](#)
- [Errand Running/Shopping Assistance](#)
- [In Home Assistance](#)
- [Personal Care](#)
- [Personal Emergency Response Systems](#)
- [Telephone Reassurance](#)
- [Vial of Life](#)

**Step 3.** You can select any of these sub-categories to access topic-specific resources and services.

## Program/Agency Name Search:

**Step 1.** To find a listing for a specific agency or program, type the agency or program's name in the "Program/Agency Name" box, then click "Submit". Or, click on a letter below the box to view an alphabetized list of programs and agencies.

Program/Agency Name:

A B C D E F G H I J K L M  
N O P Q R S T U V W X Y Z

## Keyword Search:

**Step 1.** Type the condition or topic you're searching for in the "Keyword" box, and then click "Submit". After clicking submit, make a selection from the list provided.

Keyword:

Keyword search results for ***Fraud***

- [Consumer Fraud Reporting](#)
- [Credit Repair Fraud Reporting](#)
- [Fraud Prevention](#)
- [Medicare Fraud Reporting](#)
- [Social Security Fraud Reporting](#)
- [Tax Fraud Reporting](#)
- [Welfare Fraud Reporting](#)

## Advanced Search:

**Step 1.** With the Advanced Search option, you can narrow down your search to a specific keyword, category, geographical location and language served. After clicking submit, select an option from the list provided.

To search for listings by keyword, category or, ZIP code, selects any combination of options.

Keyword:

Category:

With this city:

Or This ZIP Code:

Within this radius:  miles from your zip code

Agencies located within **5** miles of the **92123** ZIP code

### [Mobility Training, Employment and Community Options](#)

**Approximately 2.44 mile(s) from 92123.**

**Phone Number:** (619) 285-1791

**Address:** 3950 Camino Del Rio North, Ste 121 San Diego, CA 92108

### [Driving Directions](#)

Provides individualized training in all skills related to using public transportation on a one-to- one trainer/consumer ratio. Skills taught include: identification of buses and trolleys, identification of landmarks, street crossing skills, transfers, and emergency.





# Library

[Home](#)[Services](#)[Library](#)[Legislate](#)[Links](#)[Assistive Devices](#)[My PHR](#)[Visit Our Other Sites »](#)

**County of San Diego**  
Health and Human Services Agency

[SHARE](#) [f](#) [t](#) [e](#) [...](#)[Change Language](#)[Large Print](#)[Key Health Articles](#)[Medications](#)[Medical Tests](#)[Support Groups](#)[Interactive Tools](#)[Symptom Checker](#)[All Health Topics by Category](#)

## Seniors and People with Disabilities

### Library

Your area's Library contains more than 30,000 articles, fact sheets and reports produced by leading organizations in the fields of healthy aging; caregiving; disabilities; Alzheimer's and dementia; alternative treatments; Medicare; financial planning, and more.

Keyword Search:  [submit](#)

A B C D E F G H I J K L M  
N O P Q R S T U V W X Y Z

Note: indicates Healthwise article

[EN ESPAÑOL](#)

[Haga usted clic aquí para leer artículos de "network of care" en Español](#)

#### [Key Health Articles:](#)

Fact-based articles about conditions and treatments...

#### [Medications:](#)

Prescription and non-prescription drugs...

#### [Medical Tests:](#)

Tests and exams for medical conditions...

#### [Interactive Tools:](#)

Quizzes and calculators to help manage health...

#### [Symptom Checker:](#)

Body map to help find and learn about symptoms...

#### [All Health Topics by Category:](#)

Topics grouped by related health category...

The **Library** is a deep bank of educational information about diseases, conditions, medications, research and a wide variety of other important topics, to help you better understand and handle their own living circumstances associated with aging and disabilities. It also includes a section of articles specifically for caregivers.

The library includes **Key Health Articles**, **Medications**, **Medical Tests**, **Support Groups**, **Interactive Tools**, **Symptom Checker** and **All Health Topics by Category**. You can also use the **Keyword Search** either by typing a word or phrase to help locate what you are searching for. Or, you can search alphabetically by clicking on a letter.



## Example of Keyword Search:

**Step 1.** Type the condition or topic you're searching for in the "Keyword" box, and then click "Submit".

Keyword Search:

A B C D E F G H I J K L M  
N O P Q R S T U V W X Y Z

**Step 2.** After clicking "Submit", you will automatically get a list of resources.

A search for **Alzheimer** returned **101 articles**

[Alzheimer's Disease](#) <sup>(H)</sup>

Discusses a form of mental decline (also called dementia). Looks at possible causes. Covers symptoms like memory loss or changes in mood or behavior. Covers treatment with medicines to help with memory and thinking problems. Offers tips for caregivers.

[10 Warning Signs of Alzheimer's Disease](#)

Memory loss that disrupts everyday life is not a normal part of aging. It is a symptom of dementia, a gradual and progressive decline in memory, thinking and reasoning skills. The most common form of dementia is Alzheimer's disease, a disorder

[10 ways to help a family living with Alzheimer's](#)

1. Stay in touch – show you care A card, a call

## Example of Alphabetical Search:

**Step 1.** To search alphabetically, you would click on the first letter of the topic you are searching for. For example, if you are searching for High Blood Pressure, click on the letter "H".

Keyword Search:

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

**Step 2.** You will automatically be redirected to your results. Then click "HI" to be directed to the information related to "HI" for high blood pressure.

The letter **H** returned: **1286 articles**

[H](#) [H-](#) [H.](#) [H1](#) [H2](#) [HA](#) [HB](#) [HC](#) [HD](#) [HE](#) [HF](#) [HG](#) [HH](#) [HI](#) [HL](#) [HM](#) [HN](#) [HO](#)

**Step 3.** Next, scroll down to locate the specific information pertaining to High Blood Pressure.

**HI**

[Hiatal Hernia](#)

[Hiatal Hernia and GERD](#)

[Hiatal Hernia-Microcephaly-Nephrosis, Galloway Type](#)

[Hiberix](#)

While in the **Library**, check out the **Interactive Tools** to help you manage your health. The Interactive Tools are easy-to-use personal calculators. Take a quiz or enter your information to learn important facts that can help you make smart decisions about your health. For example, find out if you are at risk for a heart attack or stroke. Discover how much smoking really costs you or how many calories you burn on a walk. See how well you "bounce back" and handle stress.

### **Example of Interactive Tools Search:**

**Step 1.** To get started making better decisions about your health, click on **Interactive Tools**.

- [Interactive Tools](#):  
Quizzes and calculators to help manage health...
- [Symptom Checker](#):  
Body map to help find and learn about symptoms...
- [All Health Topics by Category](#):  
Topics grouped by related health category...

**Step 2.** Once you have clicked on the link, you will be redirected to a series of articles that you can choose to get more information.

### **Health and Fitness Tools**


[Which Health Screenings Do You Need?](#)

[Are You at Risk for a Heart Attack?](#)

[What Is Your Target Heart Rate?](#)

[Is Your BMI Increasing Your Health Risks?](#)

# Assistive Devices



Home Services Library Legislate Links [Assistive Devices](#) My PHR



County of San Diego  
Health and Human Services Agency



SHARE   

Change Language

Large Print

Search By  
[Product/Function](#)

Search By Keyword

Advanced Search By  
Keyword

Search By Company

Search By Brand Name

Frequently Asked  
Questions

## Seniors and People with Disabilities

### Assistive Devices

Our database lists more than 21,000 currently available products from more than 8,000 companies. The database also offers information on non-commercial prototypes, customized and one-of-a-kind products, and do-it-yourself designs. To find specific products for children or parents with disabilities, we recommend that you use the [Advanced Search by Keyword](#) below. Note: Many assistive devices are now covered by Medicaid or Medi-Cal.



AbleData

| Categories  | Company/Brand Name | Keyword | Advanced Search |
|---|--------------------|---------|-----------------|
| <b>Choose a Category</b>  |                    |         |                 |
| <ul style="list-style-type: none"><li><a href="#">Aids for Daily Living</a><br/>Products to aid in activities of daily living.<br/><b>Major Categories:</b> Bathing, Carrying, Child Care, Clothing, Dispenser Aids, Dressing, Drinking, Feeding, Grooming/Hygiene, Handle Padding, Health Care, Holding, Reaching, Time, Smoking, Toileting, Transfer.</li><li><a href="#">Blind and Low Vision</a><br/>Products for people with visual disabilities.<br/><b>Major Categories:</b> Computers, Educational Aids, Health Care, Information Storage, Kitchen Aids, Labeling, Magnification, Office Equipment, Orientation and Mobility, Reading, Recreation, Sensors, Telephones, Time, Tools, Travel, Typing, Writing (Braille).</li></ul> |                    |         |                 |

The **Assistive Devices** resource is a fast, easy-to-use database of more than 19,000 assistive tools that you can search by function, manufacturer and brand name. This database is frequently updated to bring you the most current information and state-of-the-art products.

The Assistive Devices link allows you to **search** for devices by **Category** or **Company/Brand Name**. You can also conduct an **Advanced Search** or a search by **Keyword**. There is also a **Frequently Asked Questions** link. Through this link you can search questions related to assistive devices.

## Example of Category Search:

**Step 1.** Under categories there is a display of topics. Click on a topic that interests you.

| Categories | Company/Brand Name | Keyword | Advanced Search |
|------------|--------------------|---------|-----------------|
|------------|--------------------|---------|-----------------|

### [Blind and Low Vision](#)

Products for people with visual disabilities

**Major Categories:** Computers, Educational Aids, Health Care, Information Storage, Kitchen Aids, Labeling, Magnification, Office Equipment, Orientation and Mobility, Reading, Recreation, Sensors, Telephones, Time, Tools, Travel, Typing, Writing (Braille).

**Step 2.** After clicking on the topic, you will get a list of information to choose from.

### **Blind and Low Vision General**

- [Audible Battery Tester\(3\)](#)
- [Audible Beeper Paging System\(3\)](#)

### [AUDIBLE BATTERY TESTER](#)

The Audible Battery Tester is designed for persons who are blind or have low vision. The device tests 9-volt, AA, AAA, C, D, and N size batteries. The user places the battery in the tester, and then presses a button. As the button is pressed, a continuous beep is heard if the battery has power. The louder the beep, the more power remains in the battery. The Audible Battery Tester also has a light indicator for those who can see....[\[More Information\]](#)

## Example of Company/Brand Name Search:

Step 1. Type the brand name of the product you are searching for, and then click "Search."

|            |                    |         |                 |
|------------|--------------------|---------|-----------------|
| Categories | Company/Brand Name | Keyword | Advanced Search |
|------------|--------------------|---------|-----------------|

To search for a company that makes or distributes currently available products, type the company name (Example: IBM) in the space below and hit "search":

Company:

To search for a particular brand of currently available products, type the brand name (Example: Theraplay Swing) in the blank below and click "search."

Brand:

**Step 2.** After clicking search, make a selection from the search results displayed.

### Search Results

#### Currently Available Products      Results 1-6 of 6

##### [THERAPLAY ADULT SAFETY SWING CHAIR \(MODEL 582-963\)](#)

The Adult Safety Swing Chair is swing chair attachment for a swing frame for adults with a physical disability. It is designed as a one piece tubular steel frame with arm and foot rests. The swing comes with four adjustable 2-inch wide belt retaining straps with Velcro closures to secure the chest and lap area. [\[More Information\]](#)

##### [THERAPLAY COMBINATION SWING \(MODEL 581-488\)](#)

The Theraplay Combination Swing is a swing set designed seats and wheelchair platforms for individuals in a wheelchair and those without a disability. It is a standard swing frame with two cut-proof seats, and two wheelchair swing platforms with pull-rope attachments. Top rail has outer dimension of 2-3/8 inches and legs have an outer dimension of 1-7/8 inches  
WEIGHT: 350 pounds. [\[More Information\]](#)

## Example of Keyword Search:

|            |                    |         |                 |
|------------|--------------------|---------|-----------------|
| Categories | Company/Brand Name | Keyword | Advanced Search |
|------------|--------------------|---------|-----------------|

It's easy to search our huge database of currently available assistive devices by keyword or key phrase. Simply type the word or phrase in the space below

(Example: Audible Battery), and then click "search."

Keyword:

### ['K' SONAR \(MODEL 1-07000-00\)](#)

The 'K' Sonar, model 1-07000-00, is an audible electronic mobility aid and obstacle detector designed for use by individuals who are blind or have low vision. By listening to sounds produced by the device, users can determine the distance and location of objects and some of the object's features. The device has two range modes: long range (about 16 feet) and short range (about 6 feet). [\[More Information\]](#)

## Example of Advanced Search:

|            |                    |         |                 |
|------------|--------------------|---------|-----------------|
| Categories | Company/Brand Name | Keyword | Advanced Search |
|------------|--------------------|---------|-----------------|

### Advanced Search

Do you know exactly what you're searching for? Then use our Advanced Keyword Search.

With all of these words:

With the exact phrase:

With any of these words:

Without the words:

## Search Results

Currently Available Products    Results 1-1 of 1

1. ['K' SONAR \(MODEL 1-07000-00\)](#)

The 'K' Sonar, model 1-07000-00, is an audible electronic mobility aid and obstacle detector designed for use by individuals who are blind or have low vision. By listening to sounds produced by the device, users can determine the distance and location of objects and some of the object's features. The device has two range modes: long range (about 16 feet) and short range (about 6 feet). [\[More Information\]](#)





# My PHR

**Network of Care**

Logout My Account My Sub-Folders PHR Home

**Personal Health Record**  
Network of Care

**Hello demo**

**MY FOLDERS** ▼  
[Demo Folder](#)  
Manage Your Folders

**MY WRAP** ▼  
[Demo Folder](#)  
Each folder has it's own WRAP. Please select the folder you would like to access.

If you have recent messages from someone you've granted PHR access to, they'll appear in the box below on the left.

To log out or change your user profile or password, use the links in the upper right corner of every screen. If you have any questions, please contact the Network of Care at [admin@networkofcare.org](mailto:admin@networkofcare.org).

**Personal Health Toolbox**

✉ **My Messages** (last 7 days)

**LEARN MORE**  
Personal Health Records

Register Your Common Access Card (CAC)  
You can use your CAC for authentication on this site. Click the button below to associate a CAC with this PHR account.  
Be sure your card reader is connected, and the card you will be using is in the reader.

[Register My CAC Now](#)

The **My PHR** Link allows you to establish and maintain an **electronic personal health record**. If you are a **new user** you will have to create an account. If you are an **existing user**, you will login each time you access your PHR using the username and password you created when you set up your account. If you forgot your password you simply click on **lost password** and enter your user name. If you forgot your username, you can contact **Network of Care Feedback and Support** via email. Once you have set up an account you can start managing your health through your Personal Health Record.

The PHR is an online file that stores your medical, legal and financial information. You can add a note and import documents into each section of your PHR. The benefit of the PHR to you is that you can access it quickly and easily share it with trusted friends, family and service providers. You also create personalized lists of useful agencies, articles, and legislation that you gather throughout the Network of Care site, and save them in **My PHR** for quick reference

**Network of Care**

Logout My Account My Sub-Folders PHR Home

**Personal Health Record**  
Network of Care

Demo Folder >> All Records [what's this?](#) [Print This Folder](#)

**Folder Home**

- My Favorites
  - Patient Preferences
  - Self Assessments
  - Treatment Plans
  - Family History
  - Health Maintenance
  - Healthcare Providers
  - Health Facilities
- Conditions
- Medical History
  - Medical Devices
  - Insurance
  - Legal Documents
  - Service Documents
  - Services & Resources
- My Notes
- WRAP
- MH Advance Directives

**Welcome to My Personal Health Record!**

Hello, demo

Please click on the categories at left to add, update or view this Primary Folder. You may log out or change your user profile at any time by using the links in the upper right corner of this screen.

**EMERGENCY CARD**

Provide critical information rescuers need to provide you or a loved one with medical assistance. List your emergency contact, advance directive info, medications, and more.

[Update My Card »](#)

**CARE COORDINATION CARD**

One simple card keeps case-management, outpatient-treatment, medical-provider, and other information handy in your wallet or purse. Make cards for yourself and others.

[View My Card »](#)

**GRANT VISITOR ACCESS**

Grant tightly controlled access to a trusted friend or relative who can advocate on your behalf, or give a doctor access before an office visit.

[Modify Access Settings »](#)

**MESSAGES**

Exchange private notes with those you've given access to your Personal Health Record. Ask questions, get answers – and stay connected.

[Check My Messages »](#)

The PHR was designed to allow you to organize and store important personal, health care and supportive service related information in different sections. A description of many of these sections is provided below.

**Patient Preferences:** In this section, you can communicate your preferences for care, treatment, service provision, religion or anything else that you choose.

**Self Assessments:** Here you can save self assessments that you have completed using the Interactive Tools that are available on the Network of Care.

**Treatment Plans:** Your doctor and other health care and supportive service providers create a plan to improve your health and wellbeing. You can request an electronic copy of the plan and save it to this section of your PHR.

**Family History:** Having information about your family member's health history is important because that information can provide you and your formal and informal caregivers helpful insights into your genetic health risks and predispositions. You can easily save this information in this section.

**Health Maintenance:** Keeping track of your goals and tasks to maintain your health is very important to self-managing your health. In this part of the PHR, you can record information about self-care, preventive care, and wellness tasks and activities.

**Healthcare Providers:** Having contact information for your healthcare providers readily available is not only a time-saver, it is particularly important in the event that you need emergency care. You can use this section for just that purpose.

**Health Facilities:** In this section, you can record the hospitals, clinics, day treatment programs and other health facilities that you visit. This is great information to share with your formal and informal caregivers.

**Conditions:** How many times are you asked to identify your health conditions? In this section, you can list your allergies, diseases or other general conditions and have the information readily available for the asking.

**Medical History:** Storing information about your dental treatment, diagnostic procedures, doctor visits, hospitalizations, immunizations, medications, physical and occupational therapy treatments, surgeries and vision care is critical to self-managing your health. In this section, you have the opportunity to enter all of this information into your PHR and can even share with others that are involved in your care.

**Medical Devices:** Do you use any medical devices? If so, you can list them in this section.

**Insurance:** Wouldn't it be helpful to have all of your insurance information in one place? Well now you can. In this section, you can list information about all of your insurance providers. You can even save electronic copies of your policies if you want to.

**Legal Documents:** Storing information about your Living Will, Durable Power of Attorney, Advanced Directive, Trust, Funeral and Burial Plans or other legal documents in one place and making them readily available to those that need to access them is critical. Here you can store that information for your own reference and share it with whoever you choose.


**Service Documents:** Need a place to store service agreements with your supportive service providers such as your housekeeper, gardener, care manager, transportation provider, etc.? Well that is exactly how you can use this section of the PHR.

**Services and Resources:** Is it hard for you to keep track of all of the different people and organizations that are helping you? In this section, you can maintain a list of everyone involved in your care and share that information with all of those providers so that they can help coordinate your care.

**Notes:** In this folder, you can add additional notes or anything that you choose.

**WRAP:** In the Wellness Recovery Action Plan (WRAP), you can assess your current wellness and plan for health improvement. In addition to storing your important health, insurance and legal information in the PHR, there are other things that you can do within the **My PHR**. For example, you can print your entire PHR or just specific sections of your PHR anytime you choose. You can also create an **Emergency Card** and a **Care Coordination Card** as well as grant access to anyone you choose in the My PHR.


**EMERGENCY CARD**



Provide critical information rescuers need to provide you or a loved one with medical assistance. List your emergency contact; advance directive info; medications, and more.

[Update My Card »](#)


**CARE COORDINATION CARD**



One simple card keeps case-management; outpatient-treatment; medical-provider, and other information handy in your wallet or purse. Make cards for yourself and others.

[View My Card »](#)


**GRANT VISITOR ACCESS**



Grant tightly controlled access to a trusted friend or relative who can advocate on your behalf, or give a doctor access before an office visit.

[Modify Access Settings »](#)

**MESSAGES**



Exchange private notes with those you've given access to your Personal Health Record. Ask questions, get answers – and stay connected.

[Check My Messages »](#)

### Emergency Card:

The Emergency Card is a tool that you create and carry with you at all times. It contains important information about your health and medical history in case of a medical emergency. After finalizing the information, you can request that a laminated card be mailed to you free of charge. You are also free to share your Emergency Card with anyone that you choose.

### **Care Coordination Card:**

The Care Coordination Card is a helpful tool that allows you to keep all important contact information in one place. You can add anyone from a medical provider to a next door neighbor. After completing the information, you can request that a free laminated card be sent to you. Once again, you can share this card with others.

### **Grant Visitor Access:**

Caregivers, family members and service providers can readily access all of the links in Network of Care except the **My PHR**. A user name and password is required to access this personal information. Everyone needs your permission to view your PHR. This access could be important to learn about medications, physicians, and hospitalization information.

Through the **Grant Visitor Access** link in the **My PHR**, you authorize others to access your information. You can allow anyone you choose access, including caregivers, physicians, health care and social service providers, neighbors, children and friends. There are three levels of access. The first level of access is read only. With this option, the person is only allowed to view your information in the sections of your PHR that you grant them access to. The second level of access is **read/write**. This level allows the person to view the information and add notes and upload documents directly into the sections of your PHR that you grant them access to. You can also grant **no access** to any sections of the PHR that you choose. There may be some information that you want to keep confidential and do not want anyone to see. You have control over what information is shared and with whom. All information that is entered into your PHR is stored on a secure server, so you don't ever have to worry that your information will be seen by anyone other than those that you allow access.

## **Links**

**Links** is a one-click access to Web sites for all the local, state and national Organizations you need. **Links** makes it easy for you to find government programs and non-profit organizations designed to aid seniors and people with disabilities.

## **Legislate**

Legislate, is a powerful tool that lets you easily track bills that affect you and communicate directly with lawmakers before they vote.

## **Planning Your Future**

Another valuable resource for you on the Network of Care Web site is the Long-Term Care Options Counselor that is linked to Planning Your Future folder. This folder is located on the left side of main page just under the Announcements & Special Reports folder. The Long-Term Care Options Counselor can help you think about and navigate your way through an array of choices and information on selected topics. It is intended as a general planning guide and includes the following chapters: (1) Financial, Legal and General Planning; (2) Types of Long-Term Care; (3) Healthier Living; (4) Emotional Well-Being; (5) Civic Engagement; (6) Caregiving; and (7) Resource Finding. Trilogy Integrated Resources, Inc. is a company dedicated to improving information and communication in the health and social service fields at the community level. Trilogy created the Network of Care Web site to be a comprehensive, Internet-based community resource for the elderly and people with disabilities, as well as their caregivers and service providers.







