

Created for families and youth to
keep track of important health
information

This journal belongs to _____



Contributors

We gratefully acknowledge the many families, youth, and staff members who contributed to the creation and revision of the Alberta's Children's Hospital's (ACH), Family Health Journal. Your voices made this possible.

This work was possible through the collaboration of the following staff from the Family and Community Resource Centre programs and services at ACH.

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Your Family Health Journal

Designed for customization to record your personal healthcare journey

There are many ways to keep a journal, depending on your preferences and lifestyle.

Some people enjoy the traditional method of making notes by hand. Others prefer using a fillable PDF journal, which provides structure and easy organization.

Note: *to use the inactive PDF features you need to download the document and have Acrobat Reader installed on your device.*

For those who want convenience and flexibility, digital note-taking tools provide an easy way to capture thoughts quickly and access them across multiple devices. One example of a digital note-taking app is **GoodNotes**. GoodNotes offers a free version that allows users to access basic note-taking tools and create up to three notebooks. After downloading the app, you can add a copy of the health journal and include your own comments. When choosing a digital option for journaling, be sure to keep your information secure by using password protection on both your devices and your digital notebooks.

No matter which method you choose — pen and paper, PDF, or app — the key is finding the format that makes journaling consistent for you.

Print by Section

To **customize your print journal**, use the links below to print and add pages for your specific needs.

1. Introduction

Welcome

This Family Health Journal was created to help families and youth keep track of important health information, prepare for appointments and stay organized.

Inside you'll find useful sections to record or track:

- Key Medical Information
- Family History and Surgeries
- Important Contacts
- Appointments and Medications

In addition, some helpful resources are provided. This journal can help with sharing information, communicating with your health care team and finding important information quickly and easily.

Your Family Health Journal

Using a health journal can help reduce stress by organizing important details in one place. This can help you feel more confident and in control of your child's health.



Guide to the Family Health Journal

Keeping Track of Your Health Journey

Staying organized with health information can help you feel more confident, prepared, and supported, especially during appointments or emergencies. Whether you use a binder, notebook, or digital tools, keeping your records in one place makes it easier to manage your child's care and share important details with your healthcare team.

What to Keep with You

- Personal Identification
- Emergency contact information
- Name and phone number of your primary doctor and pharmacy
- Insurance card (if applicable)
- Organ donor card (if applicable)

What to Include in Your Health Journal

- Current Health Information
- Medication Records
- Medical History
- Care Directives

The Family Health Journal - Why It Matters:

Research shows that people who maintain personal health records often experience better health outcomes.

Having your records ready can also help health care providers deliver faster, more accurate care in emergencies.

Helpful Tips for Using the Journal

- Start by completing the Child's Health Information section.
- Add or remove pages to customize the journal to meet your child's specific needs.
- Use the Appointment Planning worksheet to write down questions or notes before/during visits.
- Bring the journal to all healthcare appointments.
- As youth grow, they can begin using the journal themselves.
- Keep it up to date for quick and easy reference.

Staying Organized

- Use the Healthcare Team worksheet to create a detailed contact list for your healthcare team.
- Keep summaries from doctor visits, hospital discharge notes, pharmacy printouts, and test results.
- Track symptoms for illnesses or injuries and record care provided and/or treatments.
- Record any side effects or reactions to medications.
- File insurance forms and legal documents (e.g., living will, medical power of attorney) in a safe place.
- Sign up for the Alberta Health Services digital tools above to access test results and medical information and communicate with the healthcare team.
- Ask your doctor if there are any specific digital tools, apps or online portals they use or recommend.
- Record login information for any digital tools and share it with a trusted contact as a backup.
- Keep multiple copies of your records in safe places, including with someone you trust.



**MyHealth
Records:**

You can access your personal health records and your mobile health care card at: myhealth.alberta.ca/myhealthrecords

You can download the android and iOS apps for your mobile devices.

Notes

Name: _____



2. Child's Information

Notes

Health Information

This provides quick and easy access to important health information.

Child's Information		
Full Name:		Preferred Name:
Date of Birth:	Languages Spoken:	Provincial Health Care Number:
Diagnosis/Medical Condition(s):		Surgeries:
ALLERGIES:		MEDICATION ALLERGIES (see Medication List):
Blood Type: <input type="checkbox"/> A+ <input type="checkbox"/> A- <input type="checkbox"/> B+ <input type="checkbox"/> B- <input type="checkbox"/> O+ <input type="checkbox"/> O- <input type="checkbox"/> AB+ <input type="checkbox"/> AB-		
Family Doctor:		Address and Phone Number:
Pediatrician:		Address and Phone Number:
Pharmacy:		Address and Phone Number:
Goals of Care:		
Most important things to know about my child in an emergency:		

Note: Add behaviour support plans to this section.

Name: _____

Parent(s)/Guardian Information		
Name:	Relationship to Child:	Language(s) Spoken:
Address:		
Phone:	Cell Phone:	Email:
Name:	Relationship to Child:	Language(s) Spoken:
Address:		
Phone:	Cell Phone:	Email:
Emergency Contact(s) <i>(if different from above)</i>		
Name:	Relationship to child:	Language(s) spoken:
Address:		
Home Phone:	Cell Phone:	Work Phone:
School/Daycare		
Name:	Phone:	Contact:
Address:		
Name:	Phone:	Contact:
Address:		

Use the Healthcare Team worksheet to record other care providers.

Childhood Illnesses

Examples: chicken pox, measles, mumps, rubella, whooping cough, etc.

Childhood Illness	Age	Date of Diagnosis			Comments
		Y	M	D	

Immunizations

Visit myhealth.alberta.ca/myhealthrecords to view your immunization record.

Immunizations	Date Given	Notes
DpT (Diphtheria, Pertussis, Tetanus)		
Polio		
HIB (Hemophilus Influenza - Type B)		
MMR (Measles, Mumps, Rubella)		
Varicella (Chickenpox)		
PCV13/Prevnar (Pneumococcal Conjugate)		
Hepatitis B		
Hepatitis A		
HPV (Human Papillomavirus)		
Meningitis (Meningococcal Conjugate – Groups A, C, W-135 & Y)		
Influenza (annual)		
Other		

Family Medical History

List important health information for members of your family. Family members can include parents, siblings, grandparents, aunts, uncles, or distant relatives. Include information on any medical conditions, chronic diseases, age at disease diagnosis, causes of death, and ethnic background. Health problems sometimes run in the family, and knowing your family’s medical history can help your healthcare team provide better care. Update this list yearly.

Relative	Health Information

Name: _____



Notes

Journal Worksheets

This section contains worksheet templates to help you personalize your journal. These templates are designed to support families and youth in keeping track of important health information and preparing for appointments. They can be duplicated or printed as often as needed.

- Medication List
- Healthcare Team
- Medical Visits
- Appointments
- Supports and Services
- Equipment and Supplies



Medication List

Keeping a medication list can help you keep track of everything your child takes to stay healthy — over the counter or prescription medications, vitamins, minerals, herbal products. Having the medications listed in one place helps your healthcare providers take better care of your child.

You can use the list on the next page to help you keep track of medications.

- Update the list whenever there's a change to your child's medications.
- Add information when there are changes to the dose, or when starting a new one.
- Cross out the medication when your child stops taking it and write the date it was stopped.
- Bring this list to all your healthcare visits, the hospital, or for tests.

To find out more, visit ahs.ca/medlist or call **Health Link** at **811**.

Medication List

Name: _____ Healthcare Number: _____ Pharmacy: _____ Medication Allergies: _____

Example:

Name of medicine	Dose	How much	How often and when					Why it's taken	Date	Instructions/ Information
			Morning	Afternoon	Evening	Bedtime	As Needed		started/stopped	
Example: Vitamin D – Daily	400 IU a day	1 drop	8:00 am					To help build strong bones and teeth	Started June 10/25	
Example: Tylenol	325 mg	1 tablet					✓	For pain	Started Jun 5/25	Every 4 hours or less for 2 days

Name of medicine	Dose	How much	How often and when					Why it's taken	Date	Instructions/ Information
			Morning	Afternoon	Evening	Bedtime	As Needed		started/stopped	

Adapted from the Alberta Health Services HQCA (Health Quality Council of Alberta) Medication List

Name: _____

Healthcare Team

Include doctors, nurses, social workers, child life specialists, dietitians, occupational therapists, physical therapists, pharmacists, speech therapists, etc.

Name:	Specialty/Role:
Address/Location:	
Phone:	Contact Person:
Pager number:	Fax:
Email:	
When to call them:	

Name:	Specialty/Role:
Address/Location:	
Phone:	Contact Person:
Pager number:	Fax:
Email:	
When to call them:	

Name: _____

Medical Visits Log

Keep track of past hospital admissions, clinic visits, surgeries, emergency visits, etc.

Date:	Reason for visit:
Clinic/Location:	Who you saw:
Outcome/Next Steps/Follow up:	

Date:	Reason for visit:
Clinic/Location:	Who you saw:
Outcome/Next Steps/Follow up:	

Date:	Reason for visit:
Clinic/Location:	Who you saw:
Outcome/Next Steps/Follow up:	

Name: _____

Appointment Planner

Use this section to write down any reminders or notes you have before meeting with your primary care/referring provider.

Date and Time:	<input type="checkbox"/> In Person <input type="checkbox"/> Phone <input type="checkbox"/> Virtual
Clinic Name:	Appointment with:
Clinic Address and Phone:	
Special Instructions (parking or directions):	
Reason for visit:	

Remember to bring:

- | | | |
|--|--|--------------------------------|
| <input type="checkbox"/> Provincial health care card | <input type="checkbox"/> Referral letters <i>(if needed)</i> | <input type="checkbox"/> Other |
| <input type="checkbox"/> Health insurance card | <input type="checkbox"/> Health Journal and pen | _____ |
| <input type="checkbox"/> Transfer summaries <i>(if needed)</i> | <input type="checkbox"/> Medication list | _____ |

Notes: (e.g., health goals/questions/concerns/symptoms/next steps)

Next appointment is with: _____ Date: _____ Time: _____

Name: _____

Supports and Services

Record contact information for homecare, transportation, childcare, respite, etc.

Support/Service:	Contact Person:
Location:	Phone/Fax/Email:
Contract/Intake number:	

Support/Service:	Contact Person:
Location:	Phone/Fax/Email:
Contract/Intake number:	

Support/Service:	Contact Person:
Location:	Phone/Fax/Email:
Contract/Intake number:	

Name: _____

Equipment and Supplies

Record information about your child's medical equipment and supplies.

Item (brand name, size, model, serial number, etc):	
Supplier:	
Contact Person:	Contact Phone:
Address/Location:	
Email/Fax:	Cost (\$):
Authorized/Referred by:	
Notes:	

Item (brand name, size, model, serial number, etc):	
Supplier:	
Contact Person:	Contact Phone:
Address/Location:	
Email/Fax:	Cost (\$):
Authorized/Referred by:	
Notes:	

Notes

Name: _____



Notes

Parents as Partners Tip Sheets

The Parents as Partners tip sheets were created by parents who have years of experience managing their child's health needs. They provide parents and caregivers with tips on how to partner with their healthcare team.

These are available on the Alberta Children's Hospital, Family and Community Resource Centre website at fcrc.ahs.ca.

Look for them under the **Helpful Tips** tab.

Tip Sheet #1

Building a Relationship with Your Healthcare Team



Tip Sheet #2

Building a Partnership - Sharing Information



Tip Sheet #3

Working Together - Making Decisions



Tip Sheet #4

When we Disagree - Developing a Shared Understanding



Care Mapping

A care map is a visual diagram, often created by families, that shows the people, services, tasks, and relationships involved in providing care for someone, especially a child with complex medical needs, to gain clarity, improve communication, and identify gaps or strengths in support. You can learn more about care mapping and how to create your own by visiting fcr.ahs.ca/family/pfcc/resources/care-mapping/.

My Support Circle

There are many people in your life who can support you as you prepare for the move to adult care.

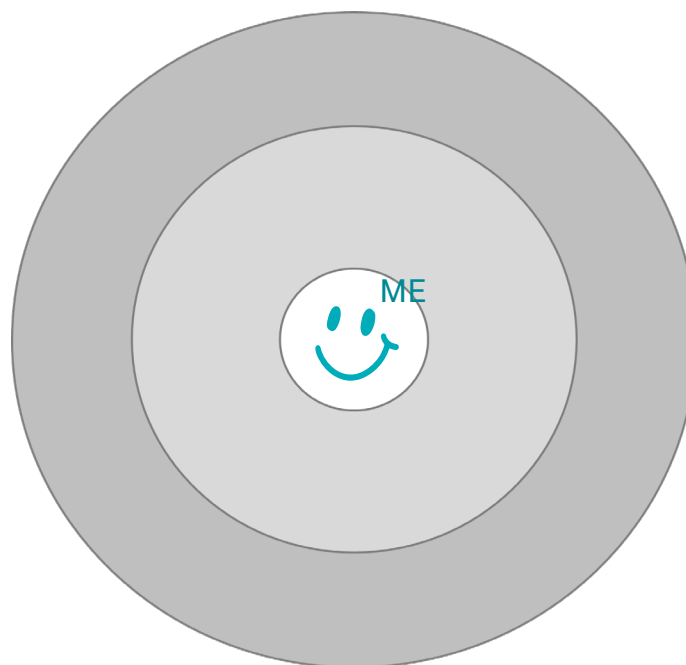
We suggest you create a support circle, so you can see who's there for you! The center of the wheel represents **YOU**. The light grey circle is for people who are close to you, and the darker grey circle is for people who are not as close but may still support you in some way. If there are other people not listed here who can help you learn the skills you need to become an adult, be sure to include them.



Parents/Guardians Aunts/Uncles/Cousins **Grandparents**

Doctors **Siblings** School **Aides/Assistants** Social Workers

Community Church **Friends** Support Workers **Teachers**



Helping Youth Transition to Adult Healthcare

For Parents (Of Youth Ages 12 and Older)

As a parent or caregiver, you have been responsible for managing your child's healthcare for many years. As your child enters their teens, it's time to think about their transition to adult services so you are prepared for the changes that lie ahead.

If your child is able to make their own decisions as an adult, it is time to think about and prepare for how your role will change when they turn 18 years of age.

- Healthcare providers will talk directly to your child at clinic appointments.
- You will not have access to your child's health information without their consent.
- Your child will be asked to make their own medical decisions.

This can be a challenging time, which is why it is important to prepare your child now so they are ready to manage their health, make healthcare decisions and talk to their healthcare providers.

For parents or caregivers of children who will continue to depend on others for decision making support, transition to adulthood can also be overwhelming.

Families often have questions about:

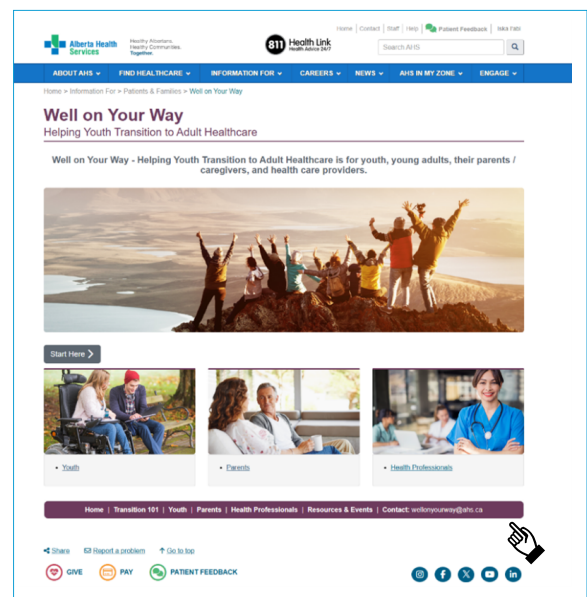
- adult funding
- transportation
- day programs
- employment
- education options after high school

Educating yourself early and knowing what to expect can help make this journey easier.

The tools suggested on the **AHS Well on Your Way** website (ahs.ca/y2a), provide a good place to start.

Use the navigation bar at the bottom of the pages to navigate the Well on Your Way website.

Contact: wellonyourway@ahs.ca



Transition to Adult Healthcare Guidelines

We recommend starting when your child is between **12-14 years** of age and using the **Transition Guidelines**.

These guidelines can be found on the **AHS Well on Your Way** website, in the **Transition 101** section.

Under **Step 1**, use one of the two Transition Guidelines:

1. [Transition Guideline](#) — for youth who will be making their own decisions in adulthood.

OR

2. [Transition Guideline](#) — for youth who will continue to be dependent upon parents or caregivers for decision making support.

These guidelines are also available in Arabic, Punjabi, Simplified Chinese, Somali and Tigrinya languages.



Pediatric Transfer Plan

The [Pediatric Transfer Plan](#) can be used as your child gets closer to 18 years of age to keep track of where their healthcare is being transferred. It is available on the **AHS Well on Your Way** website.

To find the Pediatric Transfer Plan on the website (ahs.ca/y2a):

- Go in the **Youth** section
- Scroll down to **Managing Your Health**
- Click on **Keeping Track of Health Information**
- Look for the **Pediatric Transfer Plan**

For Youth (Ages 12 and Older)

As you get closer to becoming an adult, you're likely thinking about getting a driver's license, going to university or trade school, or applying for a job. It's also a good time to start thinking about taking on more responsibility for your healthcare, because once you turn 18 years of age you'll transition or move to adult healthcare.

To help you get started on this journey, think about some of the things that your family is doing that you could learn to do. The documents listed below can also be found on the **AHS Well on Your Way** website, under **Transition 101**.

- ☐ **Step 1** — [Transition Guidelines](#) — for youth who will be making their own decisions in adulthood. Review the guideline to identify tasks that could help you when transitioning to adult healthcare.
- ☐ **Step 2** — [Transition Readiness Checklist](#) — complete the checklist to help you identify areas where you could be more independent.

Think about the things you want to learn in the next week, month, or even year, and plan for how you will learn them.

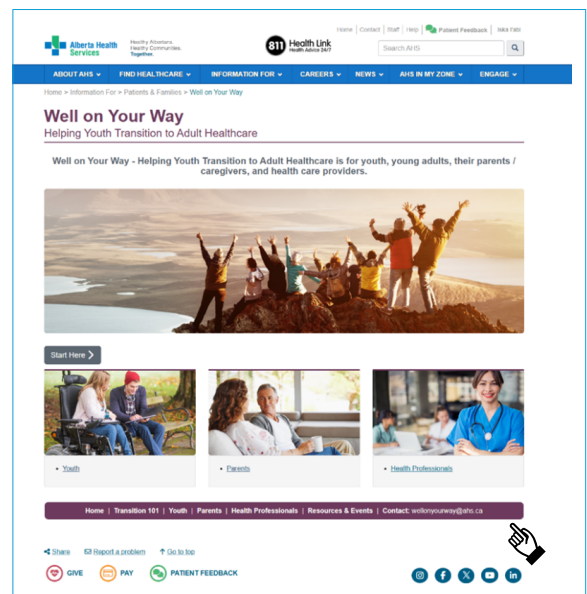
- ☐ **Step 3** — [My Plan](#) — use the plan to set some goals and keep track of your progress.

Continue to work towards independence by going over your checklist every 6-12 months to help you review your current goals and set new ones.

Visit the [Youth](#) section of the AHS Well on Your Way website (ahs.ca/y2a) for information on how you can prepare for transition, what to expect in adult care, and resources available in the community.

Use the navigation bar at the bottom of the pages to navigate the Well on Your Way website.

Contact: wellonyourway@ahs.ca





Choosing Reliable Health Websites

When we look for or see health information online, we must question whether it's accurate information coming from a reliable source. Due to the volume of sources available and all the different people posting on social media, this can be a daunting task. Some of the information may be true, but often it's not. Recognizing the difference means you will get information that is accurate, complete, and applicable to your health. There are websites on nearly every health topic, and many have no rules for overseeing the quality of the information provided. To find the best health information we must evaluate what we see and the resources we access.

How do I evaluate online health information?

- **Check the date** – When was the website created or last updated? Health information should be up to date if it is relevant and accurate.
- **Check the author** – Identify the author to determine if they have the necessary background, experience, or training to accurately discuss the topic.
- **Understand the purpose** – Read the “About Us” page to understand who owns the website; are they credible and unbiased? Be cautious of websites selling a product: this information may already be biased, as the goal is to make a profit rather than present clear facts.
- **Be critical of the details** – Be skeptical of websites that look outdated, contain broken links, have spelling and grammar errors, or have ads. Patient information should be written in plain language, making it easy to follow.
- **Look for the evidence: Is it true? Don't trust everything you read!** – Health information should be based on facts rather than opinion, rumors, or personal stories. Authors and websites should clearly list their sources, so that you can check the information for yourself.
- **Social media** – Misinformation can spread quickly, potentially leading to negative health consequences. Fact-check the information, verify the source's credibility, cross-reference to see if others are reporting the same information, and be wary of sources that may be motivated by profit or promoting products.
- **Protect your privacy** – Be careful when sharing your personal information. Look for a privacy policy to find out how and why your information is being used, stored, or shared.

For more information to help you navigate health information and digital media literacy, scan the QR Code to check out these resources:

fcrc.ahs.ca/health-information/library/getting-started.php



Need Help?

For a comprehensive list of trusted consumer health resources, please contact the ACH Family and Community Resource Centre Librarian:

Alberta Children's Hospital
Family & Community Resource Centre
Family Library
403-955-7745
childhealthinfo@ahs.ca

A resource package can be created for you if you need more information.

Your Voice Matters

We hope this journal has helped you feel more confident, informed, and engaged in the care you receive from the Alberta Children's Hospital.

Your feedback is important to us and helps improve this resource for other patients and families.

Tell Us What You Think

Please take a few minutes to complete our short evaluation survey. Your voice helps shape how we support families at the Alberta Children's Hospital.

Scan the QR Code with your phone

Or visit: redcap.link/n78r43on

