

Patient Web Pages

A free and easy-to-use Web page that helps you keep in touch with family and friends during your child's hospital stay



What is a patient Web page?

A Web page that you create to:

- Keep your family and friends informed about your child's condition
- Share photos of your child's progress
- Get emotional support from loved ones who post messages
- Save time by updating it instead of sending e-mails or making phone calls
- Use it easily without Web design experience

How do I create a patient Web page?

- Go to www.caringbridge.org. A CaringBridge icon is available on computers in the Family Resource Center. Click on **Create** then **Start Now** and follow the simple steps to create your own Web page. Be sure to click "save" at the bottom of each page and "save" at the end.
- You must be 18 years or older and have a current e-mail address. If you are under 18, your parent or guardian may create and maintain a CaringBridge account for you.
- Remember to choose **Seattle Children's, Seattle, WA** from the list of sponsors so that your page will link to Children's Web site for more information.
- After you have created a Web page, using the e-mail message CaringBridge sends you, forward the address of your new CaringBridge Web site to your family and friends.

How do I update or change our Web page?

Go to www.caringbridge.org, click **Sign In** and enter your e-mail and password, and select the section you would like to update. You can make updates to any Web page section as often as you like.

To Learn More

- Family Resource Center
206-987-2105
Train zone, 5th floor
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers 206-987-2280 (TTY)

How do I add photos?

- Go to www.caringbridge.org.
- Sign In with your e-mail address and password.
- Under "Author Activity" click "Website Settings" for the site you want to view (For example, Jane's Website Settings).
- Click on the "Photos" link.
- Click "Upload Photos".
- Photos must be in .jpg or .gif format and 2 MB or less in size, and you may upload up to 51 photos. There is a digital camera and scanner available for families to use in the Family Resource Center.

How do family and friends visit our Web page?

- Go to www.caringbridge.org.
- Enter the Web site name in the box under 'visit Caringbridge website' (Web site name will look something like this: www.caringbridge.org/visit/janedoe).
- Click on "Visit a Website".
- If you don't know the Website Name, contact the person who created the Web site.
- You must be at least 13 years old to visit a CaringBridge Web site. If you are under 13, your parent or guardian must register as the visitor.

How secure is our Web page?

CaringBridge Web sites are not searchable by Internet search engines (like Google, Yahoo, etc.). The only way to view a CaringBridge Web site is to know the specific and unique Web site name (having received the Web site name from the person who created the CaringBridge Web site).

How long can we keep our Web page?

You can keep your Web page as long as you wish. When you no longer need your Web page you can deactivate it.

Where can I use computers with Internet access?

You can use computers with Internet access in the Family Resource Center (Train zone, 5th floor) or in Family Lounges on the units. You can use wireless Internet with your personal laptop in patient rooms and the Family Resource Center.

What if I have problems or need help?

- Come to the Family Resource Center (Train zone, 5th floor) or call 206-987-2201.
- Customer service is available on the CaringBridge Web site. Click Contact at the top of the page for more information.



Patient Web pages: a service provided by the Family Resource Center through CaringBridge.