

Transitioning to Adult Care: Medical Decision Making and Health Care Rights

For Teens and Young Adults

Before the age of 18, your parents and caregivers work with your health care team and make medical decisions (choices) for you. On your 18th birthday, you become an adult.

As an adult, you will work with your health care team and oversee making decisions about your health care.

As an adult, you will:

- Sign a consent form for treatment. This consent gives your health care team the permission to care for you and share your health information, or Personal Health Information (PHI), with others.
- Decide if you want your family or friends to know your health information. Your health information is safe and private under a government privacy rule called HIPPA. If you want your health care team to share your health information with your family or friends, you will need to give permission by signing forms to share information.
- Sign an advance directive about your future care. If you are interested in information about advance directives, ask your health care team, social worker, or chaplain.

At age 14, you can sign up and have your own MyChart account, along with your parents and caregivers. Through MyChart, you can view your medical record and history. When you turn 18, only you will have access to your records. You can share your MyChart medical record by choosing to give access to friends and family.

For Parents and Caregivers

On your teen's 18th birthday, they become an adult. As an adult, they will work with their health care team and oversee making decisions (choices) about their health care.

Your young adult will:

- Sign a consent form for treatment to allow others to have access to their health information.
- Sign release forms to share information. These release forms let the health care team know who has access to their health information. Without your young adult's permission, Children's Health is not allowed to share their health information with you.

Not all young adults will be able to make medical decisions for themselves. In these cases, another decision-making option or tool may be needed. These tools can include medical power of attorney, guardianship, or a supported decision-making agreement. Talk with your health care team or social worker if your teen will need assistance in decision making when they are an adult.

Starting at age 14, your teen can sign up and have their own MyChart account along with you. Through MyChart, you can view your teen's medical record and history. At age 18, your access to your young adult's MyChart account will end unless shared by your teen. For questions or assistance with MyChart, contact the HIM (Health Information Management) department at **214-456-2509**.

Terms to Know

- Consent form:
 - Gives your health care team permission to treat you.
 - Gives your healthcare team permission to share your health information as needed for treatment purposes.
 - Gives your health care team permission to share your health information with others
 - Acknowledges that you will be responsible for payment of the treatment provided.
- PHI (Protected Health Information): Information you provide to your health care team, or that is created or received about your health care. Examples of PHI can include your name, address, telephone number, email address, medical record number, and social security number.
- Release of information: Gives your health care team permission to share your health information with your family or others.
- Advanced Directives: Legal documents that allow you to make decisions about treatment and end-of-life if you should become too ill or hurt to express your wishes.
- Medical Power of Attorney: A legal document that gives the person who you choose (your agent) the legal power to make health care decisions for you. You can explain what your wishes are in the documents. Your agent can only make the decisions when you are not able to make them yourself.
- Guardianship: A person (guardian) appointed by a judge in a court case to be the supervisor or administrator for someone else. The guardian makes decisions and reports to the court each year.
- Supported Decision Making Agreement: An adult with disabilities can execute this agreement to name a “supporter” to help them get information they need to make an informed decision, understand options/risks, and communicate the decision to others. The supporter does not make the decision for the adult. The adult can end it at any time.