

Medical Decision Making and Health Care Rights



For the Teens and Young Adults

Before the age of 18, your parents work with your healthcare team and make medical decisions for you. On your 18th birthday, you become an adult. As an adult, you will work with your healthcare team and be in charge of making decisions about your healthcare.

As an adult, you will:

- Sign a **consent** for medical treatment. This consent gives your healthcare team the permission to care for you and share your health information, or **PHI**, with others who are involved in your healthcare.
- Decide if you want your family members or friends to know your health information. Your health information is protected and private under the **HIPPA** privacy rule. If you want your healthcare team to share your health information with your family members or friends, you will sign a **release of information**.
- Sign an **advanced directive** about your future care. If you are interested in information about advanced directives, ask your healthcare team, social worker, or chaplain.

For the Parents and Caregivers

On your teen's 18th birthday, they will become an adult. As an adult, they will begin to work with their healthcare team and be in charge of making decisions about their healthcare. Your young adult will sign a **consent** for medical treatment and decide who their healthcare team to share their health information, or **PHI**, with.

Your young adult will also sign a **release of information**. This release lets the healthcare team know who they can share your young adult's health information with. Without your young adult's permission, Children's Health is not allowed to share your healthcare information with you.

Not all young adults will be able to make medical decisions for themselves. In these cases, assistance in decision making may be needed. Types of assistance can include: **medical power of attorney, guardianship, or supported decision making agreement**. Talk with your healthcare team or social worker if your teen will need assistance in decision making when they are an adult.