
MAKING DECISIONS AFTER AGE 18

YOUTH & YOUNG ADULTS

When you turn 18, you are legally considered an adult. This means that health care providers will begin talking to you, rather than your parents, about your health. The law that requires this is called HIPAA (Health Insurance Portability and Accessibility Act).

Helpful Tips:

- If you want to share your health information with others, the provider will need you to fill out a form that grants your parents or caregivers access to your medical record.
- If you need help making choices as an adult, talk to your family, provider, or others you trust about who needs to be involved in your care and how to include them.
- There are many choices for young adults who need help making decisions:
 - **Health Care Power of Attorney** lets a young adult choose an attorney to be their representative, or agent, in the event that they are not able to make or communicate decisions about all aspects of their health care.
 - **Supported decision-making** allows the young adult to create a team that they trust to help them understand their choices and make their own decisions.
 - **Guardianship and conservatorship** may take away all of someone's decision-making rights and can be ended only by a court order. There may be other choices that are cheaper and less restrictive but exploring all of the options will help your family make the best decision for your young adult.