

TRANSITION QUICK GUIDE:

UNDERSTANDING HEALTH CARE RECORDS AND PRIVACY



Privacy

Decision-making is a skill that requires practice and a variety of experiences. Having this skill will allow you to choose the best course of action to take care of your health and well-being in partnership with your health care providers.

What do I need to know?

- ⇒ When you turn 18, you are in charge of making your own health care decisions and are also the only one who can access your medical information, unless other plans are made.
- ⇒ If you want to have your family or others involved in making your health care decisions or knowing your medical information, you will need to give written permission to your health care providers.
- ⇒ There are a range of options for assistance with decision-making after age 18, ranging from the least restrictive (signed consent form at doctor's office) to the most restrictive (legal guardianship).
- ⇒ Another option to consider is Supported Decision-Making, which allows you to get help understanding the situations and choices you face, from people you trust, so you can make your own decisions.
- ⇒ It is best to consider these options well before age 18.
- ⇒ If you need support with making health care decisions, become familiar with available resources as early as possible.