



A guide to help you and your parents understand the changes to your health care

A note for young adults

When you turn 18, you become a legal adult under state and federal law. This is a big life event. As an adult, you will have more freedom and responsibilities. It is important to learn how to take care of yourself.

Unless a court decides a legal guardian can make decisions for you, there will be changes to how your health is managed after you turn 18. Your parents and others can make suggestions, give advice, and help you think through options, but you will make the decisions about your health care. This change will not be the same for each person, and that is okay. This guide can help you and your family get you ready to take charge of your health care.



Things to think about

- Medical tasks will be up to you. The health care team will expect you to check-in to your visit, check health information, answer questions, get test results from your team, and sign forms.
- The health care team will talk to you directly during visits. They will direct questions to you, and talk to you about your care plan.
- The final decision about your care plan will be up to you. This means you will make choices about procedures, medications, or other treatments.
- A decision will need to be made about who has access to your health information. You will decide who can receive medical information about you.
- Bills and payments will be addressed to you. This is the case even if you are under your parent's insurance plan. The billing department will not discuss payments with your parents or guardians unless they have permission to share your health information.
- Your MyChart account, if you have one, will be under your control. Your parents will not have access to your account unless you give them permission.
- In MyChart, you will be the only one to view messages from providers, medicine, lab and test results, clinic notes, and appointments. You can also make and change appointments, and refill medicines.



Things you can do

The more involved you become in your health, the easier of a transition it will be. Here are some recommended things you can do:

- **Start early.** It can feel overwhelming, so the earlier you begin this process, the better. Your parents/guardians and care team will be able to help you. If you can, start practicing some of these skills before you turn 18.
- **Gather your medical history,** vaccine records, and medicine lists. This is helpful information to have when there is an emergency.
- **Learn more about your health history.** Talk to your parents and doctor the key things you need to know, your family health history, and the medicines you take.
- **Learn about Advance Health Care Directives.** This is a form used to state your health care wishes if you are unable to talk about them yourself.
- **Practice doing health tasks** like scheduling appointments, refilling medicines, and asking questions to your doctor.
- **Talk to your parents** about how you would like them to help you.
- **Find out if your health insurance will change** when you turn 18. Your parents will be able to talk to you about any changes to your coverage.
- **Talk to your doctor** to find out if he or she sees patients past their 18th birthday. If they do not, ask for a recommendation on an adult doctor.
- **Review your MyChart account.** If you have an account, your parents will not have access to it when you turn 18. It will be up to you to schedule appointments, request doctor notes, or refill prescriptions.
- **Decide who can have access to your health information.** If you would like to share your health information with anyone, you must sign a Release of Health Information form.
- **Learn about insurance and payments.** Many parents help with health costs but you will be responsible for the bills after you turn 18. It will help to learn more about this topic.

A note to parents

As your child makes the transition to adulthood, he or she will have more freedom and responsibilities. They will be taking on many of the medical responsibilities that you have carried out on his or her behalf. While this change is not always easy for parents, it is a positive event in your child's life. You both will learn this process together. Here are some recommended steps you can take:

- **Review your child's MyChart account.**
On the date of your child's 18th birthday, you will no longer have access to MyChart. They can give you permission to access if they wish. We recommend helping them learn more about the system before this change.
- **Talk to your child** about what they can expect with all of the changes coming up. Preparing for this transition ahead of time will make it easier for everyone.
- **Help your child gather their medical information.**
It will be helpful for them to have and know medical records, medicine lists, and family health history.
- **Teach your child about their health history.**
Make sure your child knows about his or her health. If your child ended up alone at the hospital, would they be able to explain their medical history or illness to a health care provider? Do they know about Advance Health Care Directives?
- **Help your child practice doing health tasks** like scheduling appointments, refilling medicines, and asking questions to your doctor.
- **Support your child through this change by:**
 - Allowing them to step into their new authority, but still being available to guide, advice, or support them at their request.
 - Modeling good health habits and responsibility for your own medical care, and providing assistance or answers to their questions whenever needed.



Services at Stanford Children's Health

Name of Service	Phone Number
Admitting Department	Gives information about checking in for a stay at the hospital or clinic registration for a visit for a procedure.
Case Management	Helps with planning to leave the hospital, coordination of care, and referrals to resources.
Center for Adolescent Health	Gives private medical services for young adults between ages 12-26.
Financial Services	Helps patients understand their insurance, bills, and payments.
Medical Records	Helps patients who want to request or inspect their medical records.
Office of Patient Experience	Answers questions, listens to concerns, and helps you find information about your care.
Social Services	Helps patients who need extra emotional support.
Spiritual Care	Helps you with your unique spiritual needs. Chaplains at Stanford Children's honor every faith journey. Ask for the 2PRAY (27729) pager.
Teen Van	Gives care, in the community, to kids and young adults ages 10 to 25.

Helpful links for young adults

Financial Assistance and Insurance Information:
stanfordchildrens.org/en/patient-family-resources/financial-insurance-information

Form to Release Health Information:
stanfordchildrens.org/content-public/pdf/authorization-for-release-health-information-english.pdf

Medi-Cal or Medicaid Offices near you:
ssa.gov

MyChart:
mychart.stanfordchildrens.org/MyChart/

Palo Alto Medical Foundation – Teen Health:
pamf.org/teen/

Patient's Rights and Responsibilities:
patientrights.stanfordchildrens.org

Request for Health Records:
medicalrecords.stanfordchildrens.org

Stanford Children's Health Center for Adolescent Health:
adolescents.stanfordchildrens.org

Stanford Children's Health Teen Van:
teenvan.stanfordchildrens.org

Helpful links for parents

Palo Alto Medical Foundation – Teen Parenting Resource: pamf.org/parenting-teens/

