

HIPAA and Privacy of Health Information:

In most states, before a teen's 18th birthday, medical treatment requires parental/guardian consent except in very specific circumstances. The teen's verbal or written consent is recommended but not required.

On your 18th birthday in the United States you become an adult and the legal responsibility for consent goes to you. Under the federal law, HIPAA (Health Insurance Portability and Accountability Act), health care professionals cannot discuss health information with anyone, including the patient's parent or guardian, unless the young person specifically gives permission. Strict adherence to HIPAA rules might mean that parents and guardians suddenly cannot get information about a teen's health and healthcare.



Young adults may choose to sign a HIPAA waiver to give parents access to their medical information.

John Doe gives permission for Dr. Cooper to speak with his mom, Janet Doe, about his medical care.

If there are people that you'd like to add to your HIPAA privacy form let them know and your health team know. Adding them to your HIPAA privacy form allows your medical information to be shared and discussed with them.

Healthcare proxy:

- A legal document where a person writes who should make medical decisions for him or her, if something happens and the person can't make decisions anymore.
- When you turn 18, it is a good idea for all adults to document who you want to be your health care proxy, starting when you turn 18. You can change the person at any time.
- Check out "5 Wishes" and talk to your health care provider about this.

<https://www.agingwithdignity.org/massachusetts>