When you turn 18, you will be responsible for your own healthcare decisions. Here is information about what you can expect.

What new responsibilities will I have?
When you turn 18, state and federal laws recognize you as an adult. Decisions about your healthcare will happen differently than when you were younger, even though you are still coming to Seattle Children’s for care.

How will my family and I get information about my care?
You will decide who receives medical information about you. If you want others to have copies of your medical record, you will need to fill out and submit an Authorization to Release/Obtain/Exchange Patient Health Information You can find it in our clinics and at seattlechildrens.org/health-info.

If a friend or relative asks to get information about your care and treatment over the phone or in person, we will check that you have given us permission to share information with that person. You may need to ask your healthcare team to include your family if that is what you want.

What can I expect as an adult patient?
• You will check yourself in, answer questions and sign forms at registration.
• You will present your own insurance information, if you are not still on your parent’s insurance.
• We will ask if you would like to complete your own Advance Health Care Directive. This is a form used to state your wishes for healthcare if you are unable to talk about them yourself.
• Your healthcare team will talk directly to you, ask you questions, listen to your responses and ask for your agreement on your plan of care.
• When there are new test or lab results, the doctors will talk directly with you about them.
• When there is a choice for a procedure, treatment, medication etc., you will make the final decision.
• Our staff will give instructions for care at home to you and to anyone you decide is going to help you.

Will my parents or caregivers still be involved in my healthcare?

Your parents and others may continue to be involved in your healthcare as much as you want them to be. They can make suggestions, give you advice and help you think through care options.

Things to think about:
• Talk with your parents or caregivers about how you would like them involved in your medical care. Ask them if your health insurance will change when you turn 18.
• Learn about Advance Health Care Directives. We can give you information on this or you can learn more at seattlechildrens.org/rights.
• Talk to your doctor to find out if they see patients past their 18th birthday. If not, ask them to recommend an adult provider.
• Learn about your health history from your doctors and family.

Helpful Resources

Transitioning to Adult Healthcare
seattlechildrens.org/patients-families/transitioning-adult-healthcare

Your Rights and Responsibilities

Notice of Privacy Practices

Advance Healthcare Directive information
seattlechildrens.org/rights
A note for parents and caregivers:
As your child makes the natural transition to greater independence, they will be taking on many of the healthcare responsibilities that you have carried out on their behalf for so long. While this change is not always easy for parents — especially those who have guided their child through medical challenges — you can transition successfully, even though there might be challenges along the way.