



**Northampton Area
Pediatrics, LLP**

YOUR YOUNG ADULT IS 18

Here's what changes for parents & caregivers

You're still important. Their legal rights have changed.

THE BIG CHANGE

At 18, your young adult becomes the person who controls their healthcare decisions and medical information.

You can absolutely still help — but now they decide how you are involved.

PRIVACY & COMMUNICATION

Once your young adult turns 18, NAP can no longer share their health information with you simply because you are their parent or caregiver.

They can still give NAP permission to talk with you.

Your young adult may complete an Authorization to Release Health Information identifying who NAP may speak with and what information may be shared.

Being the parent, emergency contact, insurance subscriber, or bill payer does not automatically give someone access to your young adult's Protected Health Information (PHI).

MYCHART

Parent/caregiver MyChart access that was available while your child was a minor ends when they turn 18.

NAP does not provide parent or caregiver MyChart proxy access for adult patients age 18 or older, except when someone has legally established authority to act on the adult patient's behalf.

An Authorization to Release Information (ROI) does NOT provide MyChart access. Being named as a Health Care Agent in a Health Care Proxy does not, by itself, provide MyChart access either.

When a Health Care Proxy is activated: If the patient has been determined to lack capacity to make healthcare decisions, NAP can review the documentation and determine appropriate MyChart access for the authorized Health Care Agent.

BILLS & INSURANCE

Your young adult may continue to be covered under your health insurance. However, insurance coverage and financial responsibility for the NAP account are two different things.

INSURANCE SUBSCRIBER

The person who carries the insurance

GUARANTOR

The person responsible for the NAP Billing account

At 18, your young adult becomes the guarantor/responsible party for their NAP account and future charges associated with their care. You may still help them manage or pay bills, but that does not change their privacy rights.

HOW CAN I STILL HELP?

- Help them make sure they can access their own MyChart account.
- Encourage them to keep their phone, email, address, and insurance information current.
- If they want NAP to speak with you, have them complete an Authorization to Release Health Information.

WHAT IF MY YOUNG ADULT NEEDS ME TO ACT ON THEIR BEHALF?

If you have legally established authority — such as a court-appointed guardianship — or are acting as an authorized Health Care Agent under an activated Health Care Proxy, please provide NAP with the applicable documentation so we can review it and accurately reflect your authority in the medical record.

Needing help does not change adulthood. Legal authority depends on the documentation in place.