

Moving to Adult Healthcare:

A GUIDE FOR TEENS, PARENTS AND GUARDIANS

WHAT TO KNOW:

When a teenager turns 18 years old, it can be exciting. It also comes with new responsibilities. One of these is your healthcare. Starting on your 18th birthday, in many cases your parents or guardians cannot know about your healthcare unless you give your permission. Many adults choose at least one other person who can help with their healthcare if needed.

WHAT TO DO:

- **Watch the calendar.**
 - Before your 18th birthday, talk with your parents or guardians. Discuss whether you would like them to help you with your healthcare after you turn 18.
- **Contact your healthcare team.**
 - You and the adults in your life can talk to your pediatrician, primary care provider (PCP) or case manager. They can help you make a plan before your 18th birthday.
 - Parents and guardians: If your child has a disability and may need help making decisions after age 18, talk with your care team as soon as you can. They can explain your options. Some options, including medical power of attorney and guardianship, may need to be in place before your child's 18th birthday.
- **Stay connected with trusted adults. You have choices:**
 - You can add them as an emergency contact.
 - You can sign a release of information (ROI). You don't have to share everything. The ROI lets you decide what you would like to share.

Make sure you have the support you need. Talk to your parents or guardians and your healthcare team before you turn 18!

WHEN CAN YOU ACCESS HEALTHCARE ON YOUR OWN?

With some exceptions, under Oregon law, you can always choose to involve your parents or guardians, and:

- You can get reproductive healthcare at any age without consent from a parent or guardian. (This does not include sterilization.)
- Starting at age 14, you can get outpatient mental health and substance use treatment without consent from a parent or guardian.
- Starting at age 15, you can get hospital care, medical care, surgical care, dental care, and eye care without consent from a parent or guardian.

Important Notice: This document is for general informational purposes only. It is not legal advice and does not create an attorney-client relationship. Laws and regulations can change, and this document may not reflect the most current legal requirements.

