

DIABETES AND ENDOCRINOLOGY CLINIC SHIFTING TO ADULT HEALTH CARE

You're growing up! As you approach your 18th birthday, it's important to understand some changes that will affect your diabetes/endocrinology care.

What changes at 18?

Once you turn 18, you will be legally responsible for your own health care decisions. This means:

- **Privacy:** Your medical information is private. We can only share it with your parents or caregivers if you sign a Release of Information (ROI) form. You can sign this form during your visit or access it online at childrensMN.org/ROI.
- **MyChildren's account:** Medical records in your MyChildren's account will no longer be accessible to your parents or caregivers. You will need to create your own MyChildren's account to access your medical records. Call our Health Information Management department at 612-813-6216 or ask clinic staff to help you set up your account during your next visit.

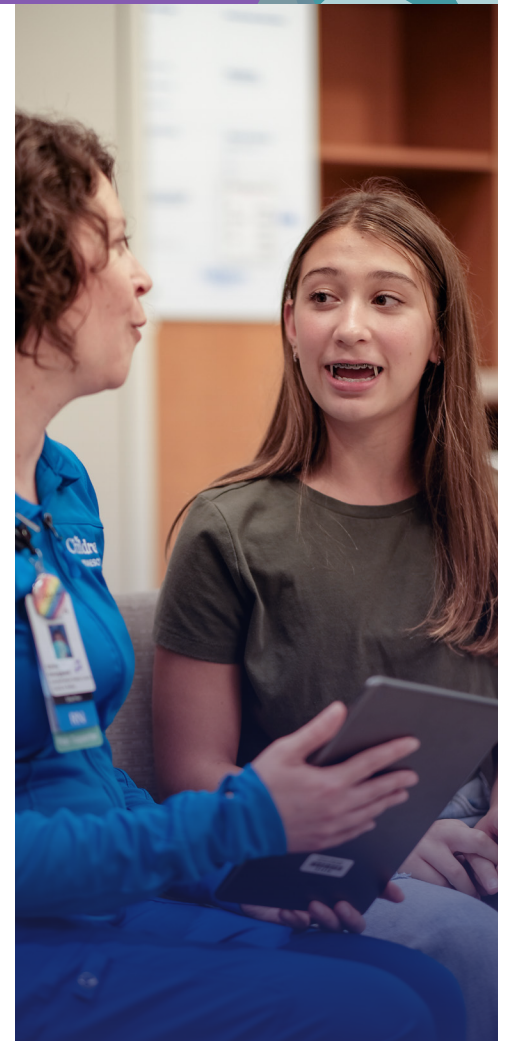
Shifting to adult care

Between the ages of 18-22, you will shift from pediatric to adult health care. This means finding an adult provider to continue your care. Our diabetes and endocrinology Shift Program can guide you through this transition, providing information and support. We will discuss this process during your visits to help you prepare for a smooth shift to adult care.

Supporting your adult child's health care

If your adult child is unable to make their own health care decisions, you may want to consider legal options such as supportive decision-making or guardianship. These options can help protect your child's interests and ensure they receive appropriate care.

If you choose to pursue one of these options, please provide us with a legal document that outlines your child's specific decision-making needs.



We are here to help

If you have any questions or concerns about the upcoming transition to adult health care, please discuss this during your clinic visits or contact the clinic at 651-220-6624.