

The Basics: HIPAA

HIPAA is a law that protects your privacy whenever and wherever you seek healthcare. HIPAA was enacted to protect your privacy, by strictly regulating how your private health information is shared. Every institution where you seek healthcare will have you fill out a HIPAA form so they can care for you, share your information with your other providers (if necessary), and communicate with your insurance company about the care you've received so that you receive the proper coverage based on your plan.

The Basics: Paperwork

In addition to the HIPAA form, there are other forms for you to fill out once you turn 18. Your therapist will be glad to go over this paperwork with you during the first session after your 18th birthday and answer any questions you may have.

The Basics: Your Privacy

Now that you're 18, you are in control of who can know your private health information, which includes appointment times, anything you share with your therapist, etc. Remember, this is your personal choice. If you want your therapist to be able to share your health information with anyone (another healthcare provider, your parents, etc.), you will have to sign a Release of Information that tells us specifically what information of yours we are allowed to share and with whom we may share it.

Happy 18th Birthday from Coppel Family Therapy!

Your 18th birthday is a big milestone! Becoming a legal adult in our world brings lots of changes. We are here to help you navigate these changes and explain what it means to take on the responsibility of your care at Coppel Family Therapy now that you are a legal adult.

A Note to Parents & Guardians:

We know that it can feel unnerving as your precious child begins the transition to adulthood. It's important to remember that this is a time of change! Your child is an emerging adult and it's important that they understand how to take ownership of their healthcare. Here are some things that will change when your child turns 18:

- Your child's appointment information is private. Unless they say otherwise, your child is the only one allowed to schedule or cancel their appointments
- Information regarding your child's care is confidential and will not be shared with anyone, including you, if permission has not been granted.
- Permission is granted only if your child signs a Release of Information detailing what information we are allowed to share with you

Our office is legally obligated by HIPAA laws to protect the privacy of our adult patients.

FAQ

Q: Can my parents make an appointment for me after I turn 18?

A: Only if you fill out a Release of Information that tells us they are allowed to make appointments on your behalf.

Q: Am I still able to use insurance when I turn 18? It's under my parent's name.

A: Yes. You are still listed on your parent's insurance even after you turn 18.

Q: Do I have to fill out a Release of Information if my parents are still paying for my sessions?

A: No. Even if your parents have chosen to pay for your sessions, you are not required to share any personal information you do not wish to share.

Q: What are some ways to take responsibility for my healthcare?

A: Be proactive! Make sure the office has your phone number and email on file so that you receive any communication from us regarding your care. Set appointment reminders for yourself and always make sure arrive on time for your appointments! Come to your sessions prepared to engage thoughtfully with your therapist!



