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'Steps to Your Future'
with Mari Jo Parks, M.Ed., Career & College Coach



PARENT AND STUDENTS LEGAL INFORMATION TO KNOW

Dear Parent and Student,

Today's 'Step to the Future' includes some legal information you need to know. **Did you know that when your child turns 18 you no longer have legal rights to their information including school, financial, medical and other issues?** There are pluses and minuses to this, but I am not addressing that here. What I want you to know is how this could affect both parent and student.

I recently discovered a new website called **Grown & Flown**. Here is an excellent article about the legal documents you may need. Articles cover a wide variety of information. It is written by professions who are parents of high school and college students. Here is the link to their article on legal documents: <https://grownandflown.com/18-college-kid-emergency-legal-forms-parents/>

They recommend a Healthcare Proxy or Healthcare Power of Attorney, HIPAA (Health Insurance Portability and Accountability Act) authorization (**also called a HIPAA release**), and a Durable Power of Attorney,

Other important information you and your student will need are listed below. There will be many ways that you will need to help them, information will be one of the most important. Having these records will make it much easier for both of you.

Here is a list of information you will want to have in an easy place to find.

Official Documents

- Birth Certificate
- Copy of Social Security Card
- Copy of Driver's License
- Copy of Passport
- Native Records

Contact Information

- Address Book with Relatives, High School, Friends, References Addresses
- Phone Numbers of Family and Friends
- Doctors, Dentist, Other Medical Contacts

Banking Information

- Credit Union or Bank Account Numbers

Medical Records

- Shot Records
- Blood Type
- Insurance Cards
- Prescription Information
- Health History
- Family Medical History

Education Records

- ◇ Transcript
- ◇ Resume
- ◇ FAFSA Pin Number and Email address used with password

Other

- Airline Mileage Number

Our world is more complicated and requires more safety nets and more legal documentation. Having important information can save time at a critical moment. As a parent of three adult sons it has been invaluable to have the above information when they needed. One son had his wallet stolen. Another had an emergency medical problem. And each of them needed financial assistance along the way. My ability to help them made a bad situation easier and gave me peace of mind.

I hope this information can save you time and keep you from having problems at a stressful time.

Have a good week, Mari Jo Parks, *Career & College Coach*