



# My Health Record: A guide for carers

## 1. What is My Health Record?

My Health Record is an online summary of a person's key health information in a central location. All Australians have a My Health Record unless they have opted out of the scheme and can choose to delete their record at any point in their life.

My Health Record brings together health information from an individual, their healthcare providers and Medicare. Healthcare providers including doctors, specialists and hospital staff may also be able to see a person's My Health Record when they need to, including in an accident or emergency. Further information about My Health Record can be found at <https://www.myhealthrecord.gov.au/>

## 2. Will a child in my care have a My Health Record? What are the benefits?

Children and young people under guardianship and custody orders will have a My Health Record. The benefits of having a My Health Record are that it can help:

- Healthcare providers provide better informed healthcare through online access to health information and medical history in a central place.
- Children and young people in care to have better access to their medical history when they leave care.

A My Health Record is particularly useful to health care providers in the following situations:

- A child or young person has complex health issues.
- They require multiple healthcare providers.
- They have multiple changes of address.

## 3. How does DCP manage My Health Record for children and young people? Will records be kept safe?

In addition to health information, the My Health Record can contain personal information, including a person's current address and contact details. For this reason, access to the record must be restricted while the child is in out-of-home care.

When a child comes into care under guardianship or custody of the Chief Executive, DCP places **a restriction on their record.**



The My Health Records of children can then only be viewed by a few staff centrally in DCP and by the child's health care providers. The restriction ensures the details of the children, young people and you as their carer remain confidential.

When the child or young person leaves out-of-home care, the restriction will be lifted from their My Health Record. The parent, guardian or adoptive parent can then apply to the Australian Digital Health Agency to manage the My Health Record for children under 14 years.

From age 14 young people have the legal right to manage their own My Health Record.

#### **4. Can I access a child's My Health Record?**

The My Health Record is primarily an information sharing tool to help healthcare professionals provide better care to individuals.

It is generally not necessary for you to access the information in the My Health Record to meet the health needs of children or young people in your care.

More comprehensive information about health needs and actions to meet these needs is contained in the child or young person's Care Plan, and is available from their caseworker.

If there are circumstances that require you to access information in a My Health Record, a request can be made through the child's caseworker.

#### **5. What happens if a young person wants to manage their own My Health Record?**

**Young people from the age of 14 years** have the right to manage their own My Health Record under the My Health Record Act.

The My Health Record system automatically stops all people (other than healthcare providers) from viewing a young person's record when they turn 14.

If a young person in your care aged 14 or over would like to manage their My Health Record, make sure they speak with their caseworker first.

If you have concerns about the capacity of the young person to safely manage their My Health Record, please discuss this with their caseworker.

A young person in your care aged 14 or over does not have to manage their My Health Record, if they don't want to.



DCP has developed a fact sheet for young people in care to ensure they are aware of the opportunities and risks when managing their My Health Record [Insert Link] (see Fact Sheet below).

## **6. Where can I go to find out more about My Health Record?**

More information about the My Health Record is available at [MyHealthRecord.gov.au](http://MyHealthRecord.gov.au) or by contacting the My Health Record Help line on 1800 723 471.