

My Health Record: A guide for foster, relative and kinship carers

Meeting the health needs of the child or young person in your care

As a foster, relative or kinship carer you play an important role in ensuring the health needs of the child or young person in your care are met.

To enable you to do this, the NSW Department of Communities and Justice (DCJ) provides relevant information about the health needs of the child or young person in your care. This includes their Health Management Plan, which documents their health needs and the services required to meet these needs during their time in out-of-home care.

What is the My Health Record?

The *My Health Record* is the Australian Government's new Digital Health system. It is a **summary** of an individual's **key health information** stored in one central location. The following information can be added to the *My Health Record*:

Health care provider can add:	Medicare can add:	Individual can add:
<ul style="list-style-type: none"> • Information from your doctor called a Shared Health Summary • Hospital discharge summaries • Reports from scans and tests • Medications • Doctors referral letters 	<ul style="list-style-type: none"> • Medicare information, such as visits to your doctor • Medicines information from the Pharmaceutical Benefits Scheme • Organ donation information • Immunisation records 	<ul style="list-style-type: none"> • Personal Health Notes • Emergency Contact Details • Indigenous status

When was the My Health Record implemented?

The *My Health Record* was implemented through an opt-out process that finished in January 2019. All Australians, including children under 18, had a *My Health Record* created unless they advised the Australian Digital Health Agency that they did not want one.

How will the My Health Record benefit children in out-of-home care (OOHC)?

The *My Health Record* will help health care providers to better coordinate and share information. This will benefit children in care with complex health needs who may need to see a range of different health care providers.

The *My Health Record* will ensure children and young people's key health information remains with them throughout their time in care. It will be available to them if their placement changes and also when they leave care.

To make sure children and young people in statutory out-of-home care have the opportunity to receive these benefits a *My Health Record* will be created for them.

How will children and young people's information be kept safe?

Concerns have been raised about who will have access to the information in a child or young person's *My Health Record*. **A restriction will be placed on their record** while they are in care, addressing these concerns.

The *My Health Record* can only be viewed by DCJ centrally and by children and young people's health care providers. This measure will ensure details of children, young people and carers remain confidential.

When the child or young person leaves statutory out-of-home care the restriction will be lifted from their *My Health Record*. The parent, guardian or adoptive parent could then apply to the Australian Digital Health Agency to manage the record.

Why can't carers access the information in a child or young person's *My Health Record*?

Carers do not need to access the information in the *My Health Record* to meet the health needs of children/young people in their care. **All information needed** including the child or young person's Health Management Plan will be **provided by your caseworker**. The *My Health Record* is as an information sharing tool to help health care providers and individuals, and is not as detailed as the Health Management Plan.

What happens if the child or young person in my care wishes to access their *My Health Record*?

When a young person turns 14 they will automatically be given responsibility for managing their record. They can decide what information can be uploaded and who will be able to view this.

A [fact sheet has been developed for young people in care](#) to ensure they are aware of the opportunities and risks involved in managing the *My Health Record*. They can also find out more information about what is involved in managing the record by speaking to their caseworker.

What should I do if I need information about the health of the child or young person in my care?

If you require information or need to talk about the health needs of the child or young person in your care, please speak with your caseworker.

All children and young people in statutory care should undertake screening, assessment, intervention, monitoring and review of their health needs through participation in the out-of-home care **Health Pathway**. For more information about this program view [Factsheet OOH Health Pathway: A Carer's Guide](#).

Where can I go to find out more about the *My Health Record*?

More information about the *My Health Record* is available at MyHealthRecord.gov.au or by contacting the *My Health Record* Help line on 1800 723 471.