

Young Adult Support & Permissions Planner

Decide what help you want and what you prefer to keep private.

The young adult chooses the proposed helpers and permissions. Use this for college, work, or independent living. Skip school questions when they do not apply; do not record sensitive health details here.

Date: _____ Prepared with (optional): _____

Your choices about support

1. What would you want help with: practical tasks, information, finances, or healthcare decisions?
2. Whom would you trust for each task? What would you want that person to know or keep private?
3. Which school, provider, or institution should explain its release or authorized-access process?

A task I want help with and the person to ask

A privacy boundary or limit I want respected

An office to contact and the question to ask

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Decide what help you want and what you prefer to keep private.

Permissions to explore, not appointments made

Choose no more than two next steps. Ask the proposed person to agree before treating a task as assigned. A target date below is your planning date, not a legal deadline.

Next step 1: What needs to happen?

Person who agreed: _____ Target date: _____

How will we know it is done? _____

Next step 2: What needs to happen?

Person who agreed: _____ Target date: _____

How will we know it is done? _____

Question to take to an attorney, clinician, institution, or other professional

Next check-in: _____ Person to contact: _____

Keep the limits clear. This planner is not a FERPA consent, HIPAA authorization, power of attorney, or medical information sheet. It records questions, not legal appointments. Do not enter passwords, recovery codes, Social Security numbers, full account numbers, or detailed medical information here.