



LET'S TALK, FACTS

about advance care planning

MYTH:

If something happens to me and I cannot communicate, my parents or partner can just make decisions on my end-of-life care.

FACT:

Wisconsin is NOT a next-of-kin state, so without an advance directive for power of attorney for healthcare, you do not have a power of attorney for healthcare. That means your loved ones would have to get court-appointed guardianship, which is expensive, time-consuming, and more restrictive than power of attorney.



MYTH:

If I assign a healthcare agent, I have given up the right to make my own decisions.

FACT:

Your healthcare agent will only make decisions for you when you are not able. Assigning a healthcare agent does not take any of your authority away from you, in fact by naming one and discussing your wishes with them, you are more likely to have your wishes followed.

MYTH:

Only older adults need to fill out advance directives.

FACT:

While true that more older adults use advance directives, every adult needs one. Accidents and disease do not discriminate by age. Younger adults have more at stake because if something happens to them, medical technology may keep them alive in a vegetative state for decades.

MYTH:

After filling out an advance directive, I cannot update it.



FACT:

You can complete a new advance directive at any point. In fact, you should complete a new one after the 5 D's: divorce, decade, death (of a loved one), diagnosis, and decline in health.

MYTH:

All I need to do for advance care planning is fill out an advance directive.

Let's talk about my future healthcare

FACT:

The documents are important, but having conversations with your loved ones about your wishes is even more crucial. Your loved ones are not mind readers; they cannot help you if you don't tell them what you want. Talking about your wishes now makes it easier on them later.



Use the QR code to sign up for a free advance care planning class to complete an advance directive