



# Advance Care Planning

A process over time of understanding, reflecting on and discussing future medical decisions, including end-of-life care.

MYTH	FACT
<p>1. Talking about this will invite trouble.</p>	<p>Trouble comes when it comes. We don't get to control trouble by not talking about it - especially a topic like how we want to be cared for during our death (no one so far has avoided that one) or sudden illness. Most of us have auto insurance, home owners' insurance and medical insurance. We prepare for trouble in many areas of life. Completing an advance health care directive is no different. Preparing is living responsibly, it is not inviting.</p> <p><i>"Trouble is the common denominator of living. It is the great equalizer."</i> - Soren Kierkegaard</p>
<p>2. This topic is a downer.</p>	<p>Life is short. Maybe a meaningful conversation about your wishes and values with the people who are important to you is the perfect opportunity to enrich and affirm your relationships.</p>
<p>3. I don't need to take care of this now.</p>	<p>No. No, you don't. But then again if not now, when? When you may <b>not</b> meet the standard for competency (sorry, that's too late) or when you figure it all out (yeah, that may never happen)? Now actually seems like a good time. You've got your wits about you and you have some idea of what you want. And yes, it's best to revisit your POAHC every few years because we all figure things out as we go...</p>
<p>4. It's just not that important.</p>	<p>Not until or if you need it and at that point it can regrettably be too late.</p> <p><i>"Getting your house in order and reducing the confusion gives you more control over your life. Personal organization somehow releases or frees you to operate more effectively."</i> - Larry King</p>
<p>5. If I ever need it, someone I love will deal with it.</p>	<p>Yes. Yes, they will. Because they love you.</p> <p><b>NOT</b> because they will feel confident or prepared but because they care about you enough to show up and struggle through the legal proceeding (Wisconsin is <b>NOT</b> a next of kin state – in the absence of a power of attorney for health care, a guardianship may be necessary).</p> <p><b>NOT</b> because there was any thoughtful conversation – “Did he ever say what he wanted?” “How do we know this is what she would have chosen?” The people you love will deal with the unknowns and the ambiguities because they must.</p> <p>In reality completing a power of attorney for health care and having some conversation may be one of the best gifts you've ever given your loved ones.</p>