

# Five Myths About Advance Care Planning

Get the facts about these common advance care planning myths.

## Myth

I only need a plan if I'm very old or ill.



## Fact

It's impossible to predict the future. An emergency can happen at any age. Creating a plan now helps ensure that someone you trust can make decisions that reflect your wishes.

## Myth

My loved ones will know what I want when the time comes.



## Fact

Not necessarily. In one study, nearly 1 in 3 people guessed wrong when asked to predict which end-of-life decisions their loved one would make.

## Myth

I need a lawyer to create an advance care plan.



## Fact

Most states offer free advance directive forms online, and you do not have to involve a lawyer.

## Myth

An advance care plan only matters if I put it in writing.

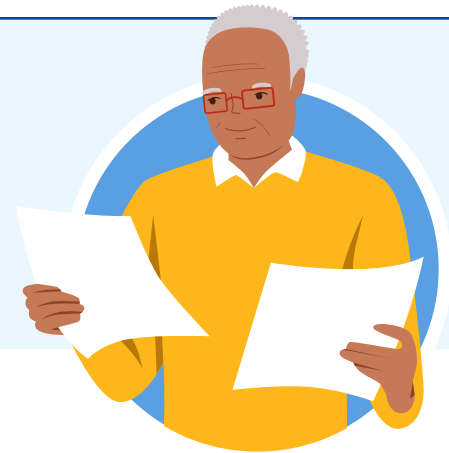


## Fact

The most important part of planning is discussing your wishes with your loved ones. It can save them from worrying about whether they made the right decisions for you.

## Myth

Once I put my plans in writing, I can't change them.



## Fact

Your advance directives can be changed at any time. In fact, you should review your plans at least once a year and after any major life event like a move, divorce, or change in your health.

Ready to get started?

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