

LIVING WITH MEMORY LOSS SERIES

PLANNING FOR THE FUTURE

It is important to make plans for your future. Planning for your future can give you comfort knowing that your personal affairs are in order and that your care will be in good hands.

It is important to seek the legal advices and services from an attorney. Bring a family member with you when you see your attorney.

Advance Directives

Advances directives allow you to document your preferences regarding treatment and care, including end-of-life wishes. Talk with your family, close friends, and doctor about your preferences for end-of-life care. Your family will know your wishes for the future and it will help make it easier for them to make decisions that honor your values.

Two common forms of advance directives are a living will and durable power of attorney for health care.

- ❖ A **living will** states your choices for future medical care decisions, including the use of artificial life support. You have the legal right to limit or forgo medical or life-sustaining treatment.
- ❖ A **durable power of attorney for health care** allows you to appoint an agent (usually a family member) to make all decisions regarding health care. These decisions may be about health care providers, medical treatment, and end-of-life decisions.

Other legal documents

- ❖ A **durable power of attorney** gives you an opportunity to authorize an agent (usually a family member) to make legal and financial decisions for you when you no longer can make them on your own.
- ❖ **Living trusts** allow you to create a trust and to appoint someone else as trustee (usually a family member, friend or bank) to carefully invest and manage your assets
- ❖ A **will** is a document you create that names an executor (the person who will manage your estate) and beneficiaries (those who will receive the estate at the time of your death).

Once you have filled out the documents, make sure that you, your caregiver or a trusted family member, your attorney, and your doctor all have a copy.

*“Sometimes I picture myself like a candle. I used to be a candle about eight feet tall – burning bright. Now, every day I lose a little bit of me. Someday the candle will be very small – But the flame will be just as bright.” – Barb Noon**

**Brilliant Insights*