Control What You Can - Document Your Wishes

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Did you know that 92% of Americans believe it is important to discuss their end-of-life wishes with their loved ones? Yet, how many have done so? Only 32%.

End-of-Life Planning

Right now, so many things are out of our control. However, there are some things we can control. We can make sure that if we get sick our loved ones have the authority to speak with our health care team and make the decisions we would want to be made. We can also make sure our loved ones know what our wishes are. We can share our thoughts and values with our loved ones in order to make it a little easier if they have to face unthinkable choices.

The importance of end-of-life planning is something we focus on regularly with our clients and through community education. Often the public thinks this is something that only older adults need to address. The coronavirus does not discriminate. It has struck young adults and older adults.

The non-elderly are much less likely to have documented their wishes. In addition,
single adults or those in non-marital relationships are at greatest jeopardy of not having their wishes honored or their surrogate recognized.

**Staying Informed**

In recognition of the unprecedented times we are facing, Aging with Dignity has decided to make their [advance directive document available for free online](https://www.natlawreview.com/article/control-what-you-can-document-your-wishes). Take this opportunity to designate a surrogate decision-maker and share your wishes.

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