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## Five Myths About Advance Care Planning

Many people have misconceptions about advance care planning. Learn about these common myths and get the facts.

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<h3>Five Myths About Advance Care Planning</h3> <p>Get the facts about these common advance care planning myths.</p>	<p><b>Myth</b> My loved ones will know what I want when the time comes.</p>  <p><b>Fact</b> 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.</p>	<p><b>Myth</b> I need a lawyer to create an advance care plan.</p>  <p><b>Fact</b> Most states offer free advance directive forms online, and you do not have to involve a lawyer.</p>
<p><b>Myth</b> I only need a plan if I'm very old or ill.</p>  <p><b>Fact</b> 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.</p>	<p><b>Myth</b> An advance care plan only matters if I put it in writing.</p>  <p><b>Fact</b> 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.</p>	<p><b>Myth</b> Once I put my plans in writing, I can't change them.</p>  <p><b>Fact</b> 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.</p>

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