

Additional Things to Consider for Personal Planning

There are several additional documents that should be included in the Pre-planning process. A Power of Attorney and an Advanced Healthcare Directive are two documents that could prove valuable should you become incapacitated during your lifetime

Power of Attorney

A **power of attorney (POA)** or **letter of attorney** is a written authorization to represent or act on another's behalf in private affairs, business, property, money, or some other legal matter. The person authorizing the other to act is the *principal, grantor, or donor* (of the power), and the one authorized to act is the *agent, donee, or attorney* or, in some common law jurisdictions, the *attorney-in-fact*. Formerly, a power referred to an instrument under seal while a letter was an instrument under hand, but today both are under hand (i.e., signed by the donor), and therefore there is no difference between the two



Advanced Healthcare Directive

The Advanced Healthcare Directive, AHD, also known as **living will, personal directive, advance directive, or advance decision**, are instructions given by individuals specifying what actions should be taken for their health in the event that they are no longer able to make decisions due to illness or incapacity, and appoints a person to make such decisions on their behalf.



A living will is one form of advance directive, leaving instructions for treatment. Another form authorizes a specific type of power of attorney or health care proxy, where someone is appointed by the individual to make decisions on their behalf when they are incapacitated. People may also have a combination of both. It is often encouraged that people complete both documents to provide the most comprehensive guidance regarding their care.