

Benefits of Having an Advance Directive

It can be hard to write an advance directive. You may not want to think about the end of your life. But having an advance directive has many benefits.

First, it can give you peace of mind. With an advance directive, you take control of your end-of-life decisions. You write them down and make sure your loved ones know what you want. This can help prevent difficult situations in the future.

“Nobody has a crystal ball. Nobody knows what is going to happen. But there are many conditions that can cause one to become non decisional and still be alive for many years. So it's very important not to wait till you're terminally ill or at end of life to think that just your end of life wishes are the only thing that needs to be considered.”

It can also help your loved ones emotionally.

If you are in an accident or get very sick, they will feel confident in carrying out your wishes.

In such a stressful time, you will have given them the gift of one less thing to worry about.

“I know what he wants and how he wants to be treated and asked to his doctors because they've got access to the paperwork, too. So they know, OK, these guys have got this in place and this is this is where we're going and this is how they feel about it.”

And financially, your family will benefit from your advance directive.

They will know and understand what you want. So they won't spend money on legal fees and time in court making sure your wishes are fulfilled.

They also won't spend your life savings, or their own, on care you don't want.

When people love you and think they know what is best for you, it can be emotional and stressful.

Don't leave them wondering what is best.

Give them peace of mind. Write your wishes down in an advance directive.