

MYTH Advance Care Planning is only for seniors.

FACT Advance care planning is important for any individual over 19 years of age.

There is no age limit for an accident or unexpected illness, and advance care planning ensures that an individual's personal wishes and decision makers are identified should that individual become incapable regardless of situation.

MYTH I have a Power of Attorney, and they are authorized to make all of my legal, financial and health care decisions.

FACT In B.C., a Power of Attorney (POA)/Enduring Power of Attorney has no influence over health care decisions.

POAs are able to make decisions for only legal and financial matters, and cannot make health care treatment decisions. A Representation Agreement provides the authority for a trusted individual to make health care treatment decisions, should the individual represented become incapable.

Advance Care Planning MYTHBUSTERS

MYTH All I have to do is tell my family about my wishes for end-of-life care.

FACT Having conversations with your family or friends about your wishes for end-of-life care is an important first step. Developing an advance care plan ensures that these wishes are recorded and communicated with health care providers.

MYTH I already have a will, I don't need advance care planning.

FACT Wills only come into effect after death.

A will does not provide an individual with the authority to make health care or financial decisions on your behalf.

MYTH Advance care planning is only necessary when you have been diagnosed with an illness.

FACT An advance care plan is important to have in place when an illness is diagnosed; however, having one in place prior to a diagnosis of an illness is also important. Accidents can happen anytime.



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REFERENCES

- [Nidus Personal Planning Resource Centre](#)
- [BC Centre for Palliative Care](#)

- British Columbia Ministry of Health. (2013). [My voice: Expressing my wishes for future health care treatment](#).
- Public Guardian and Trustee of British Columbia. (2014). [It's your choice: Personal planning tools](#).
- The Canadian Bar Association: British Columbia Branch. (2017). [Power of attorney and representative agreements](#).