



Categories: End of life planning,

Categories: ,

Kenya

Estate planning

Estate planning can help to minimise taxes and other expenses associated with transferring assets. You may make a will or alternatively, a living trust can manage assets while you are incapacitated.

Power of attorney (POA) is given by a signor to a signee to manage property for them while alive. General POA gives broad authority to the signee while special POA is limited to specific acts, and irrevocable POA cannot be revoked unless both parties agree. A signor must have capacity.

Medical power of attorney applies when a donor appoints a donee to act on their behalf when incapacitated. Donees may address medical matters.

A **living will** or **advance directive** may specify medical treatment preferences. There is no law in Kenya covering advance directives. They are only practised where institutions have end of life policies in place. A Do Not Resuscitate (DNR) order instructs the physician to cease cardiopulmonary resuscitation. Practitioner preference, relatives' wishes and availability of resources affect outcomes. Physicians may hesitate to follow written instructions because they are unsure of the legal situation.

Useful websites

[Ampath](#) looks at the introduction of palliative care programmes to Kenya

[CM Property Digest](#) examines estate planning

[The Conversation](#) explores the taboo of talking about end of life care

[Izna](#) explains how to get a financial plan for funeral costs

[Kenya High Commission](#) sets out the requirements for the repatriation of a deceased Kenyan

[Kenya Matters](#) deals with the repatriation of deceased Kenyan nationals from abroad

[KIOI](#) has information on estate planning by using a will

[Kraido Advocates](#) supplies a guide to writing a will in Kenya

[Lawyer Wangu](#) examines how to create a medical power of attorney

A [Linked In article](#) looks at power of attorney

[Ministry of Health government site](#) sets out Kenya's palliative care policy 2021-2030

[MNM](#) has information on wills and gifts



[Oraro and Company Advocates](#) look at setting up a trust as an alternative to a will

This 2020 academic [paper](#) is about advance care planning in Kenyan patients on hemodialysis

This 2020 [paper](#) looks at factors influencing decision making around do not resuscitate orders in Kenya

This 2021 [study](#) examines end of life planning in Nairobi

This 2017 [study](#) focuses on factors that influence advance directives in Kenya

This 2024 [study](#) explores religious, cultural and sex influences on advance directives of Kenyan patients

This 2014 [study](#) looks at preferences and priorities for end of life care in Kenya

UBWA lists [18 things you need to know about power of attorney](#), has [information on giving gifts in wills](#) and [explores estate planning](#)

This [UK government site](#) explains what to do if a UK national dies in Kenya

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