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United States of America

Estate planning

You may want to talk with a lawyer about setting up arrangements to protect your financial legacy and provide support if you lack capacity. Consider:

- A will. Prepare a document naming your beneficiaries.
- A living trust names and instructs a person to hold and distribute property and funds on your behalf when you can no longer manage your affairs.
- A revocable living trust (RLT) is a tool you can use to manage and distribute your property after you pass away. Even if you create an RLT, you should still have a simple will.
- Durable financial power of attorney lets you choose an 'agent' to make important financial decisions for you if you can't make them yourself.

Advance care planning (ACP)

Advance Care Planning sets out your personal values, life goals, and preferences regarding future medical care. ACP consists of durable medical power of attorney, an Advance Directive (living will) and Physician Orders for Life Sustaining Treatment (POLST).

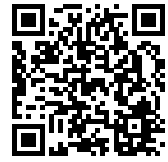
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- 32% of Americans have a will.
- 60% of people without a will reported not taking any action to create one and also haven't made a living trust or any other estate planning document.
- 41% of people between the ages of 18 and 34, and 34% of people between 35 and 54 have never discussed estate planning with anyone.
- 52% of people don't know where their parents store estate planning documents.
- 18% of people don't know what an Advance Healthcare Directive is.

Source: [LEGALZOOM Estate Planning statistics 2025](#)

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With a durable medical power of attorney (POA) you choose a healthcare proxy or agent to make medical decisions for you if you can't make them yourself. These decisions could be about your treatment options, surgery, medication, and end-of-life care. A healthcare proxy can be chosen in



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Translation disclaimer: Content originally written in English.