## **Power of Attorney**

A power of attorney is a legal, written document that gives someone else the right to act on your behalf while you are alive. You can appoint someone to make financial decisions for you with a continuing power of attorney for property.

**For personal care** and health decisions such as where you live, what you eat or what medical care you will receive if you get sick or injured, you can appoint someone in a power of attorney for personal care. The term "attorney" refers to the person or persons you have chosen to act on your behalf. He or she does not have to be a lawyer.

Many people believe their families will be able to step in if something happens and they cannot make decisions for themselves. This isn't always true.