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Nina Dow Discusses Why Estate Planning Shouldn't Be Delayed

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Creating an estate plan is essential at every stage of life, not only to ensure your wishes are honored after death, but also to protect you and your loved ones during your lifetime. In a recent article, [Nina Dow](#) discusses why delaying estate planning can lead to avoidable complications and outlines common obstacles adults, particularly those over fifty, may encounter. She also explains how proactive planning and professional guidance can help individuals make informed decisions, minimize conflict, and secure peace of mind. Here is an excerpt:

As an estate planning and probate lawyer, I see several common obstacles that people aged 50 and older face when creating an estate plan. The good news is that each obstacle has a simple solution to get you on the right path.

First, and most common, you should be aware that estate planning is not all about planning for your death – estate planning includes setting up documents that are used during your lifetime (such as a power of attorney and health care proxy). Lifetime documents protect you and your family from probate court interference in the event you become incapacitated.

Continue reading the full article “[Don't put off creating an estate plan](#)” on the *Fifty Plus Advocate* website.