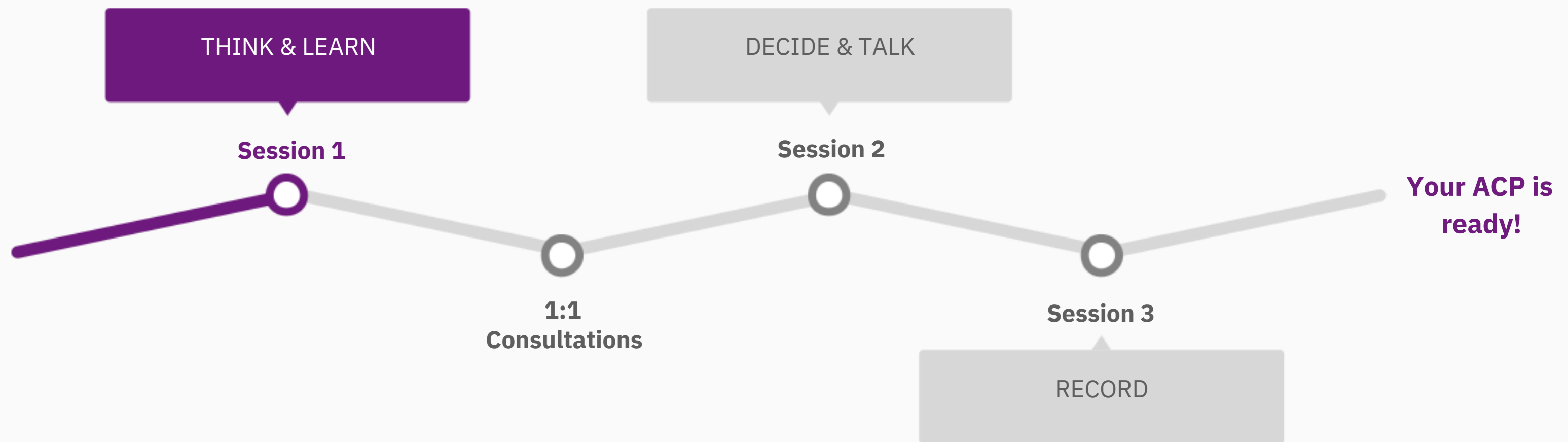


Advance Care Planning

Self-paced Workshop -Session 1



Self-guided Workshop Roadmap



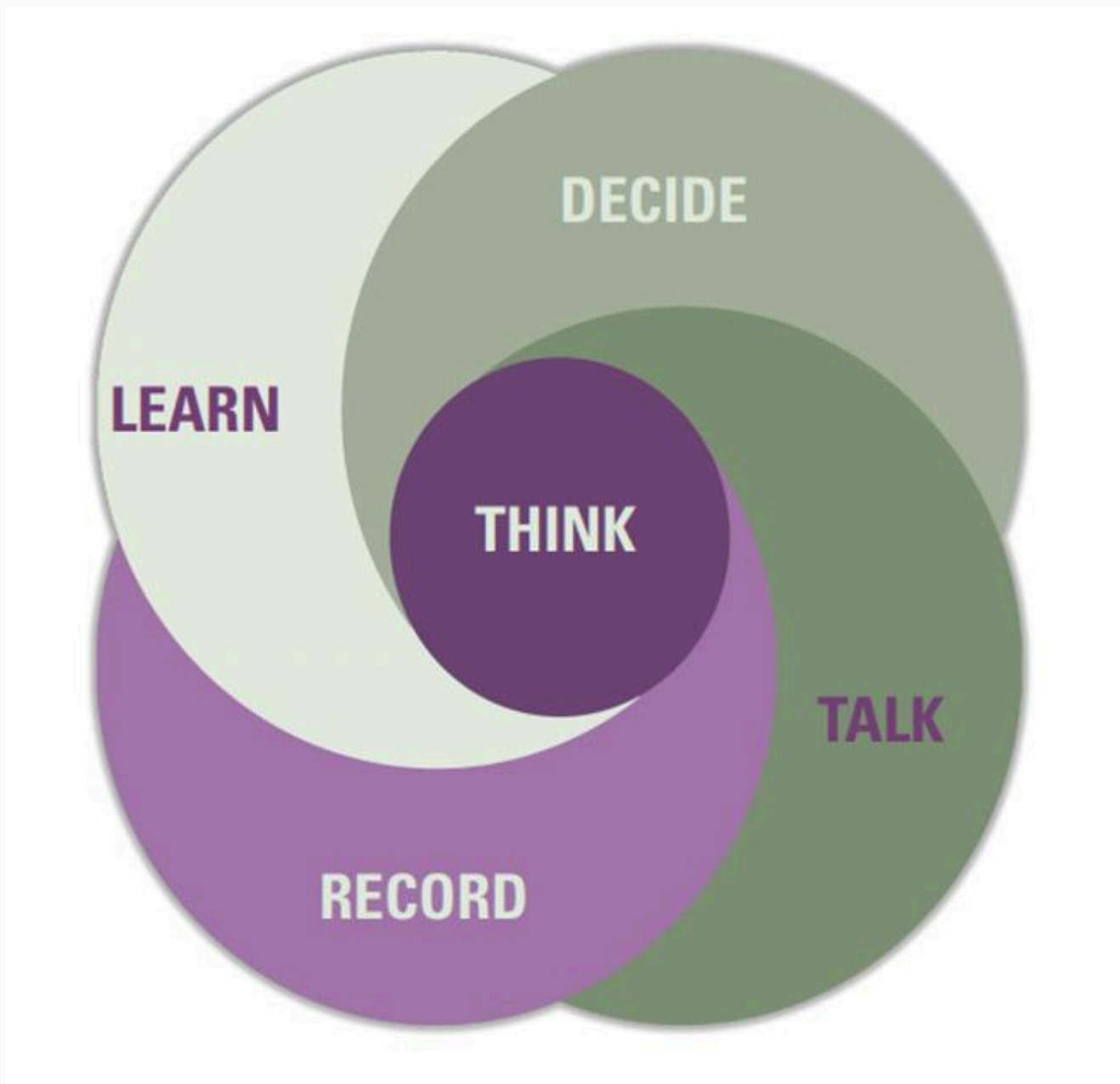
What is Advance care Planning (ACP)?

Advance Care Planning is a process of reflection and communication, a time for you to reflect on your values and wishes, and to let others know your future health and personal care preferences and wishes if you are unable to consent or refuse treatment or other care. Advance Care Planning is also thinking about options around housing and residency that may work into your health and lifestyle in later years.

Advance Care Planning may include thinking about information about specific treatments that you do or do not want to have (such as cardiac resuscitation or mechanical ventilation), as well as other information about your care at the end of life (for example, religious or spiritual rituals, being able to see a family member, dying at home or hospice).

It is important to have discussions with family and friends, especially your **Substitute Decision Maker**—the person who will speak for you when you cannot. This may include writing down your wishes and may even involve talking with healthcare providers and financial and legal professionals. A written advance care plan may also be called an Advance Health Care Directive, a Medical Directive or a Living Will that can be an addendum to your Power of Attorney for Personal Care.

Key Steps in Advance Care Planning



THINK-about your wishes and values

LEARN -about your health & legal requirements

DECIDE -your substitute decision maker

TALK -to professionals and your family

RECORD -your ACP journey

Step 1: THINK

What matters most to me? What or who influences my life?

Step 1: THINK

Listed below are the tasks you will complete by the end of Step 1:

- I have thought about my wishes and values and how they may influence my future health care decisions.
- I have considered any current health issues and decisions that may need to be made.
- I have reflected on previous experiences with my own health or of others and how this may impact a future health care choice for myself.

Step 1: THINK

Learning Resource:

- Watch the following video <https://www.youtube.com/watch?v=sz8kAbGdLZ4> (5 Mins)
- Watch the following video <https://youtu.be/J1B6bSlHbdk?t=22> (6 Mins)

Reflection:

- Write down your first experience with death. This can be one sentence or a paragraph. The key is to think back and ask yourself how this experience has impacted your current thoughts on death and dying. Is there a current experience that has influenced you? Write that down too.

Step 1: THINK

Exercise:

1. Find some quiet time (10 minutes) to sit, close your eyes and think about the following 2 questions... “What makes me feel a sense of happiness? ” and “What makes me feel a sense of fear?” Don’t force any thoughts, there are no right or wrong answers, only awareness.
2. What makes my life meaningful? Think about what a good day would look like for you. What do you do for fun? What makes you smile and feel good? How do you spend your time and with who?
3. What do I value most about my mental and physical health? (Eg. Living without help, Having privacy)
4. What situation or conditions would I find difficult? (E.g: Not being able to walk, Being in pain)

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Step 1: THINK

Answers:

Step 1: THINK

Answers:

Step 2: LEARN

What do I need to know about my health?

Step 2 -LEARN

Listed below are the tasks you will complete by the end of Step 2.

- I have sourced out information on advance care planning terms and medical procedures (such as resuscitation and feeding tubes).
- I have contemplated what quality of living means to me.

Step 2 -LEARN

Learning Resource:

- Watch the following video <https://youtu.be/tyx4LhrLGHY?t=39>(5 Mins)

Reflection:

When there is a medical decision to be made, I would like...

- to make decisions on my own
- to involve others who matter such as my family
- for my health care team to decide for me

Other: _____

Step 2 -LEARN

Exercise:

1. Make a summary of your health situation. What are the issues you currently have? What are the treatments you are following?
2. How much do I need to know about my health conditions?
3. How much do I know about what is likely ahead with my health conditions?
4. I have thought about medical treatments I might want or not want. Write them down

Step 2 -LEARN

Answers:

Step 2 -LEARN

Answers:

Step 2 -LEARN

Scenario:

You have suffered a stroke and are in the hospital. Your doctor would like to have your consent to insert a feeding tube because swallowing is a problem and nutrition can not be sustained using an intravenous line. Because of your stroke you are not able to make a decision for yourself.

What information do you need from your doctor to make a good choice? Would your decision to consent to a feeding tube differ if it was a temporary versus a permanent feeding tube that you would depend on for the remainder of your life? What are your values and beliefs around nutrition? How do you feel about your independence versus relying on others to provide support for your daily needs?

Step 2 -LEARN

Health Care Decision Tool: B.R.A.I.N

If you are currently facing a health care decision, below is a tool to help when you need to make health care choices.

First, find out what treatment is being suggested from your health care team then ask yourself (See table on the right)

B	Benefits	What are the benefits of this procedure/treatment?
R	Risk	What are the risks of this procedure? How might this negatively affect me and/or those who matter to me?
A	Alternatives	Are there alternatives to this procedure or treatment? Are there other options?
I	Intuition	What is my gut feeling about this?
N	Need Time or Nothing	Can I delay this procedure or treatment and take some time to think about it? Can I discuss it with the people who matter to me? What will happen if I choose to do nothing from now?

Step 2 -LEARN

Using the B.R.A.I.N tool, write your reflection for the scenario:

Pause...

You've completed the first session of the self-guided ACP Workshop, and the first 2 key steps of preparing your own Advance Care Plan!

Pause and take a breath

You can always go back and change your answers, that's what ACP is!

See you in Session 2.

Ask an Expert

Sandra Andreychuk is a Health Care Ethicist, a Registered Nurse at the Bob Kemp Hospice and is an Advance Health Care Consultant for Cambridge Law, within their estate planning division. Sandra also has an independent Advance Care Planning practice which you can learn more about her services at <https://www.qualitylifeplanning.com/>

Sandra will be available for 1:1 Consultations about your ACP.

All resources and updates for the consultation and the session will be available on: <https://kempcarenetwork.org/planning/>