Alberta Health Services

ADVANCE CARE PLANNING

CONVERSATIONS MATTER

GOALS OF CARE DESIGNATIONS

Objectives

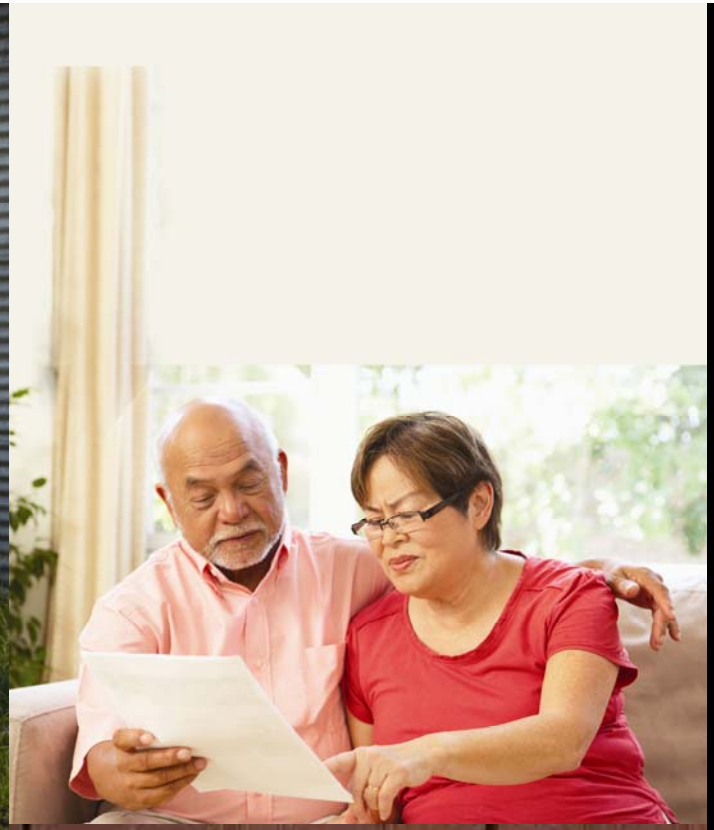
- Advance Care Planning (ACP)
  - What is it? Why? For Who?
  - Personal directives
- Advance Care Planning in the healthcare system
  - Goals of Care: M, R, C
  - Green Sleeve
- Having Advance Care Planning Conversations
  - “How to” Resources

What is Advance Care Planning?

Advance care planning is a process whereby an adult

makes a plan for personal health care decisions

in the event that this person becomes incapable to direct his or her own health care.



Advance Care Planning - Why?

Advance Care Planning is a gift you give yourself

- Health wishes will be known
- More control over health, better healthcare experiences
- Increased quality of life when time running short

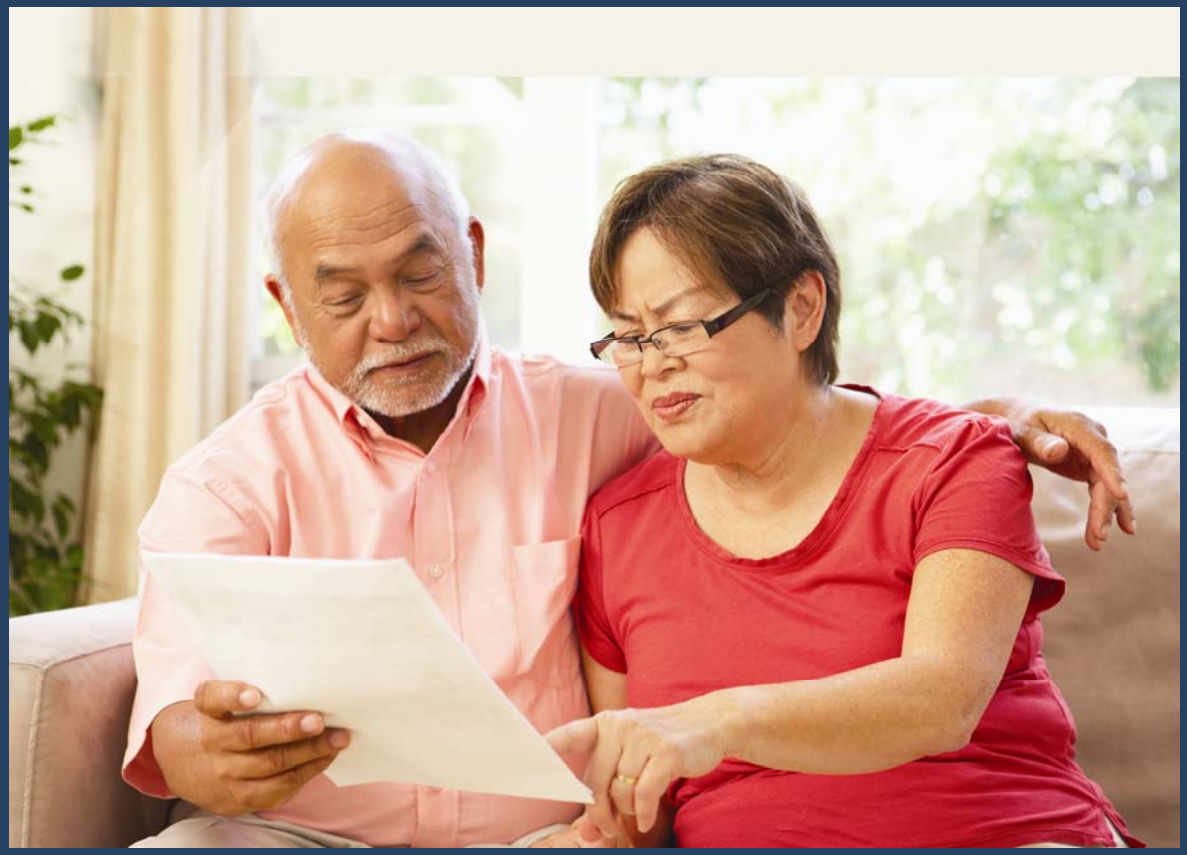
Advance Care Planning is a gift you give your loved ones

- Less distress when making decisions
- Bereavement process easier

Advance Care Planning – 5 Steps

1. **Think** about your wishes and values
2. **Learn** about your own health
3. **Choose** someone to make decisions and speak on your behalf
4. **Communicate** your wishes and values about health care
5. **Document** in a Personal Directive

82% of people say that it is important to put their wishes in writing



but . . .

8 out of 10 Canadians do not have a written plan

www.advancecareplanning.ca

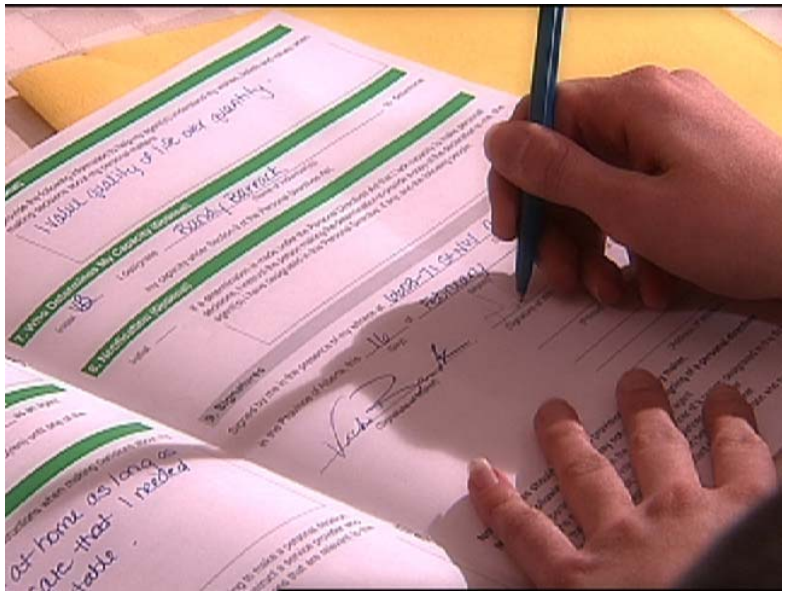
Personal Directive

Personal Directive Form:

- Legal form to appoint agent
- Document healthcare wishes

Give copies to:

- Your agent
- Your healthcare providers
- Your family



The personal directive ONLY comes into effect IF you are unable to make decisions about your healthcare.

Alberta Health Services

Care Consistent with Patient Values & Goals

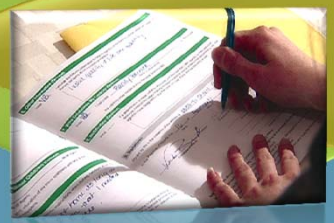
Advance Care Planning Conversations

Values

Wishes

Fears

Illness expectations



Goals of Care Conversations

Previous discussions, values, preferences

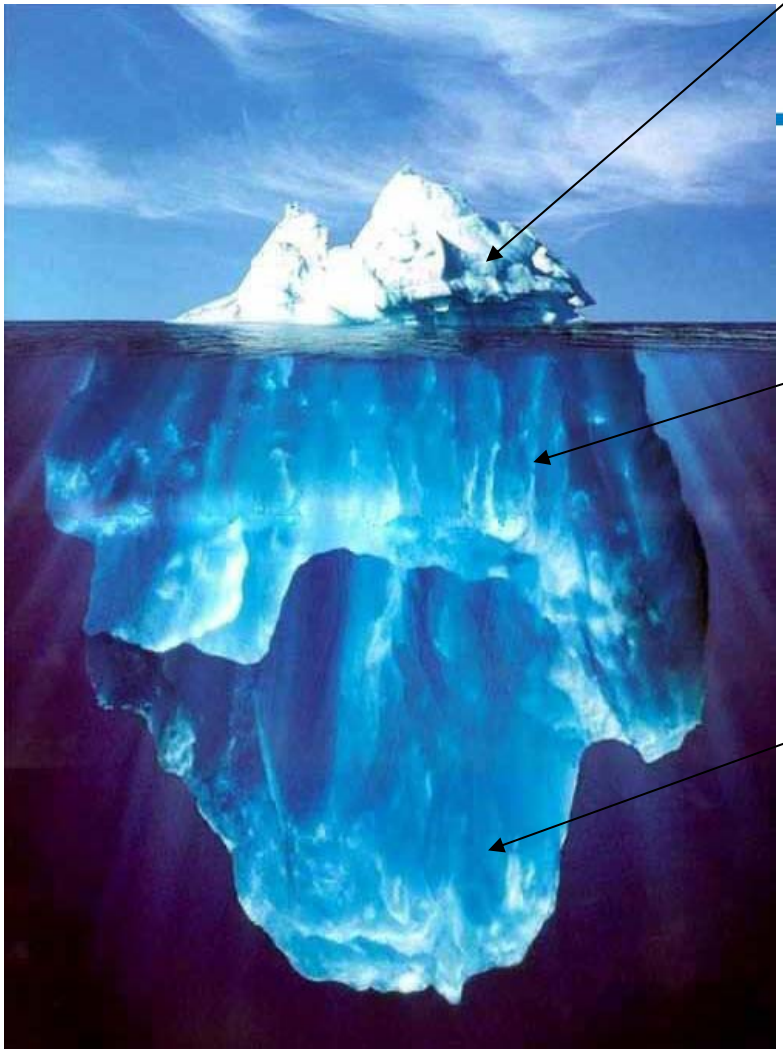
Understand illness

Prognosis

Anticipated outcomes

Appropriate treatment options

Documentation



Goals of Care Designation Order

- Medical order written by doctor/NP
- M, R, C

Goals of Care Conversations

- Conversations with the healthcare team (prognosis, appropriate treatment options, expected outcomes)

Advance Care Planning

- Conversations with agent, loved ones, healthcare provider (values, wishes, fears, health status)
- Personal Directive

80% of people say that if they were seriously ill they would want to talk to their doctor about healthcare and treatment wishes

but . . .

Only **9%** have ever spoken to their healthcare provider about their wishes for care

© Cartoonbank.com

"There's no easy way I can tell you this, so I'm sending you to someone who can."

Goals of Care

https://www.youtube.com/watch?v=fdfmostSgkM&feature=youtu.be

Medical Care

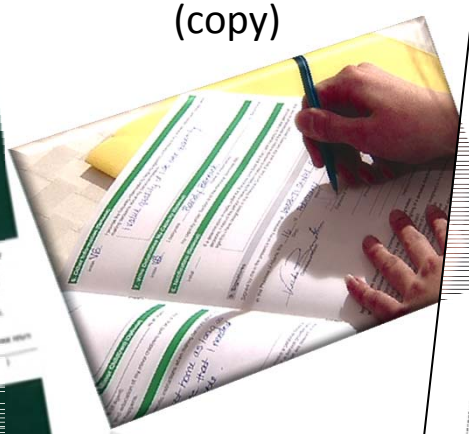
Resuscitative Care

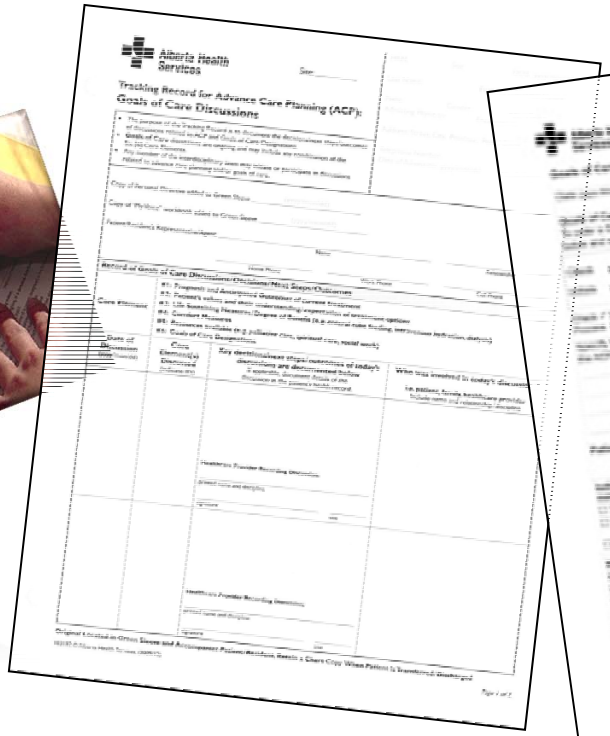
Comfort Care

The Green Sleeve – your "Health Passport"

Green Sleeve

Personal Directive
(copy)





Tracking Record for
ACP Discussions

Goals of Care Designation
Order Form

Don't wait.

The time will never be JUST RIGHT.

- Napoleon Hill

Advance Care Planning – “How To”

- “Speak Up” website:

  www.advancecareplanning.ca

- “The Conversation Project” website:

  www.theconversationproject.org

- Alberta Health Services resources

  www.conversationsmatter.ca

"Speak Up": www.advancecareplanning.ca

Advance Care Planning: collaborative with Prostate Cancer Canada

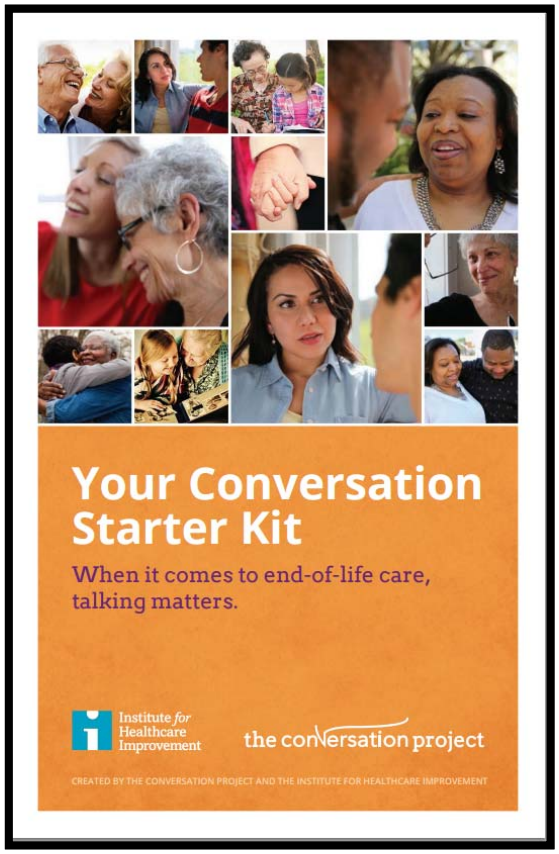
Advance Care Planning guide specific to cancer diagnosis

- Conversation Starters
- Interactive Workbooks

ACP Webinars
- Louise Hanevy, April 2014

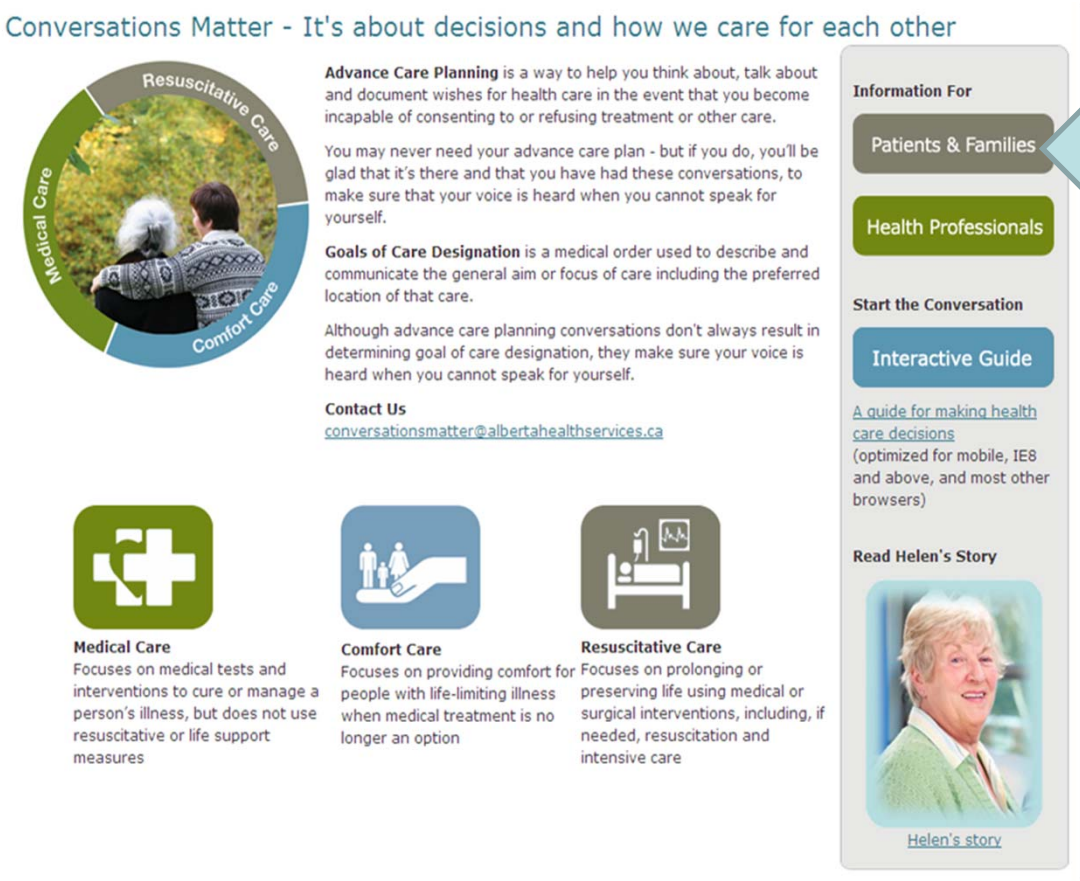
“The Conversation Project”:

www.theconversationproject.org



- Interactive Workbook
- “What Matters to Me Statements”
  “Where I Stand Scales”
- Conversation set up tips
- Personal Stories
- “How to talk to your doctor” kit

AHS "Conversations Matter":
www.conversationsmatter.ca



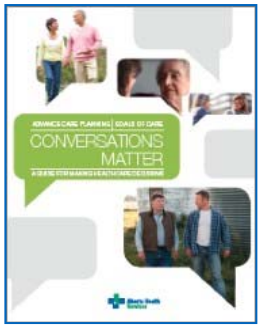
Links to other resources

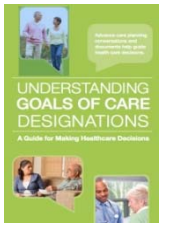
Printable "Conversations Matter" guidebook
- Tips, Scripts

Videos
- ACP, GCD

Advance Care Planning checklist

Green Sleeve Resources

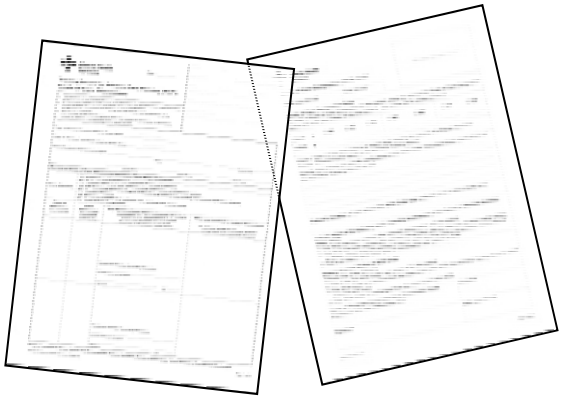




In the Green Sleeve:

- Information for you:
  - "Conversations Matter" Guidebook
  - Blank Personal Directive form
  - Understanding Goals of Care brochure

- Tools for healthcare providers:
  - Goals of Care Designation Order From
  - Tracking Record



For more Information

Conversations.Matter@ahs.ca

Thank You!!

Don't forget your Green Sleeve!