



ADVANCE CARE PLANNING:
IT'S ALWAYS TOO SOON UNTIL IT'S TOO LATE

Welcome everyone; make sure they have filled out a survey.

Intro: thanks for joining us today, I'm excited to discuss such an important topic with you all

WHAT IS ADVANCE CARE PLANNING?

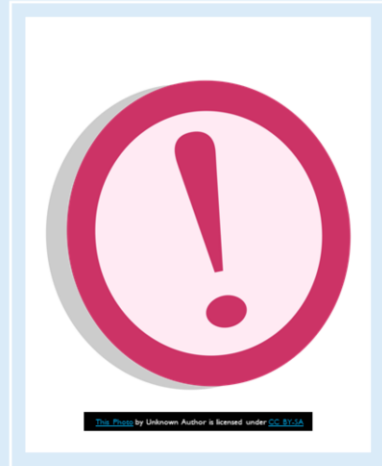
- Making sure your loved ones know what matters most to you
- Thinking about, talking about, and documenting your wishes for future health care
- Includes legal documents



First, let's start with an explanation of what advance care planning is

WHY IS THIS IMPORTANT?

- People lose the ability to speak for themselves for **many** reasons
 - ACCIDENTS HAPPEN
- If we do not talk about an/or write down our wishes, **decisions are made for us**
- Wisconsin is **NOT** a next-of-kin state (for before death decision-making)



- Accidents can happen at any time.
- By writing down / talking about your wishes, your loved ones are not forced to guess what you would have wanted
- Since Wisconsin is NOT a next-of-kin state, if something happens to you, your family members do not automatically become your healthcare agents. They would have to get court-appointed guardianship which is more restrictive, timely, and costly to do. **ANYONE 18 OR OLDER SHOULD START PLANNING!**

INTRODUCTIONS

- If you wish to share, please discuss the following with your group
 - Your name and pronouns
 - Something you hope to get out of this workshop
 - Share a time you experienced a “good” or “bad” death – either personally or professionally
 - What makes a death “good” or “bad”?



If the group is small (5 or less) do this all together. Otherwise, split them into small groups of 3-5 people. Give the groups a few minutes to discuss and then come back together. Emphasize that you don't have to share if you don't want to!

The point of this exercise is to create a setting that is comfortable and supportive.

FACTS ABOUT ADVANCE CARE
PLANNING

92%



Of individuals think it is important to
have conversations about end-of-life care

Statistics come from the Conversation Project.
<https://theconversationproject.org/about/>

80%

Want to have a conversation with their
healthcare providers



only
32%
have had those conversations

Most people haven't had these conversations though.

70%

of Americans want to die at home



70%

Actually die in a healthcare facility



WHAT DO THESE STATISTICS SHOW US?

- We need to be having these conversations about end-of-life care and start planning **now!**



HOW TO GET STARTED?

Consider what
matters to
you?

Assign a power
of attorney for
healthcare

Complete your
advance
directive

CONSIDER WHAT MATTERS TO YOU?

- What is a **GOOD** day? To you. Right now.
- What experiences or influences in your life have shaped your feelings about healthcare interventions and treatments?
- How would you want to spend the final days of your life? Would you want to watch any specific TV shows or movies?



Here are some questions to consider. Give the participants a minute to think about their answers and share (if they would like) with a person or two around them.

ASSIGN A POWER OF ATTORNEY FOR HEALTHCARE

- Choose someone to be your healthcare agent who:
 - you can trust
 - is willing to take on this role and follow your wishes
 - can make difficult decisions in difficult situations

ASSIGN A POWER OF ATTORNEY FOR HEALTHCARE

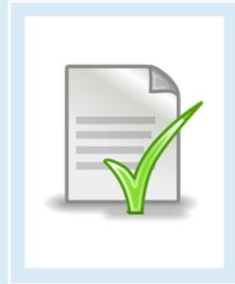
- After choosing someone, be sure to **HAVE A CONVERSATION** with them about your end-of-life wishes
- Use the QR code to find conversation starters that work for you



COMPLETE AN ADVANCE DIRECTIVE

- There are 5 types of Advance Directives in WI
 - *Power of Attorney for Health Care (POA-HC)
 - Declaration to Physicians (Living Will)
 - Do Not Resuscitate (DNR) Order
 - Power of Attorney for Finance and Property
 - Authorization for Final Disposition

*our focus today



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An advance directive is a legal document. All five of these advance directives are important to complete, but we are focused on the power of attorney for healthcare

COMPLETE AN ADVANCE DIRECTIVE

- On the POA-HC advance directive, you will identify who you chose to be your healthcare agent, and if they can make decisions for you regarding:
 - Nursing homes
 - Feeding tubes
 - If you are pregnant



Saying yes to these questions doesn't mean that they are going to put you in a nursing home or keep you on a feeding tube, saying yes means that your healthcare agent can make that decision.

COMPLETE AN ADVANCE DIRECTIVE

- The POA-HC must be witnessed by 2 people
- The witnesses cannot be:
 - Family members or relatives (by blood, marriage, domestic partnership, or adoption)
 - Any of the people you listed as a Health Care Agent (or alternate agent)
 - Your healthcare provider/an employee of a healthcare provider
 - Under 18

KEEP THE CONVERSATION GOING

- Continue to reflect on and update your advance directive
- Keep talking to your loved ones about your end-of-life wishes
 - Ask them about their wishes too!
- Remember that discussion is just as or even more important than the document

SIGN UP FOR A (FREE) CLASS TO
COMPLETE YOUR ADVANCE DIRECTIVE

- Use the QR code to see a community calendar for Fox Valley
- Sign up for a class that works for you!



There are usually 3-4 classes a month in different locations around Fox Valley. Find a class that works for you and sign up! At the class you will go over advance directives and complete your own.

THANK YOU!

- For more information or resources, visit fvacpp.org or the Let's Talk, Fox Valley Facebook
- Feel free to reach out with any questions
- Complete the short survey

