Advance Care Planning in BC: Stories & Materials

e-Package for ACP Day 2016

Why Advance Care Planning (ACP)?
ACP is a process by which a capable adult considers their beliefs, values, and wishes for personal care and health care in advance of a time when they may be incapable of deciding for themselves. A thorough Advance Care Planning process includes ongoing conversations with close family/friend(s) and health care providers and is an essential element to ensuring health care treatments align with personal values and goals.

The BC Centre for Palliative Care is facilitating more, better, earlier Advance Care Planning across BC because:

- ACP is for everyone, however only 14% of British Columbians have a plan.
- By 2030, 20% of Canada’s population will be over 65 & living with greater than 2 chronic illnesses.
- ~ 50% of patients will not be able to make their own decisions near death.

These facts have prompted the need for improved ACP awareness and education. Since 2015, the BC Centre for Palliative Care has been leading a province wide initiative to promote ACP in partnership with ACP leaders, health care providers, patients and care givers as well as ordinary citizens across BC. Together, we’re working to empower patients to be more involved in making decisions across the continuum of care and to promote conversations about how we make person-centred care a reality within health care.

Join us for ACP Day activities from April 11-16, 2016 to spread the word.

Who is this e-package for? Everyone! Community groups, healthcare providers and the general public.

What is in this e-package? Personal ACP stories, new ACP online workbook, posters and more.

How do I use it? Take the stories and materials shared with the BC Centre for Palliative Care and share with your networks. Let us know how we can support your planned activities!

Kick off the week and join our Twitter Chat April 11th 10:00am-11:00am with Twitter handle #ACPinBC

@BCC4PC

A short evaluation form is included at the end for you to fill out so we can continue to support you.

Website: [http://www.bc-cpc.ca/cpc/advance-care-planning-day/](http://www.bc-cpc.ca/cpc/advance-care-planning-day/)
To support your ACP efforts, this e-package includes links and information on:

1. Twitter Chat
2. Speak Up BC Online ACP workbook
3. Stories for sharing
4. Stickers template
5. Videos
6. Posters
7. Care Planning Cookies
8. Additional online resources
9. Evaluation form

Website: [http://www.bc-cpc.ca/cpc/advance-care-planning-day/](http://www.bc-cpc.ca/cpc/advance-care-planning-day/)
1. Twitter Chat

Join us on a Twitter Chat April 11th from 10:00am-11:00am. Twitter handle #ACPinBC

Resource for using Twitter:

2. NEW Speak Up BC Online ACP Workbook

The Speak UP BC online workbook is available for you to use, thanks to the BC Centre for Palliative Care! Access this new resource for making your care plans: http://www.speak-upinbc.ca

3. Stories for Sharing

Take the following stories and materials shared with the BC Centre for Palliative Care for the purposes of ACP Day 2016, insert your logo and share with your networks.

Q: April 16th 2016 is National Advance Care Planning Day. Why is ACP important to you?

A: “My 39 years of experience as a nurse has helped shape my strong beliefs around advance care planning and my own autonomy. Advance Care Planning gave our family the opportunity to have discussions around each of our own individual beliefs, values and wishes. My family tells me they appreciate not having to possibly make those difficult decisions on my behalf. Instead they will be able to focus on supporting each other while implementing what I have already decided on. I feel emotionally at ease knowing I have made those decisions for myself.”

-Cathy Broadway, Terrace, BC.
“Over the last couple of years, our family has been through some tough health issues that really illuminated why we need to share our advance care planning with our loved ones. We want our wishes to be followed but even more than that, we don’t want to leave the stress and strain to our kids. We love them too much to burden them with these very difficult decisions.”

– Jami Brown, Langley, BC

“Many Advance Care Planning (ACP) conferences, articles, debates, etc. still focus on either the elderly or those with chronic and/or terminal illnesses. I have discussions with my daughters and their families to keep them thinking about their own ACP because they are in their late 30s and they believe, of course, that they are invincible.”

-Wendy Lee, New Westminster, BC
I’m Young and Healthy, and Engaged in Advance Care Planning!

In honour of Advance Care Planning Day on April 16th 2016, I urge you to join me in spreading awareness about the value of having conversations with your loved ones about your wishes for future health care, even if you’re young and healthy.

To me, it’s important that my husband (my substitute decision maker) knows my Advance Care Planning wishes because I want my whole extended family to have peace of mind that if the time comes that my husband has to make healthcare decisions on my behalf, he will make decisions that honour my wishes.

You never know what tomorrow will bring.

– Laura Spencer, Vancouver BC.

Lessons learned from a family gathering that took an unexpected turn:

Take time to define your future health care decisions

By Rosemary Brown

Our family dinner had gone well at our neighbourhood restaurant in South Surrey, with more than 8 family members gathered around the table for good food and great conversation. After dinner, Granddad declined a ride, opting instead to make the 10-minute walk home.

Shockingly, Granddad suffered a massive heart attack on the way, falling onto the Library lawn. It was 10 minutes before he was found, 5-10 for the ambulance to arrive, and another 5-10 for CPR to be attempted without success.

Our experience prompted our family to discuss the question: ‘Was resuscitation what Granddad wanted?’ We didn’t know. He had not discussed his wishes around medical interventions with us and we had nothing in writing to go by.

That one night changed our family’s perspective. It altered our ideas about what could happen to any of us at any time. I am now more aware of daily news headlines of sudden, unexpected deaths of people of all ages (not just grandparents).
While adults may have stated their financial wishes through wills, the vast majority has not documented their conversations about their values around personal health care decisions.

Individuals can state instructions in an Advance Care Plan (ACP) and be assured that their medical wishes at end-of-life -- whether expected or unexpected -- will be respected. Making an ACP also includes deciding your preferences for life-extending measures. Learning about these issues, talking about them with your family (and possibly health-care professionals) as well as naming one or more Substitute Decision Maker(s) are the important first steps.

Sometimes the person suffering an attack or accident isn’t with their family (or Substitute Decision Maker), as was the case with my Granddad. I’ve learned that each of us should make our advance care decisions known. It can be as straightforward as filling out a form and keeping it on your fridge, where it is easy to locate for emergency personnel or others.

April 16th is National Advance Care Planning Day. Get in the know! Watch for local upcoming workshops and tools so that you can start the conversations. [http://www.bc-cpc.ca/cpc/advance-care-planning/](http://www.bc-cpc.ca/cpc/advance-care-planning/)

*By Rosemary Brown, M.Ed., is a patient and family representative participating in the BC Centre for Palliative Care’s Provincial Advance Care Planning Initiative*

---

**Advance Care Planning – A Work in Progress**

*By Rachel Carter*

For many of us, picking out a birthday gift for a loved one is a difficult task if we don’t know what they want. Imagine trying to make decisions on their behalf about their healthcare needs.

The concept of Advance Care Planning resonated with me as soon as I heard about it. The importance of ensuring that those who may need to make decisions on my behalf know what I want makes sense.

Much like providing a list of gift ideas, it seems sensible to provide information about my potential healthcare choices. As a healthy, young adult this turned out to be easier said than done because I can’t tell loved ones what I want if I don’t know myself. The more I have learnt about Advance Care Planning, the clearer it has become that it is an ongoing, iterative process.

Some concepts and ideas were fairly simple to understand and I was able to easily form opinions. Others, however, required more reflection. For example, I’d heard the phrase “not to be a burden,” but quickly realized I didn’t fully understand its significance. *Being a burden? What does that really mean?*

In my adult life, I hadn’t been in a situation where I needed to be cared for beyond minor illnesses. Similarly, I had not had reason to provide this kind of care to others. That lack of experience made it difficult to conceptualize whether “being a burden” was important to me if I became seriously ill.
Not long after I began documenting my Advance Care Plans, I broke my arm and required surgery. I didn’t respond well to the procedure or the medication, and I required support from those around me. Admittedly, being looked after by my partner for the first few days was comforting; his attention and assistance was nice. But then days turned into weeks and I started to understand. I began to fully appreciate just how draining it was on him to take care of all my needs. I started to imagine how exhausting it would be to continue to look after me without knowledge of my impending recovery. And I realized how badly it made me feel that I was inflicting this upon him.

That experience helped inform my opinion on what it means to be a burden and to consider how I wanted to manage future health needs in my Advance Care Plan.

I viewed this experience as the perfect opportunity to revisit the conversation; to form new thoughts and opinions, and to rethink those previously discussed. For me, it confirmed that Advance Care Planning is mean to be a fluid process.

### 4. Stickers Template

The following document includes an ACP sticker template developed by Fraser Health Authority.

<table>
<thead>
<tr>
<th>Version without logo</th>
<th>Version without a logo in editable format</th>
<th>Version with the BC Centre for Palliative Care logo</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ready for printing multiple stickers</td>
<td>To insert a logo, use Acrobat to edit</td>
<td>Ready to be placed in a template</td>
</tr>
</tbody>
</table>

**ACP multiple stickers** | **ACP single sticker** | **ACP single sticker with logo**

### 5. Videos

Developed and made available by National Speak Up:

Video: *Are you a Substitute Decision Makers?*

Video: *Why do ACP?*

### 6. Posters

The following posters include ACP Day 2016 events happening across BC.
WHY WAIT?

Join us on National ADVANCE Care Planning Day, Saturday, April 16th from 2pm-4pm at the Stan Hagen Theatre - North Island College for a matinee showing and panel discussion of PBS Frontline’s video “Being Mortal” based on surgeon and bestselling author Atul Gawande’s book of the same title.

Riveting, honest, and humane, Being Mortal shows that the ultimate goal is not a good death but a good life—all the way to the very end.

Dr. Gawande fearlessly reveals the struggles within his profession. He examines its ultimate limitations and failures as life draws to a close - and he discovers how we can do better.

He finds people who show us how to have the hard conversations and how to ensure we never sacrifice what people really care about.

Why Wait?

Join us on National ADVANCE Care Planning Day, Saturday, April 16th from 2pm-4pm at the Stan Hagen Theatre - North Island College for a matinee showing and panel discussion of PBS Frontline’s video “Being Mortal” based on surgeon and bestselling author Atul Gawande’s book of the same title.

Riveting, honest, and humane, Being Mortal shows that the ultimate goal is not a good death but a good life—all the way to the very end.

Dr. Gawande fearlessly reveals the struggles within his profession. He examines its ultimate limitations and failures as life draws to a close - and he discovers how we can do better.

He finds people who show us how to have the hard conversations and how to ensure we never sacrifice what people really care about.
Look who’s talking...

“In December 2015, compassionate individuals from across the province convened to discuss the importance of Advance Care Planning for all British Columbians.”

-BC Centre for Palliative Care, British Columbia

**Advance Care Planning** is a process of thinking about and sharing your wishes for future health and personal care.

April 16th is National Advance Care Planning Day, a perfect time to have important conversations about your future health and personal care wishes with your family and friends.

**Learn more: www.advancecareplanning.ca**

Advance Care Planning - it’s how we care for each other.

Website: [http://www.bc-cpc.ca/cpc/advance-care-planning-day/](http://www.bc-cpc.ca/cpc/advance-care-planning-day/)
Planning for the Future
Important Information & Conversations about Health & Finances

10am-3pm
Wednesday, April 13th, 2016
at the Douglas Park Recreation Centre
20550 Douglas Crescent, Langley, BC

This is a FREE Workshop and open to the public, but advance registration is requested. Please RSVP to info@langleyhospice.com or call 604.530.1115.

Morning Session
10am – 12pm

Advance Care Planning
Presenter: Cari Hoffman, Project Coordinator, Advance Care Planning, Fraser Health
Think, Learn, Choose, Talk & Record. Planning ahead before a health crisis is something all of us should do. Yet less than 50% of Canadians have had conversations with their family and friends and even less have spoken with their doctor. Many people don’t know how to begin while others are unaware of the importance. Learn together with your family and friends as we discuss the concept of Advance Care Planning, Substitute Decision Making for healthcare decisions, and provide insight and resources to start and continue the Advance Care Planning process.

LUNCH of Sandwiches, Coffee & Tea — Provided by Donation

Afternoon Session(s)
1pm – 2pm

Financial Health & Decision Making
Presenter: Tanya Lyn Werk, EPC, Wealth Manager, Investors Group Financial Services Inc.
○ Estate Planning, Charitable Giving ~ What you WANT to know...

A Panel of Professionals...Your Turn to Ask
○ Cari Hoffman, BA BSW RSW Advance Care Planning Specialist
○ Tanya Lyn Werk, EPC, Wealth Manager, Investors Group Financial Services Inc.
○ Diane Cere, CPA CMA, DMC Accounting
○ Scott T. Taylor, Family Lawyer
○ Valerie Cairns, TEP, Retired Member

Workshop Presented by:
Langley Hospice Society, Stepping Stone Community Services Society, Langley Care Foundation,
Langley Seniors Resources Society and Langley Animal Protection Society
Calling All Health Care Providers!

Substitute Decision Maker **FAIR**

Who me?

Chances are, you are someone’s **Temporary Substitute Decision Maker** ARE YOU PREPARED?

Drop by for 2 minutes to learn more!

**TUESDAY APRIL 12, 2016**

10 am – 3 pm

Columbia Tower Lobby (near Radiology)

What You Will Find:

* Friendly colleagues
* Draw prizes
* Helpful information and tools
* Coffee and treats
* Photo booth sponsored by Royal Columbian Hospital Foundation

Website: [http://www.bc-cpc.ca/cpc/advance-care-planning-day/](http://www.bc-cpc.ca/cpc/advance-care-planning-day/)
7. Care Planning Cookies

Need an idea for how to promote ACP Day for you or your organization? Try the Care Planning Cookies that are available for purchase. Organizations are finding creative ways to use the Care Planning Cookies:

- Renfrew Hospital, working on a shoestring budget, is planning to put a Care Planning Cookie on each of the patient’s meal trays on April 16th, and is also making them available in the hospital cafeteria.
- Organizations are using them to promote Advance Care Planning in the community, handing them out at ACP Day events
- Hospices are using them for education days with hospice volunteers and coordinators
- Colleges are using them within their health care programs to engage the students in conversations about life and death

Like the idea? Order your Care Planning Cookies here: http://lifeanddeathmatters.ca/product/conversation-cookies/
8. Additional Online Resources

Link: Speak Up National ACP Day Campaign toolkit

Link: Current Ministry of Health My Voice and resources in each health authority

9. Evaluation Form

Using the materials in this e-package? For our own evaluation purposes, if you use any of these materials we ask that you fill out the table below and email office@bc-cpc.ca by April 30th

<table>
<thead>
<tr>
<th>Join Twitter Chat? (Yes/No)</th>
<th>Posters</th>
<th>#</th>
<th>Which ones:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stickers</td>
<td>##</td>
<td></td>
<td>(e.g. 100)</td>
</tr>
<tr>
<td>Stories</td>
<td>##</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Care Planning Cookies</td>
<td>#</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Videos</td>
<td>#</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

What was most useful:

What could be improved:

Thank you!

This e-package is provided to you by the BC Centre for Palliative Care and the ACP Day Planning Committee. Thank you to everyone who contributed.

Should you have any questions or ideas of how we can work together please contact Laura Spencer, ACP Project Manager, at lspencer@bc-cpc.ca or call 604-553-4866 Ext. 224.

---

