**Washington Rural Palliative Care Initiative**

**Examples of Advanced Care Planning Conversation Tools and Approaches**

**A bit of definition**

*Advance care planning* is a conversation and a process, an *advanced directive* is the legal document that records specific wishes. There are various kinds of ADs, but the types typically recognized by State law in the United States are the *Living Will (LW)* and the *Durable Power of Attorney* *for Health Care (DPAHC).* LWs document patient preferences for life-sustaining treatments and resuscitation. DPAHCs (also known as “Health Care Proxy Designations”) document his/her choice of a surrogate decision maker. The major limitation of the LW is that it may not be applicable to every decisional dilemma the patient will actually face. For that reason, the designation of a surrogate decision maker is especially important; surrogate decision makers can provide guidance to medical teams in cases where patients are incapacitated and the LW does not apply.

**Honoring Choices Pacific Northwest**

<http://www.honoringchoicespnw.org/>

Co-sponsored in WA by Washington State Hospital Association and Washington State Medical Association, Honoring Choices describes themselves below. The name Honoring Choices Pacific Northwest is used under license from Twin Cities Medical Society Foundation.

“Organizations participating on the Honoring Choices Pacific Northwest Program offer facilitated advance care planning conversations to patients based on the *Respecting Choices® First Steps®* model. Included in this program are certified facilitators who speak with people of all ages and stages of health regarding concerns about end-of-life care. These facilitateddiscussions also define how to identify a health care agent, someone the person believes is willing and trustworthy to make medical choices if he or she is unable. Most importantly, the inclusion of religious and cultural beliefs which influence care choices are also revealed, and attendees often leave these discussion forums with advance directives completed.”

**Five Wishes**

This tool is available from multiple sites and is “open source” for all to use. The description below, with a bit of condensing comes from the site: <https://www.agingwithdignity.org/five-wishes/individuals-and-families>. More than 25 million people have used Five Wishes to put their wishes on paper. Here are a few of the reasons families and individuals choose Five Wishes:

Five Wishes is America’s most popular living will because it’s written in everyday language and helps people express their wishes in areas that matter most — the personal and spiritual in addition to the medical and legal. It also helps you describe what good care means to you, whether you are seriously ill or not. It allows your caregiver to know exactly what you want. Families also use Five Wishes to help start and guide family conversations about care in times of serious illness. Five Wishes is helpful for all adults – everyone over 18 years old – and anyone can start the conversation within a family. Sometimes it begins with grandparents and other times it is the younger family members who bring up the topic. **Five Wishes is available in two formats:**

1. Order a printed [**Five Wishes**](https://agingwithdignity.org/shop/product-details/five-wishes) document to be mailed

2. If you want to get started right now, you can use [**Five Wishes Online**](https://agingwithdignity.org/shop/product-details/five-wishes-online) to complete and print a customized document immediately, and share instantly with those you care about.

Additional resources are available to make it easy. The Next Steps discussion guide tells you exactly how to start the conversation. And the Five Wishes DVD can also be used as a starting point in your own home.

**The Conversation Project**

<https://theconversationproject.org/>

The Conversation Project is dedicated to helping people talk about their wishes for end-of-life care.From the website:

“The Conversation Project began in 2010, when Ellen Goodman and a group of colleagues and concerned media, clergy, and medical professionals gathered to share stories of “good deaths” and “bad deaths” within their own circle of loved ones.

Over several months, a vision emerged for a grassroots public campaign spanning both traditional and new media that would change our culture. The goal: to make it easier to initiate conversations about dying, and to encourage people to talk now and as often as necessary so that their wishes are known when the time comes.

In order to make this vision a reality, The Conversation Project began its collaboration with the [Institute for Healthcare Improvement](http://www.ihi.org/" \t "_blank) (IHI) in September of 2011. IHI is a not-for-profit organization that helps lead improvement of health and health care throughout the world.

Today, The Conversation Project team includes five seasoned law, journalism, and media professionals who are working pro bono alongside professional staff from IHI who bring a wealth of expertise to the project.”

The getting started guide:

<https://theconversationproject.org/wp-content/uploads/2015/05/TCP_Community_FINAL1.pdf>

For people with Alzheimer’s Dementia

<https://theconversationproject.org/wp-content/uploads/2017/02/ConversationProject-StarterKit-Alzheimers-English.pdf>

A pediatric version

<https://theconversationproject.org/wp-content/uploads/2017/02/ConversationProject-StarterKit-Pediatric-English.pdf>

**Advance Care Planning for Dementia-WA**

<https://endoflifewa.org/wp-content/uploads/2014/07/Alzheimers.Disease.and_.Dementia.Mental.Health.Advance.Directive.10.2015.pdf>

“This site houses Washington’s Alzheimer’s Disease/Dementia Mental Health Advance Directive and the accompanying instructions. This new, comprehensive Directive represents more than a year of work and has been reviewed by elder law attorneys, geriatric care managers, psychologists, and other experts who have experience assisting, supporting, treating, and providing legal services to people and families dealing with Alzheimer’s or dementia.

Because this Directive is based on Washington State law, it may not be legal or honored outside of Washington. Although other states have enacted mental health advance directives, legal requirements differ from state to state. If you do not reside in Washington and you live in a state that has a mental health advance directive law similar to Washington’s, you may be able to modify this Directive to make it legal in your state. Even if this Directive is not legal where you live, you can still use it to document your wishes and provide a guide for your family, health care providers, long-term care providers, and others.”

**The National Hospice and Palliative Care Organization**

The webpage has a state-by-state advanced directive legally appropriate for the state. Of note AARP also has a state by state site and links to the identical form below for WA.

<http://www.caringinfo.org/i4a/pages/index.cfm?pageid=3289>

<http://www.caringinfo.org/files/public/ad/Washington.pdf>

**The American Society on Aging**

[**http://asaging.org/blog/6-online-resources-start-advance-care-planning-conversations**](http://asaging.org/blog/6-online-resources-start-advance-care-planning-conversations)

This site offers six tools, the Conversation Project and Caring Info from the National Hospice and Palliative Care Organization are included which are listed above but there are four other tools that have not yet been listed; ***Death Over Dinner***, the ***Go Wish Game,*** ***Coalition for Compassionate Care of California*** and ***Prepare for Your Care.***

**The Center for Disease Prevention and Control (CDC)**

The Center for Disease Prevention and Control has developed an extensive annotated guide to tools called “Advanced Care Planning: Selected Tools for the Public.”

<https://www.cdc.gov/aging/pdf/acp-resources-public.pdf>

**Advanced Care Planning Decisions**

This vendor does not list pricing but has videos, guides and apps in multiple languages and presents evidence on the effectiveness of the tools. They are interested in partners who are committed to improvements and who share outcomes data. A large number of resources to explore. *This is not an endorsement of any kind.*

<https://www.acpdecisions.org/products/>