

# **Sharing Your Wishes:**Advance Directives, Advocacy and Wellness



## Your Speakers:

#### Daleasha Hall, MDiv, MBA, BCC

- System Director of Hospice and Palliative Care for PeaceHealth
- Trained facilitator and instructor for Respecting Choices
- Board Certified Chaplain
- Party planner, treasure hunter, and sunshine chaser with family and friends

#### April Duff, BSc

- Advance Care Planning Program Coordinator PeaceHealth in Vancouver, WA
- Trained facilitator and instructor for Honoring Choices PNW and Respecting Choices
- Volunteer for Guide Dogs for the Blind Clark County
- Volunteer 4-H youth extension
- Interests in pet therapy and canine companions

#### Melissa Ensey, MSEd.

- Advance Care Planning Program Coordinator PeaceHealth in Longview, WA
- Trained facilitator for Honoring Choices PNW
- Mental Health Counselor by training Previous work with social services and dual diagnosis treatment
- Loves cooking, gardening and coaching soccer for her four kiddos



# Overview of Today's Topics

- Reflecting on your values and personal beliefs
- Navigating the healthcare landscape as a patient or an agent
- Discovering advance care planning and why it is important
- Connecting with other resources in the community to advance this important work

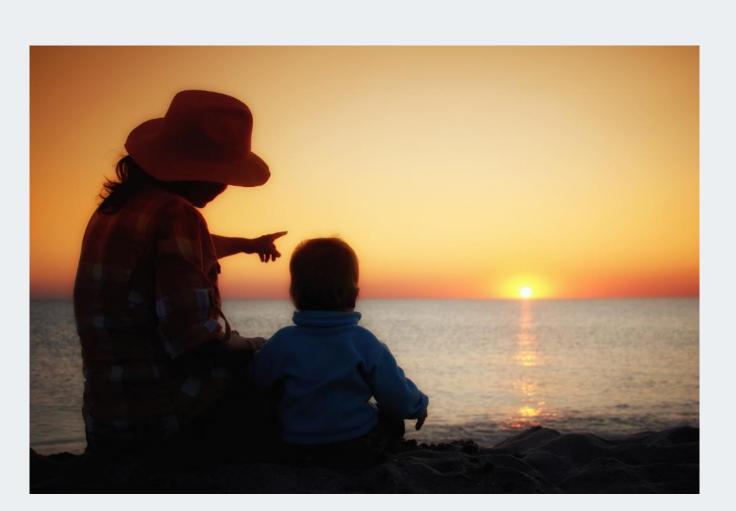




### What do you value?

- What makes your life worth living?
- What level of engagement with others is important to you?
- What is your "line in the sand"?

Example: "to me, to be alive is to be able to read, write, speak out, learn, share and care among others in my community. If I cannot do so, it is time to move on to a more fruitful continuance of soul growth. To me, that transition is death"



<sup>\*</sup>Theo Wells, author of "Take care of Dying, Get on with Living" (at 90!)



# Advocacy & Engagement with Healthcare

Self-advocacy as a component of 'full living'

- Strategies for engagement with healthcare providers
- Navigating the healthcare adventure

"Alone we can do so little, together we can do so much"

- Helen Keller



## What is advance care planning?

- It's sharing your personal goals, values, religious and cultural beliefs, and what matters for your quality of life, as well as completing an advance directive.
- An advance directive is a legal form that you fill out to describe the kinds of medical care you want to have if something happens to you and you can't speak for yourself.
- Putting your wishes in writing helps avoid confusion or conflict in times of crisis or uncertainty.



# Why advance care planning?

- People are more likely to receive care that matches their goals and honors their wishes.
  - 82% say it's important to put their wishes in writing
  - 23% have actually done it
- People are more likely to be where they want to be at end of life.
  - 70% prefer to spend last days at home
  - 70% die in long-term care or hospital
- People spend less time in the hospital at end-of-life with less aggressive, non-beneficial treatment.
  - 10 fewer days spent in hospital during last two years if patient participated in advance care planning





# Why aren't people doing it?

Barriers to the conversation and putting it in writing:

- Talking about end-of-life is not easy it needs skilled, facilitated conversations (this topic is uncomfortable for everyone)
- It can be confusing (e.g., there are 8+ different documents in Washington state)
- People believe they need a lawyer.
- What else?



You tell us!



#### **POLST is NOT an Advance Directive**

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### **Choosing a Healthcare Agent:**

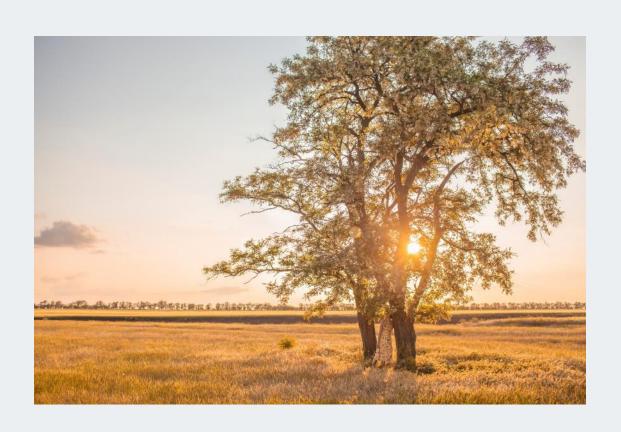
What is a healthcare agent?
Someone who will make healthcare decisions on your behalf.

- Who do I choose?
- Choose someone you:
  - o Trust
  - o Believe will follow your medical decisions even if they don't agree with them
  - Can handle stressful and uncertain situations





# Who decides if you DON'T choose a healthcare agent?



#### Legal order of decision maker:

- Healthcare Agent
- Spouse or Registered Domestic Partner (even if separated)
- Adult Children\*
- Parents\*
- Adult Siblings\*
- Adult Grandchildren\*
- Adult Nieces & Nephews\*
- Adult Aunts & Uncles\*
- A close friend that meets certain

criteria\*
\*in Washington state, if there is more than one person in a category, all must agree; other states may have different rules.



#### To treat or not to treat?



- Most documents cover only terminal diagnosis and persistent vegetative state or a coma (all that has been required by Legislature)
- Comfort care will always be provided
  - -Pain
  - Anxiety
  - -Breathlessness



#### Continue the conversation and revise as needed



Use to these 5D's to refresh your plan:

- Decade When you hit 30, 40, 50, 60, 70, 80, 90+!
- Divorce Does this change your healthcare agent choice?
- Diagnosis Do you have a new or worsening health condition?
- Decline in health Has your health condition changed? Are you as independent as you once were?
- Death The death of a significant person in your life may create new viewpoints or values or you may need a new healthcare agent.



### In Summary

- All adults 18+ should have a directive that includes
  - -Healthcare agent (Durable Power of Attorney for Healthcare)
  - -Healthcare directive (specific instructions about the care they want)
- Advocacy starts with clear expect of care someone wants to receive
  - -How does treatment align with val
  - -How to partner with providers



# Ready to get started? Here's what our community needs:

- 1. Encouragement to Have the Conversation about what their wishes would be and who will be their healthcare agent.
- 2. Completion of Documents with local leaders choosing to lead by example and complete their own Advance Directives.
- 3. Awareness and Education of the issue, where to access resources to complete the forms and normalization of the conversation.
- **4. Advocacy** at the state and local level Recognition of events like National Health Care Decisions Day; Creation of a statewide POLST repository.



#### Your plan is done. What now?

- Make copies of your Advance Directive documents; Keep the original
- Give copies to:
  - Your Healthcare Agent(s)
  - o Your Primary Care Provider
  - o And mail or fax a copy to your local hospital (OR a PeaceHealth hospital).

PeaceHealth

Attention: Health Information Management

1115 SE 164th Avenue, Dept 336

Vancouver, WA 98683

OR Fax to: 360-729-3378

You may call 360-729-1300 to ask PeaceHealth to confirm your Advance Directive is on file.





### **Community Resources and Supports**

- End of Life Coalition of Southwest Washington www.eolcoalition.org
- The Vancouver Clinic www.tvc.org
- Area Agency on Aging and Disabilities of SW Washington -
- http://www.helpingelders.org/end-of-life-resource-page/
- Honoring Choices Pacific Northwest https://www.honoringchoicespnw.org/
- The Conversation Project <a href="https://theconversationproject.org/">https://theconversationproject.org/</a>
- Legacy Salmon Creek Medical Center <a href="https://www.legacyhealth.org/patients-and-visitors/about-your-care/your-hospital-stay/checking-in/advance-directive-and-POLST.aspx">https://www.legacyhealth.org/patients-and-visitors/about-your-care/your-hospital-stay/checking-in/advance-directive-and-POLST.aspx</a>



#### For More Information:

#### www.peacehealth.org/advance-care-planning

- Access to ALL forms and FAQs
- Registration for Upcoming FREE Classes:

Monday, August 26<sup>th</sup> – 4-5:30pm- Vancouver Wednesday, August 28<sup>th</sup> – 2:30-4pm – Longview Available for community groups by request!



