

## Advance Care Planning (What's important to me?)

### Example Workshop

Length of session = Approx. 1hr

<p><b>1. Introductions</b></p> <ul style="list-style-type: none"> <li>• Introduce yourselves</li> <li>• Explain what your work is about:             <ul style="list-style-type: none"> <li>○ To help people get better at talking about death and dying (because it's not something we are good at)</li> <li>○ To help people put plans in place for the end of their life (because most of us don't have any plans in place – whatever age we are)</li> </ul> </li> <li>• Ask participants to introduce themselves. You could also ask them to say on a scale of 1-10 how comfortable they are talking about death and dying (with 10 being very comfortable and 1 being that they don't want to talk about it). This will give you a sense of where people are at and how you might need to pitch the session</li> </ul>	<p><b>5mins</b></p>
<p><b>2. Aim of the session</b></p> <ul style="list-style-type: none"> <li>• Outline the aim of the session:             <ul style="list-style-type: none"> <li>○ to raise awareness of why we all need to plan for the end of life;</li> <li>○ to introduce them to advance care planning and enable them to put a plan in place if they wish</li> </ul> </li> <li>• <b>Highlight</b> the <b>emotional content</b> of the workshop (particularly if they have been recently bereaved). That getting upset is ok and that you can talk to them at the end of the session if they need to (ensure you have information about local bereavement services)</li> </ul>	<p><b>5min</b></p>
<p><b>3. Warm up – Euphemisms game</b></p> <ul style="list-style-type: none"> <li>• Organise them into small groups.</li> <li>• Ask the groups to make a list, on the paper, of all the words/euphemisms/ phrases used in the English language relating to <b>death and dying</b> e.g. “passed away”, “passed on”. The challenge – which group can think of the most! They have 5-minutes.</li> <li>• After 5-mins, ask each group to add up how many they came up with and identify the group with the most. Ask each group for a few examples e.g. their favourites.</li> <li>• Discuss why people use euphemisms (positive and negative sides)</li> <li>• Summarise game using the notes below:             <ul style="list-style-type: none"> <li>○ There are over 200 euphemisms for death in the English language.</li> </ul> </li> </ul>	<p><b>10min</b></p>

<ul style="list-style-type: none"> <li>○ The practice of using euphemisms is likely to have originated with the belief that to speak the word “death” was to invite death.</li> <li>○ Highlights that death is a taboo subject in many English-speaking cultures.</li> </ul>	
<p><b>4. What is ‘Advance Care Planning’ – a brief introduction?</b></p> <ul style="list-style-type: none"> <li>● Outline the purpose of an Advance Care Plan i.e. we can write down our wishes in an Advance Care Plan for when we are unable to communicate our wishes to our family, carers, doctors etc <ul style="list-style-type: none"> <li>○ Dementia, Stroke, Unconscious</li> </ul> </li> <li>● It can include information about our future care and support but also how we would like to be cared for at the end of our life (when we are dying). It provides really useful information that can be used by those people that have to make decisions about us on our behalf (family, carers, doctors) and also those that may need to care for us.</li> <li>● Show the Gentle Dusk ACP and highlight the different sections giving examples of what could be included in each section.</li> <li>● Explain that they are going to do an activity so they can think a little bit more about what they might like to write in their own plan.</li> </ul>	<b>10mins</b>
<p><b>5. What’s Important to me</b></p> <ul style="list-style-type: none"> <li>● Give each person a set of The Conversation Game™ (you can also make up your own). Explain that written on the cards are things that people often say are important when they are very sick or dying. The cards describe how people want to be treated, who they want to be near them and what matters to them.</li> <li>● Ask them to read through all cards and sort them into three piles: <ul style="list-style-type: none"> <li>○ Very important to me</li> <li>○ Somewhat important to me’</li> <li>○ Not important to me.</li> </ul> </li> <li>● Explain that they can use 3 ‘wild cards’ to stand for something they want that isn’t on any other cards.</li> <li>● When they have three piles, ask them to sort through their very important pile and choose the 10 wishes that mean the most to them. If they don’t have 10 cards, they can choose some from their ‘somewhat important’ pile.</li> <li>● Ask them then to rank their 10 ‘very important’ cards putting the important ones at the top of the pile. This is their top 10.</li> <li>● If they have a mobile phone, they can take a photo of their list.</li> <li>● Explain how this is the start of their Advance Care Plan</li> </ul>	<b>20mins</b>

<b>6. Further help</b> <ul style="list-style-type: none"> <li>• Explain how you can help them to plan for the end of life i.e. one to one appointment.</li> <li>• Take names and contact details of any people who would like further support</li> <li>• Give out flyers</li> </ul>	<b>5mins</b>
<b>7. Summary and Close</b> <ul style="list-style-type: none"> <li>• Provide a summary of what was discussed today</li> <li>• Ask participants to complete an Event Feedback Form</li> </ul>	<b>5mins</b>
<b>Toolbox</b>	
<ul style="list-style-type: none"> <li>• Blank paper and pens</li> <li>• What's Important to Me cards/The Conversation Game <a href="http://conversationsforlife.co.uk/conversation-game/">http://conversationsforlife.co.uk/conversation-game/</a></li> <li>• Gentle Dusk Advance Care Plans <a href="http://www.gentledusk.org.uk/patient-families-carers.html">http://www.gentledusk.org.uk/patient-families-carers.html</a></li> <li>• Event feedback forms</li> </ul>	

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