

ADVANCE CARE PLANNING

Activities

You can do multiple events at once (e.g. Interactive Display + Group Discussion + Artistic Expression). Do as much as you can. And, of course, feel free to develop something entirely different; we'd love to hear about it!

All activities should include supportive materials like copies of the Honoring Choices PNW advance directive, Reflection Guide, and Health Care Acknowledgement sheet.

Interactive Display

In a public space:

- Have a table with information and documents
- Create a "[Before I Die](#)" wall for people to write on with
- Provide a "selfie spot" for people to photo and post when they have completed documentation:
 - Use #IGotMyAD
- Have pre-printed "Let's have the conversation" postcards for people to use.

Icebreaker

During a 15-minute session:

- Play Honoring Choices PNW's game *foolproof!*
- Discuss themes and personal reactions

Information Session

During a 20/30/45-minute session:

- Define what advance care planning is
- Learn how to select and prepare a health care agent
- Consider important questions to think about (Reflection Guide)
- Identify the different types of advance care planning documents
- Review sections of the Honoring Choices PNW advance directive
- Discover how to start a conversation about wishes
- Answer questions and concerns

Game Day / Game Night

During a 30/45-minute session:

- Play a game centered of thinking about death, dying, and/or future healthcare decisions, such as:
 - [The Death Deck](#)
 - [Go Wish](#)
 - [Hello](#)
- Consider important questions to think about (Reflection Guide)
- Discover how to start a conversation about wishes.

Book Club

During a 30/60-minute session (may create multiple sessions):

- Read the same book
 - [*Being Mortal: Medicine and What Matters in the End*](#) by Atul Gawande (8 chapters, 304 pages)
 - [*When Breath Becomes Air*](#) by Paul Kalanithi (5 parts, 228 pages)
 - [*We Know How This Ends: Living While Dying*](#) by Bruce Kramer and Cathy Wurzer (26 chapters, 176 pages)
 - [*Can't We Talk About Something More Pleasant?*](#) by Roz Chast (18 chapters, 228 pages)
- Discuss themes and personal reactions
 - May include list of questions to consider
- Consider important questions to think about (Reflection Guide)
- Discover how to start a conversation about wishes

Group Conversation / Individual Conversation

During a 60-minute session:

- Define what advance care planning is
- Explore personal experiences and what was learned from them
- Identify values and beliefs, as well as what "living well" means
- Learn how to select and prepare a health care agent
- Consider preferred treatment options if something sudden (like an accident or illness) happened
- Discover how to start a conversation about wishes
- Answer questions and concerns

Movie Screening & Discussion

During a 60/90/120-minute session:

- Watch documentary, like:
 - [*Extremis*](#) (24 minutes)
 - [*Being Mortal*](#) (54 minute)
 - [*Consider the Conversation*](#) (60 minutes)
- Or watch a feature film; for example:
 - [*Steel Magnolias*](#)
 - [*Stepmom*](#)
 - [*What They Had*](#)
 - [*Life as a House*](#)
 - [*The Savages*](#)
- Discuss themes and personal reactions
 - May include a panel of experts or leaders
- Define what advance care planning is
- Learn how to select and prepare a health care agent
- Consider important questions to think about (Reflection Guide)
- Discover how to start a conversation about wishes

Philosophical Potluck

During a 60/90-minute session:

- Have a dinner party
 - Food can be potluck, shared take-out, catered, hosted, etc.)
- Have everyone submit a philosophical question about life, death, health care, or the purpose and meaning of living
- Throughout dinner, randomly select one question for discussion:
 - Round robin, allowing each person to answer if they choose to
 - After all have answered, as a group decide to either:
 - Continue to converse about the current question *or*
 - Randomly select another question from the pool
- Discuss themes and personal reactions
- Consider important questions to think about (Reflection Guide)
- Discover how to start a conversation about wishes.

Artistic Expression

During a 15/30/45-minute session:

- Read or write poetry about health care, dying, and values
- Write personal epitaph
- Draft a letter to loved ones about values and preferences
- Draw or paint the perfect day
- Create a playlist of songs that are most meaningful to you
- Produce a skit about a scenario in which a person cannot guide their own care and ask audience members to decide the next steps