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