

# HCPNW NHDD 2021 Activities

Honoring Choices PNW's advance care planning 2021 activities are tailored to a virtual setting. We encourage everyone to try as many of these free events as they want.

We also hope they can augment and amplify what other groups are doing. We'd love to hear about other events, opportunities, and ideas; we will happily boost the signal on our social media.

## Information Sessions (1 hour)

Please promote HCPNW's Virtual Public Webinar Series:

- *Understanding Advance Care Planning & Advance Directives*
  - April 10 @ 2:00 PM PDT | 5:00 PM EDT on Zoom
  - Open to anyone interested in learning more about Advance Care Planning
  - [Registration link](#)
- *Completing Your Durable Power of Attorney for Healthcare (DPOAH)*
  - April 17 @ 2:00 PM PDT | 5:00 PM EDT on Zoom
  - Open to anyone interested in completing a DPOAH
  - [Registration link](#)

## Play with Q&A (1 hour)

Please promote and attend the live performances of [Honoring Choices, the play](#).

- April 2 @ 5 PM PDT | 8 PM EDT on Zoom
- April 9 @ 5 PM PDT | 8 PM EDT on Zoom
- April 11 @ 2 PM PDT | 5 PM EDT on Zoom *en español*
  - [Registration link for all shows](#)

## Game Show (1 hour)

Please promote and join HCPNW's live [game show Whaddya Know](#) with celebrity host Robert Walden and questions from The Death Deck.

- April 16 (National Healthcare Decisions Day) @ 5 PM PDT | 8 PM EDT on Zoom
  - [Registration link](#)

## Challenge (approximately 5 minutes a day for 5 days)

Please promote and participate in HCPNW's [Sincerely Yours, a video diary](#) challenge.

- April 12-16, at whatever time is convenient
  - Sign-up and details available through the link above

## Inspiration (variable)

For more information and other ideas, please promote and check out HCPNW's dedicated NHDD [website](#).

- [Playlists](#), [Quiz](#), [Resources](#)



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PACIFIC NORTHWEST

AN INITIATIVE OF  
 Washington State  
Hospital Association

 WSMA Foundation  
for Health Care Improvement



# Additional Suggested Activities

## Virtual Movie & Discussion (60/90/120-minutes)

Use the “watch party” or similar function for a safe-distanced screening.

- Watch an advance care planning movie:
  - [PREPARE For Your Care](#) (58 minutes) – *available in Spanish*
  - For virtual group movie events, check out the [toolkit](#)
- Watch documentary, like:
  - [Extremis](#) (24 minutes)
  - [Being Mortal](#) (54 minutes)
  - [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

## Virtual Book Club (30/60-minutes, multiple sessions)

Use Zoom or other conferencing platform or call for discussing a shared reading experience.

- 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



# Additional Suggested Activities

## Virtual Group or Individual Facilitated Discussion (60 minutes)

Connect with a small group, family, or individual(s), through a conferencing platform or call.

- 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

## Interactive Display (up for ~2 weeks)

Make a shared (outdoor) public space meaningful and engaging.

- Create a “[Before I Die](#)” wall for people to write on
- Provide a “selfie spot” for people to photo and post when they have completed documentation:
  - Use #IGotMyAD or some other hashtag

## Artistic Expression (variable)

Offer creative ways for engaging with advance care planning, dying, and death.

- Share 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