

acplanner training | AARP Washington



Virtual via Zoom | October 28, 2021 | 10:00 am – 12:00 pm

Objectives

- Define advance care planning (ACP)
- Practice ways to start and continue conversations about ACP
- Articulate how to help others think about important healthcare decisions, like CPR.
- Discuss different types of end-of-life documents, legal and/or informative
- Evaluate advance directives for clarity based on an individual's values and beliefs.

Agenda

-15 minutes

Log-in

10:00 am

Welcome and Introductions

- Chat Introductions
- Who is [Honoring Choices PNW](#)

10:05 am

What is Advance Care Planning

- The definition
- The 3 goals
- The benefits

10:15 am

Starting the Conversation

- [FoolProof! Game](#) (popcorn style)
 - The 10 Starters

10:30 am

Keeping the Conversation Going

- Extension Pack (round-robin)
 - The 5 Keepers

10:45 am

Leading the ACP Conversation

- From *FoolProof!* to full conversation
 - The Lead
- [Let B: Tips for Tricky Situations](#)

11:00 am

Break

11:10 am

Having the ACP Conversation

- Road-test Starters, Keepers, Lead (random pairing)
 - Debrief & Insights



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 **WSMA Foundation**
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Agenda cont.

- 11:25 am Documenting the ACP Conversation**
- From *FoolProof!* to full plan
 - Formal documents
 - [The Advance Directive](#)
 - [Decision-Making Hierarchy](#)
 - [POLST](#)
 - Informal documents
 - Ensuring clarity
- 11:45 am Encouraging Decision-Making as Part of the ACP Conversation**
- [The Reflection Guide](#)
 - [The 3-2-1 Summary Sheet](#)
 - [The HCPNW CPR Guide](#) & Conversation
 - [Significant Neurological Disability Definitions](#) (not for public sharing)
- 11:55 am Being an Advance Care Planner**
- Sharing Success & Finding Support
 - Review today's accomplishments
- 12:00 pm End**

