

anticipating and planning for wellness

Zoom | 04.13.2021

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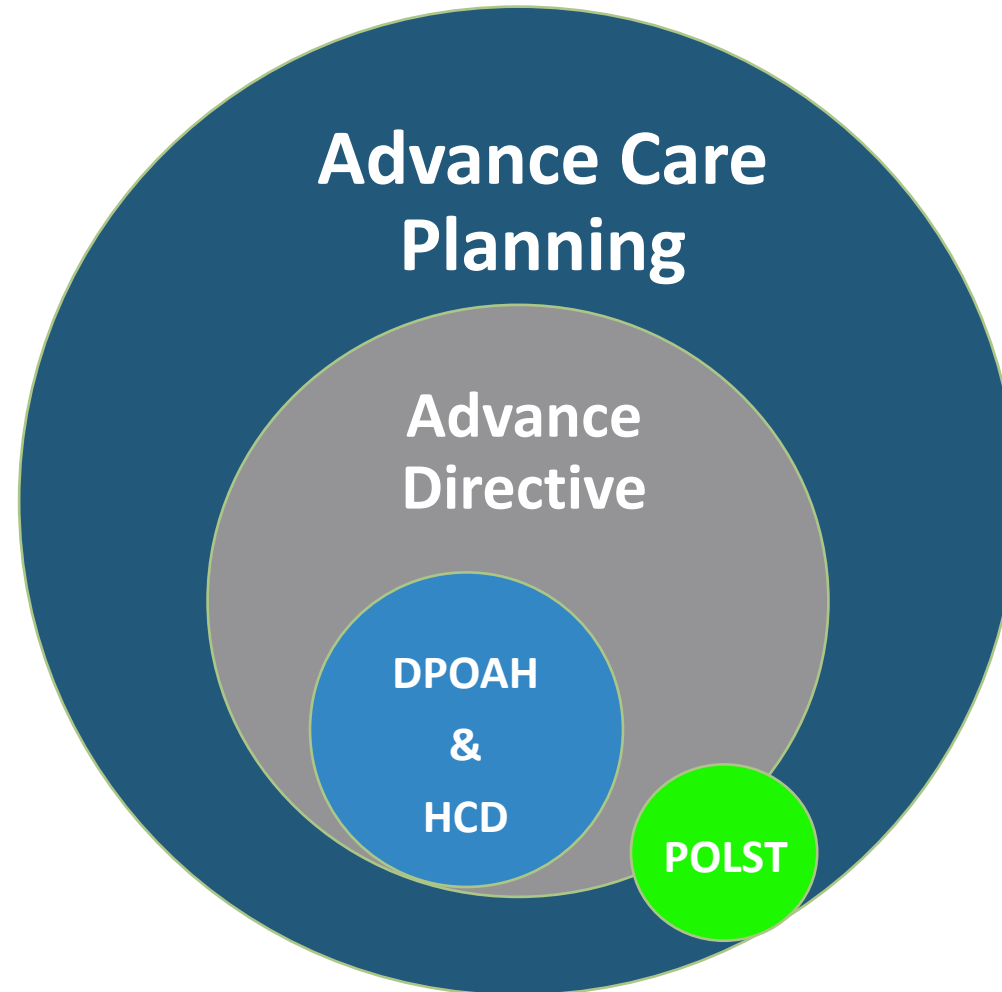


SO...



What brings you joy?

what is advance care planning

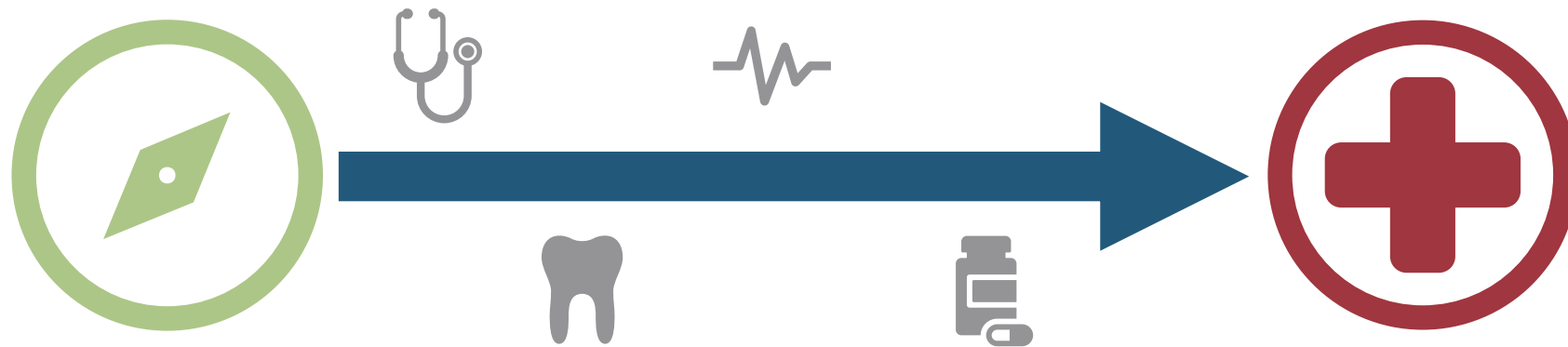




how can planning help us later

- 90%** People say that talking with their loved ones about end-of-life care is important
- 27%** Have actually done this
- 82%** People say it's important to put their wishes in writing
- 23%** Have actually done this
- 70%** People prefer to die at home
- 70%** People die in a long-term care facility or hospital
- 8.8x** Increased likelihood of prolonged grief if loved one dies in ICU vs. home with hospice
- 5x** Increased likelihood of PTSD if loved one dies in ICU vs. home with hospice

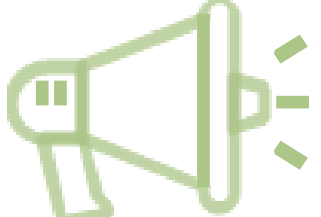
how can planning help us now



what should we do

1  **Talk about it**

2  **Write it down**

3  **Share it around**





how can we start the process

Keep thinking about what is important to you

- Build on the “joy” question
- Consider religious, spiritual, or cultural beliefs

Talk about what you’ve been thinking about

- Use celebrity stories, movies, etc. as a starter

Be patient

- Give space and grace for yourself – and others

questions to get you started



- What are **3 things** everyone should know about you?
- In tough times, **who do you turn to and trust** the most?
- How do you make **important decisions**?
- What would you be **famous for**, if you were famous?
- If you could **relive any day over**, which day would it be?
- What activities keep you **calm and peaceful**?



where can i find more help

www.honoringchoicespnw.org

US! Resources and information of medical choices

[→info@honoringchoicespnw.org](mailto:info@honoringchoicespnw.org)


www.prepareforyourcare.org

Forms for all states; video prompting, English and Spanish

www.theconversationproject.org

Free kits to aid with discussing advance care planning

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 @HCPNW

Whaddya Know
the game show
+ more
CelebrateNHDD.online



Please don't hesitate to contact us with your questions.



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