

Advance Care Plan Program by Zoom – September and October 2020

The Yakimovich Wellness Centre and the Victoria Hospice have created a two-part interactive and action-oriented Advance Care Plan (ACP) series:

- The sessions will be delivered on the Zoom platform.
- Each session is 1.5 hours.

The series will be released in September 2020 with the following content:

Part 1:

- Participants will watch a video and break into groups to talk about – Why is ACP important to you?
- Terms will be explained: Representation Agreement, Temporary Decision Maker, Advance Directive and Advance Care Planning.
- The importance of values, wishes and beliefs will be discussed.
- The Speak Up Advance Care Planning initiative and resources will be introduced.
- Homework will be proposed between the sessions:
 - Start having conversations with family and friends about your health wishes
 - Become familiar with the *Speak up* interactive ACP site

Part 2:

- Check-in and sharing of homework experiences in either large group or small groups
- Communication strategies for bringing up topics related to ACP will be discussed.
- The importance of designating a representative to speak on participants' behalf will be reaffirmed
- The information presented in the series will be reviewed followed by an evaluation.
- A list of resources for personal follow up will be provided.

Participants will need to register for this series. Once registered, participants will receive suggested readings and a video to watch prior to the start of the first session. Participants will be encouraged to start thinking and deciding who their representative will be, consider the planning steps and begin filling in the forms.

Please note: Wills and Estates, Power of Attorney and other legal issues will not be covered in these sessions.

Victoria Hospice will offer the ACP series in September (Friday, September 25th and Wednesday, September 30th – 10:00 to 11:30 a.m.) and the Yakimovich Wellness Centre website will offer the series in October (potential dates are Thursdays, October 22nd and 29th the time is yet to be confirmed) After October, the sessions will alternate between Hospice and Wellness Centre – one month Victoria Hospice and next month Wellness Centre. Information is now available on the website of the Victoria Hospice (see Events) <https://www.victoriahospice.org> .

Prepared by Wally Lazaruk, September 4, 2020