

Advance Care Plan Program by Zoom – November 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.

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 from November 2020 to March 2021. The November sessions will be held on Tuesday, November 17 and on Tuesday, November 24, 2020. See the following link for more details and registration information:

<https://victoriahospice.org/event/introduction-to-advance-care-planning-workshop/>

For future dates and/or more education opportunities, see the Hospice's new Public Education page which is kept updated with all future ACP workshop sessions and other hospice/palliative care public education resources: <https://victoriahospice.org/how-we-can-help/education-and-research/public-education/>

Prepared by Wally Lazaruk, October 2020