

Values – Based Advance Care Planning

Aging: Are We Doing It Right?

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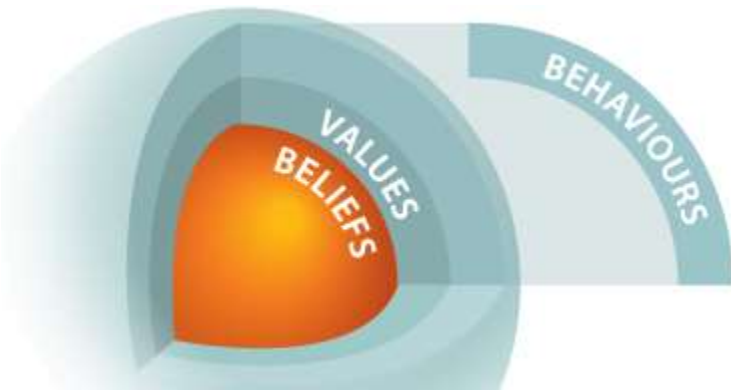
Objectives

1. Why values-based conversations are essential for Advance Care Planning (ACP)
2. Fears that lead us to avoid values-based conversations
3. Tips for having fulsome ACP conversations



Personal Values

- are beliefs about what is desirable
- are deeply held within each individual
- guide a person's choices & actions
- give direction and meaning to one's life



Personal Values - Influences

- Parents
- Extended family
- Culture
- Religious influences
- School
- Peers
- Gender
- Friends
- Social media
- Science
- Travel
- Life experiences
- Age
- Social movements
- Income
- Career
- Laws
- Worldview



Values in our Society

Top 10 Canadian list of Values:

- Honesty (integrity, authenticity)
- Family
- Caring (kindness, generosity of spirit)
- Respect
- Humor/fun
- Friendship
- Responsibility
- Positive attitude
- Trust
- Patience

(Canadian National Values Assessment 2009)



Advanced Care Planning

is ...

- a process of reflection and communication,
- a time for you to reflect on your values and wishes, and
- to let others know your future health and personal care preferences
- in the event that you become incapable of consenting to or refusing treatment or other care.

<http://www.advancecareplanning.ca/what-is-advance-care-planning/>



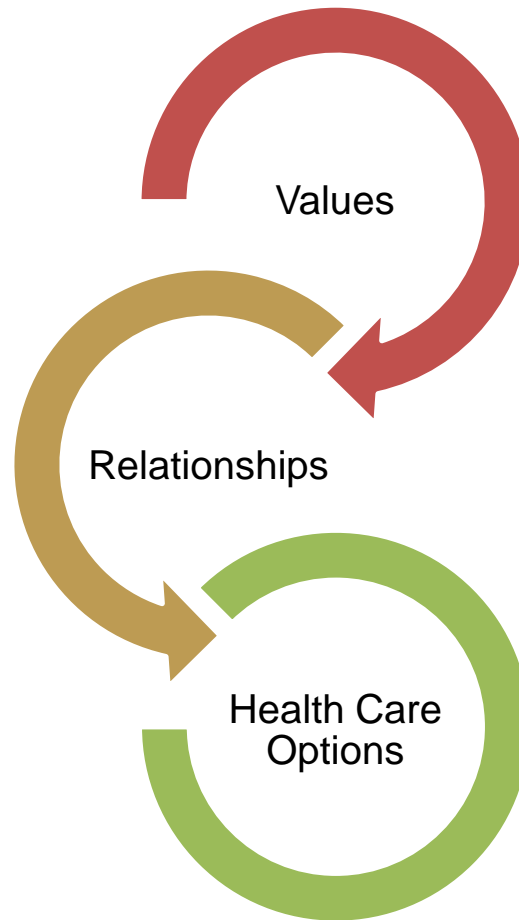
Advance Care Planning is...



- discussions with family and friends
- especially your Substitute Decision Maker
- writing down your wishes
- talking with healthcare providers

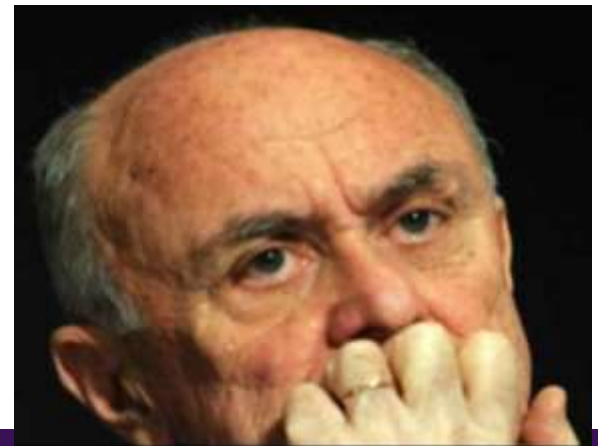
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What is stopping us?



What is stopping us?

Providence
Care



Tips for conversations

- Personal and professional familiarity
- Radical presence
- Assessment of person's capacity to talk about emotional and spiritual topics – what is of value
- Monitor energy level



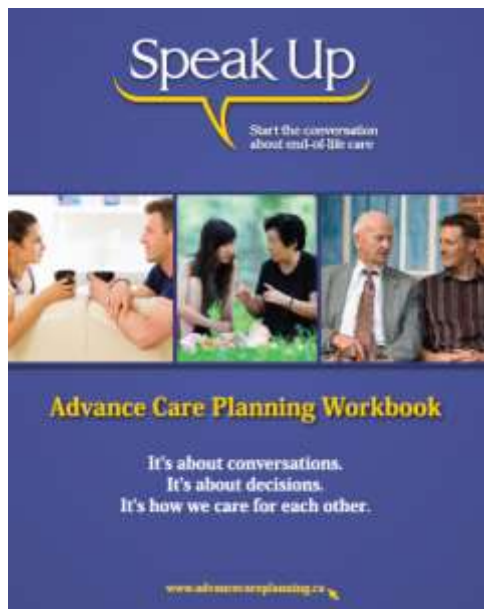
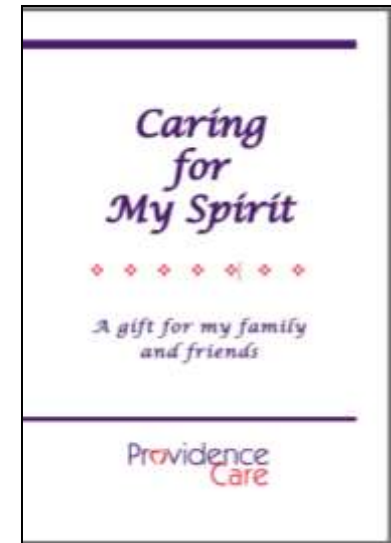
Tips for conversations

- Leave information to read
- Offer to come back again
- Validation and affirmation
- Referral for information



What are your Values?

Caring for My Spirit booklet



Speak Up booklet