

The Conversation Project

Planning for National Healthcare Decisions Day 2023

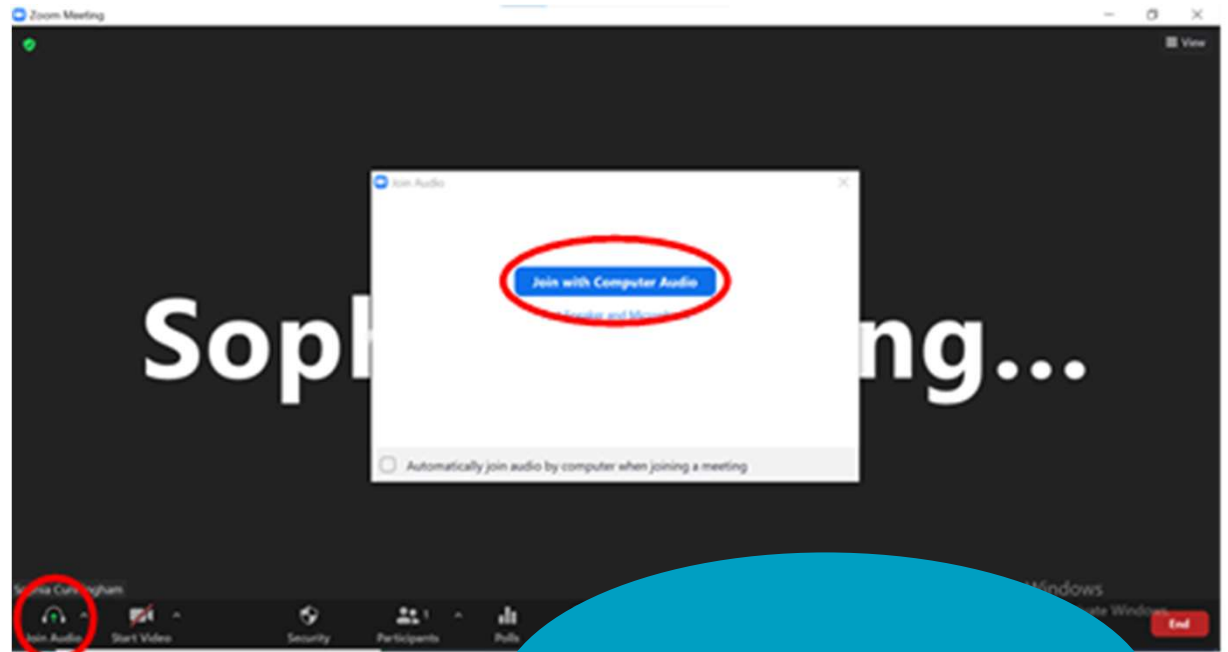
February 15, 2023

Patty Webster

Krissy Cronin

Connecting your Audio

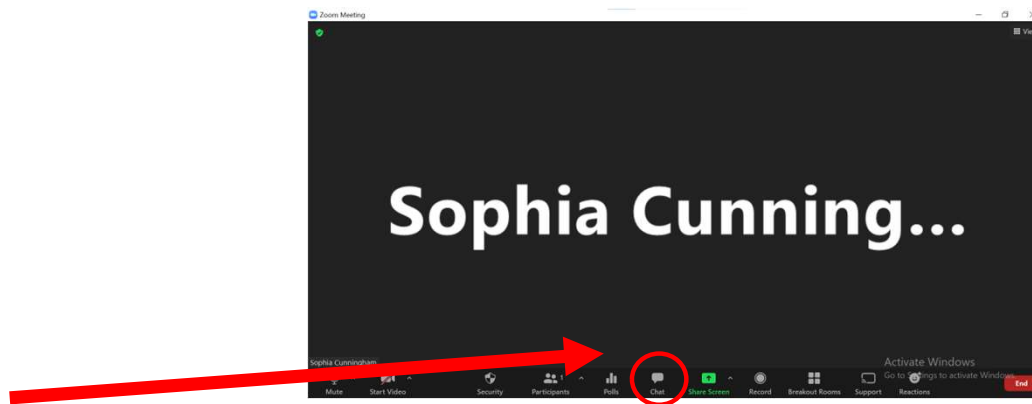
- If this is your first time using Zoom, a “Join Audio” box may pop up when you join the meeting.
- We recommend you join using computer audio.



Tip: Use a headset to improve sound quality

Chat Panel

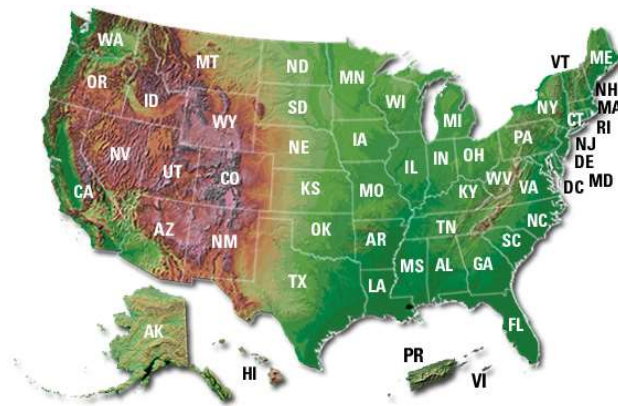
- Click the Chat button at the bottom of the screen to open the chat in the side bar.
- Type your message in the field at the bottom of the side bar.
- Make sure you're sending to "Everyone" or to the host. Press enter to send.



Intros/chat

Type into the chat box:

Your **name, location, organization**



Make sure you send your message to
“Everyone.”



On today's call



Patty Webster
Improvement Advisor,
Community Engagement



Krissy Cronin
Project Manager

Agenda

- TCP quick update
- National Healthcare Decisions Day (NHDD)
- Sharing plans for NHDD
- Honoring Choices
- Patient Priorities Care
- Q&A, Discussion
- Resources and leaving in action



Helping people share
their wishes for care
through the end of life.

Our website

the **conversation** project

 Institute for
Healthcare
Improvement



donate »

Home

Get Started

About Us

What's New

Blog

Videos

Get Involved

NHDD



Helping people share their wishes for care through the end of life.

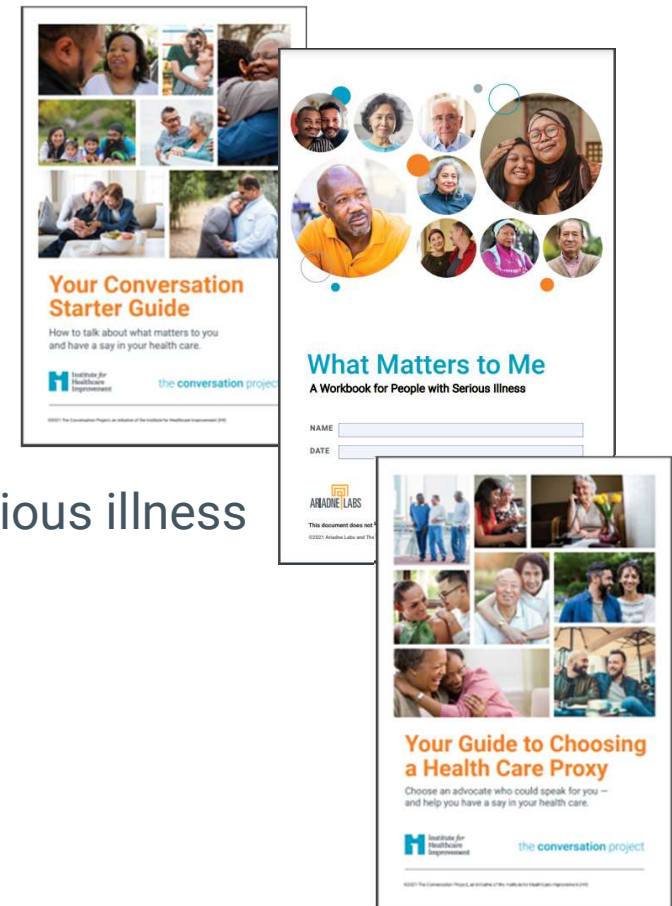
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Free resources

Resources for individuals

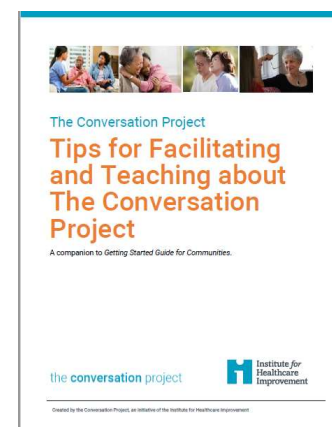
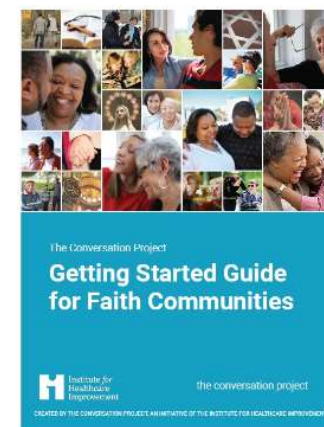
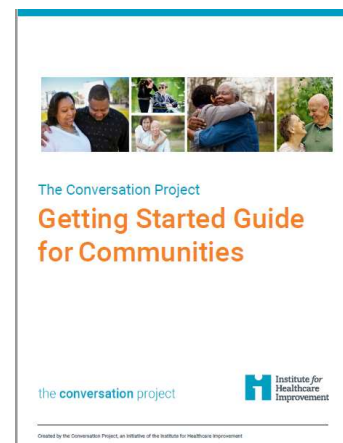
- Conversation Starter Guides, Workbook for people with serious illness
 - Multiple languages & audio versions
- Guest blogs & stories
- Articles, vidoes



Guides and resources for engaging with your community

- Recorded trainings and orientation
- Resource compilations
- Ready-made event materials

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NEW...Free for your use: Communications toolkits

Overview and Instructions

Our communications team at The Conversation Project will be focusing on themes spread across the year to help share targeted resources and messages to better reach the general public. Each theme covers a 1-3 month timeframe and will be promoted across all of our communication channels (social media, newsletters, emails, website).

Timeframes/themes across the year:

- Dec – Jan: Supporting self (thinking about what matters to you)
- Feb – Mar: Planning ahead & making your wishes known (picking proxy, talking together)
- April: National Healthcare Decisions Day
- May – June: Supporting moms/dads - talking to your parents (or kids) about what matters
- July – Aug: Conversations on the go (clever ways to engage in conversations)
- Sept – Nov: Supporting others (resources for caregivers)

We're creating a series of **communications toolkits** for those of you interested in matching our themes across the year, to help make it easy for you to raise awareness across your local community by sharing ready-made resources. We'll roll these out as they are completed.

In each toolkit you'll find:

- Core messaging on that theme (for use in social media, newsletters, emails, flyers)
- A few sample posts categorized across/tailored to three platforms – Instagram, Facebook, and Twitter, which can be used more broadly
- Images designed for each platform's specs, which can be used more broadly
- Handles/usernames of accounts to tag
- Commonly used hashtags

You are free to use and adapt the content in these toolkits as you wish. For example, if you don't use social media, you can use the text or images in any communications you use! We simply ask you to talk about what's happening in your community and tailor copy and assets to what is best for your community, while adapting to your own voice. Consider the timing that feels right and what will resonate with various individuals.

Instructions on how to use these posts and toolkit:

1. In the Instagram section, you will see the following copy highlighted: "Go visit the link in bio/visit the linktree in our bio..." Use this if you actively link to a [linktree account](#) in your Instagram account bio. If not, you can delete the linktree-specific text.
2. In the **Instagram and Facebook sections**, the **reusable hashtags** are meant to be for your use every post, following the theme of this toolkit. Please feel free to modify or use alternative hashtags as you see fit. For the **Twitter section**, we have included additional hashtags and we ask that you choose only some of these, due to the character limit on Twitter.
 - o If you want to use the hashtags suggested under each Instagram post, we suggest you include these in a first comment under the post itself once you've uploaded it. The same can be done on Twitter if you are scheduling the tweet ahead of time with a third-party tool.

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Community Champion Communications Toolkit Theme: Supporting Self

Suggested timeframe: December-January

The end of every year is often a busy time, with little time for your community to take a step back – and for you to do so for their self-reflection about what matters most.

And, as a proud champion of The Conversation Project, thinking about this for yourself – to be better equipped ahead!

Sample messaging to be adapted and used in newsletters, email, flyers or other mass send outs

Rest, rejuvenate, and ready yourself for impact

The end of every year is often a busy time, with little time for you to take a step back and reflect on what matters most with inner reflection and personal thinking time over conversations over time with those important to you.

Check out The Conversation Project's [Get Started](#) page for more information about your values and health care wishes, and understanding the health care wishes of those you care about helps you to make some action-oriented resolutions.

Sample text/images: for Social Media Posts or For Use in Newsletters, Flyers, Emails, etc.

The following examples are tailored to three social media platforms (Instagram, Facebook, Twitter) but can be used/adapted more broadly in other social media platforms and/or other communications methods you use.

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Community Champion Communications Toolkit Theme: Planning ahead and making your wishes known

Suggested timeframe: February, March

Now that the new year is in full swing, it's a perfect time to start thinking about how to make sure you are as prepared as possible when planning for our care and thinking about our health care wishes. Whether that's emergency preparedness when something happens to change our current situation or planning ahead as an act of love and respect, let's take these next two months to think about what preparedness means to us, and who we want to involve in that process. Picking a health care proxy/agent/surrogate and talking together is the goal for this theme.

And, National Healthcare Decisions Day (NHDD) is just around the corner on April 16th. We hope this content will help you plan ahead for NHDD and whet the appetite for ongoing conversations (with a capital "S" as this isn't a one and done thing!).

Sample messaging to be adapted and used in newsletters, email, flyers or other mass send outs

Talk about it! Plan ahead and make your wishes known

It's never too soon to think about and talk about what's important to you, in your life and in your health, with a trusted person. So, who's your person(s)? Who would you want to support your choices or speak for you if you were unable to voice your choices? Planning ahead and talking about it with your trusted person puts you in the driver's seat. The more you speak up, before a medical crisis happens, the better your health care can be.

Whether you are getting ready to tell someone what you value most or you want to help someone else get ready to share their wishes with you, The Conversation Project has you covered with free resources on their [Get Started](#) page. Check out their guides on [Choosing a Health Care Proxy](#) or [Being a Health Care Proxy](#), among many others. You can speak up and have a say in your current or future health care by being prepared and *talking about it* early and often.

Sample text/images: for Social Media Posts or For Use in Newsletters, Flyers, Emails, etc.

The following examples are tailored to three social media platforms (Instagram, Facebook, Twitter) but can be used/adapted more broadly in other social media platforms and/or other communications methods you use.

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Coming soon

Updated NHDD themed toolkit

National Healthcare Decisions Day
Social Media Toolkit

Standard Newsletter Language About NHDD

National Healthcare Decisions Day (NHDD) is an initiative to encourage people to express their wishes regarding healthcare and for providers and facilities to respect those wishes, whatever they may be. It's important to understand that NHDD is not only about end-of-life care but is meant to reach a much broader spectrum so that every individual may have their healthcare wishes met. [Click here](#) to learn more!

Logo(s):

National Healthcare
Decisions Day


NHDD

Hashtags

#NationalHealthcareDecisionsDay
#NationalHealthcareDecisionsDay2022
#NHDD
#NHDD2022


Pre-NHDD Social Media Posts

- Twitter:
 - #NHDD is on April 16th! Need help planning? @convoproject has compiled 5 creative ideas to get your wheels turning! <https://bit.ly/3fMatbr> @NHDD



5 Ideas for National
Healthcare Decisions Day


Updated Dementia Guide



Your Conversation Starter Guide

For Caregivers of People with Alzheimer's or Other Forms of Dementia

How to understand what matters most to someone living with Alzheimer's or another form of dementia, and help them have a say in their health care.

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One request...if doing activities for NHDD



Please share how many you are reaching in our quarterly, **Community Activity Survey!**

Our continued funding for FREE resources depends on it!

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**National Healthcare
Decisions Day**





Nathan A. Kottkamp

Founder

National Healthcare Decisions Day

<https://theconversationproject.org/nhdd>

The Origins and Future of National Healthcare Decisions Day

Nathan A. Kottkamp, JD, MA (Bioethics)

National Healthcare Decisions Day, Founder & Chair
Williams Mullen, Partner

National Healthcare Decisions Day

- April 16
- Founded by Nathan Kottkamp out of years of experience on ethics committees dealing with situations when failed to make their healthcare wishes known.
- All across the country, health care facilities, health care professionals, chaplains, the legal community and others will be participating in a collective effort to highlight the importance of making advance health care decisions and to provide tools for making these decisions.
- www.nhdd.org

NHDD Results from First 10 Years

- Participation by at least 110 national organizations
- Participation by at least 1,600 state/local organizations
- Participation at US military at bases throughout the world
- Over 4.7 million facility/organization staff members received NHDD/advance directive information or training
- At least 3.9 million members of the general public participated in NHDD events and/or were known to have received advance directive information
- Over 15 million people were exposed to NHDD via various social media outlets: Facebook, Twitter, and LinkedIn, and #NHDD “trended” on Twitter (2015)
- Over 37,000 advance directives were completed on the ten NHDDs alone

National Healthcare Decisions Day

- Lead by example – Do your own
 - For the benefit of your loved ones
 - To understand what patients go through when completing their advance directives
- Talk with others
- Volunteer to speak
- Collaborate in the community
- Share the resources

Spread the Word

National Healthcare Decisions Day

- NHDD is about you professionally
- NHDD is about you personally
- April 16 or anytime
- Free resources year round at: www.nhdd.org

Questions?

Nathan A. Kottkamp

804.420.6028

nkottkamp@williamsmullen.com

www.nhdd.org

Chat waterfall!

What are you thinking about / planning for NHDD?

Instructions:

- 30 seconds – type into chat (DON'T HIT SEND)
- On my cue – hit send



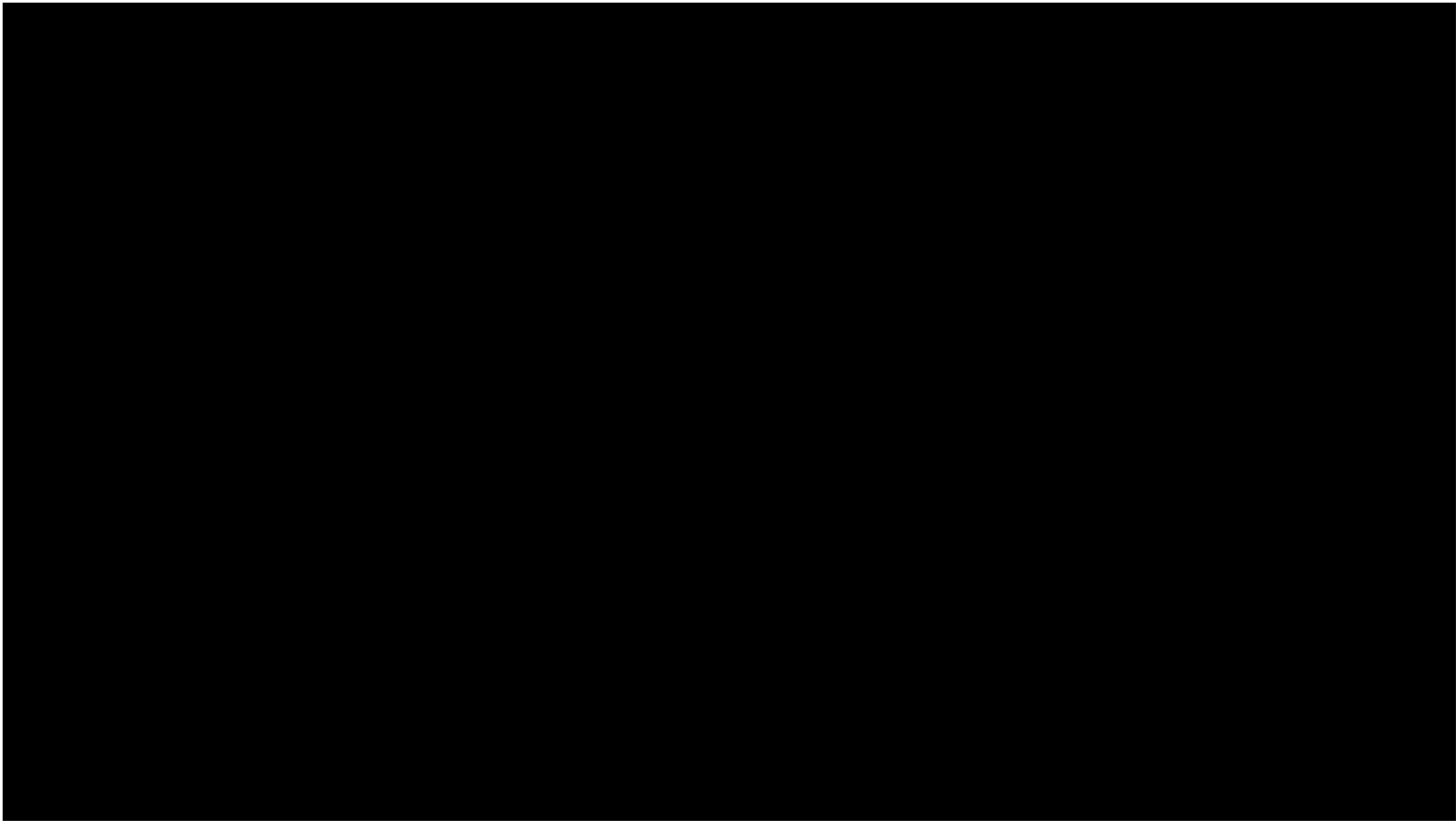
Honoring Choices



Corey L. Kennard, MACM, CPXP
Consultclk@gmail.com
CoreyLKennard.com



Elizabeth Coplan
Grief Dialogues
ecoplan@coplan.com
griefdialogues.com
<https://griefdialogues.com/honoring-choices-the-film/>



Patient Priorities



Jessica Esterson, MPH

Project Director, Patient Priorities Care
Yale School of Medicine
(section of geriatrics)

PatientPrioritiesCare.org

Patient Priorities Care

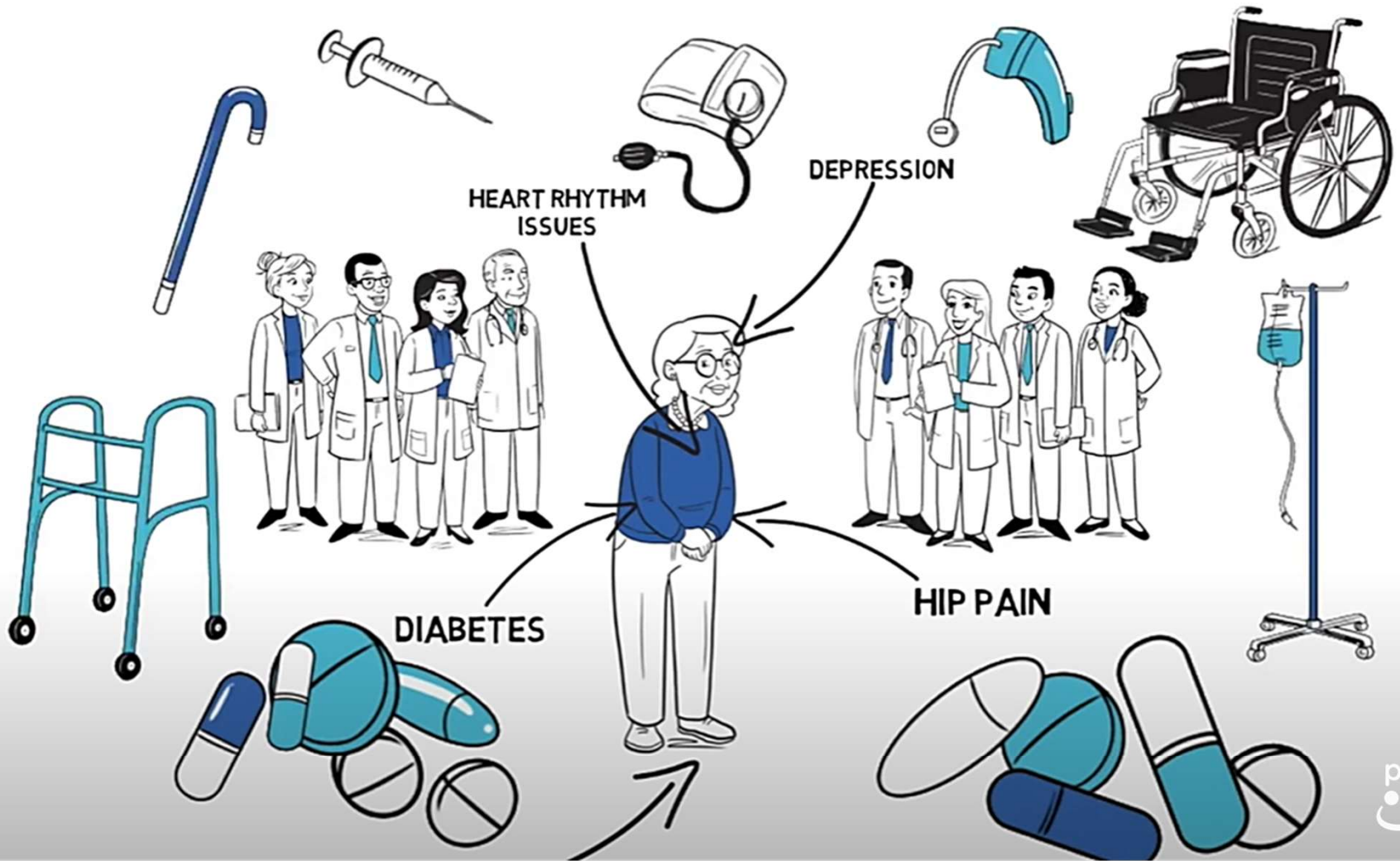
Aligning healthcare with patients' priorities

Jessica Esterson, MPH
Yale School of Medicine

Support for Patient Priorities Care

- The John A. Hartford Foundation
- Donaghue Foundation
- Department of Veterans Affairs

Complexity Typically Increases with Aging



Decision Making Starts Before End of Life

As people acquire more conditions and clinicians, healthcare for older persons:

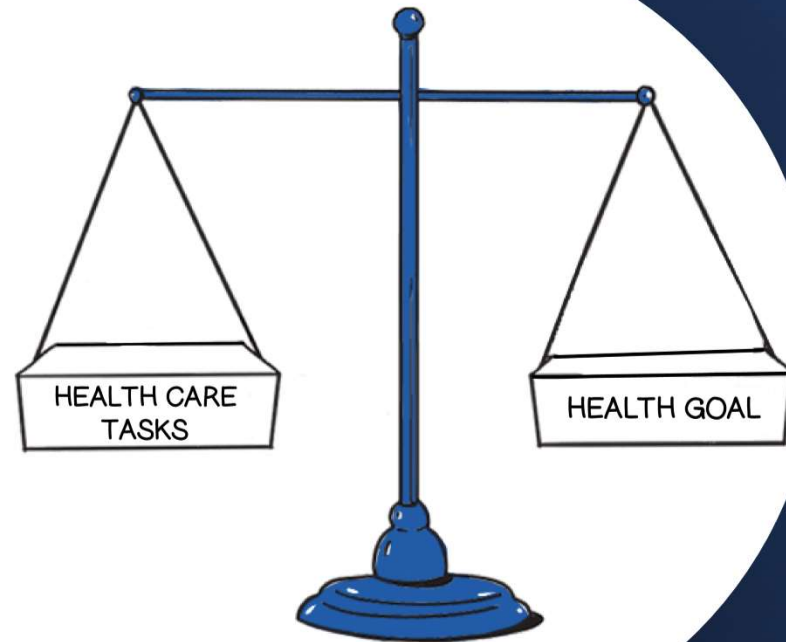
- Brings up more questions than answers: *Is this treatment or task really helping me meet my health goals?*
- Can be difficult or burdensome
- May not focus on what matters most to the person



So, what's the answer?

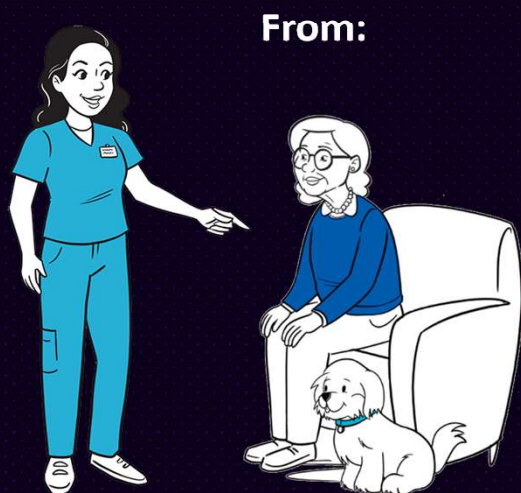
Answer:

Know what health goals you want most given what you are willing and able to do

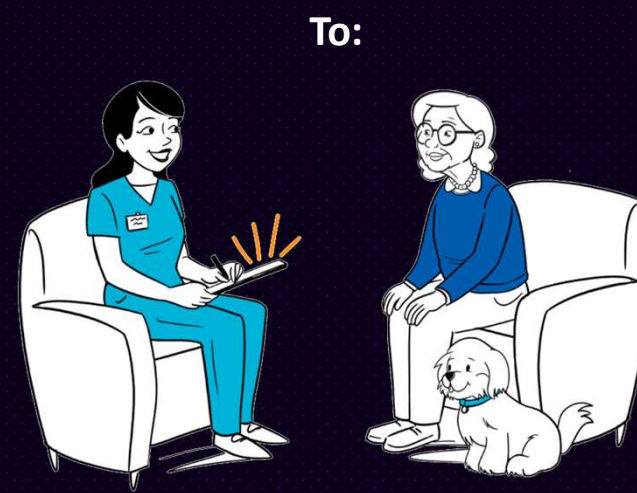


Patient Priorities Care

moves decision-making and conversation...



“You need (fill in treatment)
for your (fill in disease).”



“Knowing your health conditions, your
overall health, and what matters most to
you, I suggest we try (fill in care option).”



IDENTIFY HEALTH PRIORITIES

- + Values (What Matters most to you)
- + Actionable, specific, realistic health outcome goals
- + Health care preferences (which care you find helpful and doable, and which burdensome) and any tradeoffs
- + The 'One Thing' you most want to address to help achieve your health outcome goals

= **Patient's health priorities**



ALIGN CARE WITH HEALTH PRIORITIES

You, your caregivers, and your health care team work together to make care decisions consistent with your Health Priorities (the health and life goals and activities you want your health care to help you with given what you are willing and able to do).

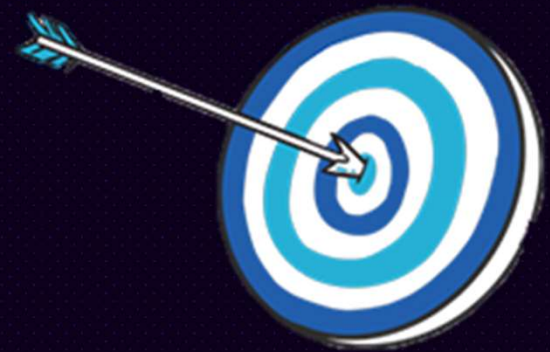
↶ review and update priorities as needed ↷

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Patient Priorities Care helps healthcare teams and patients

Become partners in the care they receive

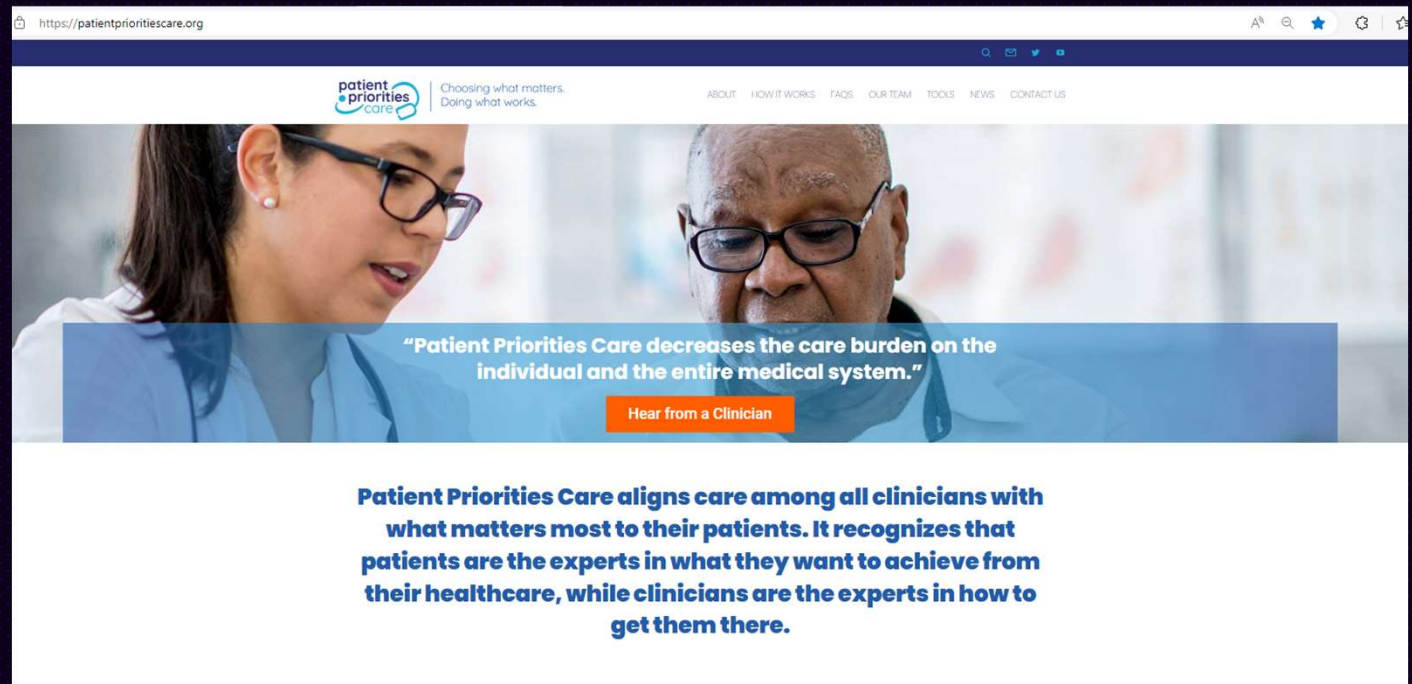
- Align care with what matters most
- Discuss what may be getting in the way of meeting health goals
- Brainstorm alternatives



PatientPrioritiesCare.org

Houses tools and resources for:

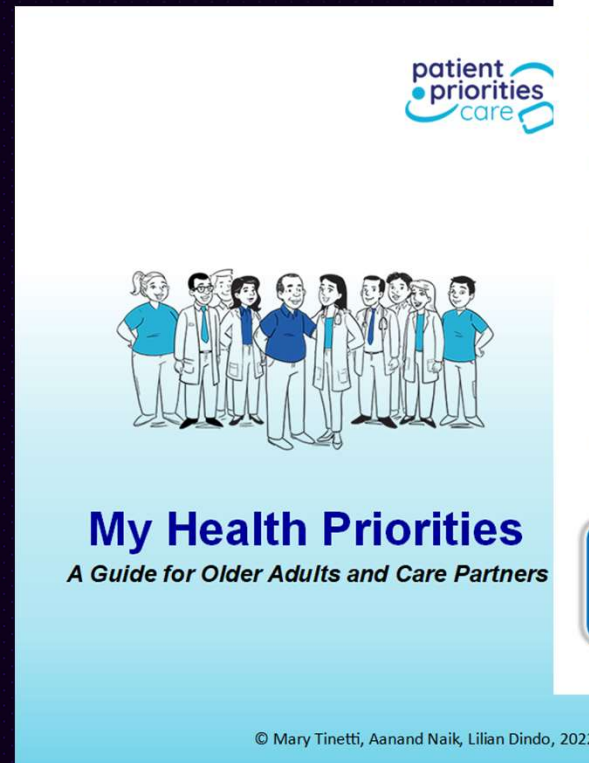
- Patients/care partners
- Healthcare professionals



The screenshot shows the homepage of Patient Priorities Care. At the top, the URL is https://patientprioritiescare.org. The logo for Patient Priorities Care is on the left, with the tagline "Choosing what matters. Doing what works." To the right of the logo is a navigation menu with links for ABOUT, HOW IT WORKS, FAQs, OUR TEAM, TOOLS, NEWS, and CONTACT US. Below the navigation is a large hero image featuring a female healthcare professional and an elderly male patient. A blue text box is overlaid on the image, containing a quote: "Patient Priorities Care decreases the care burden on the individual and the entire medical system." Below the quote is an orange button that says "Hear from a Clinician". At the bottom of the page, there is a white text box with the following text: "Patient Priorities Care aligns care among all clinicians with what matters most to their patients. It recognizes that patients are the experts in what they want to achieve from their healthcare, while clinicians are the experts in how to get them there."

For Patients and Caregivers

The **My Health Priorities** guide is available for those who prefer a PDF or paper version of the self-directed priorities elicitation



My Health Priorities Summary

Step 1: What Matters Most (see page 6)

- 1.
- 2.

Step 2: Health Goal—The specific activity you most want to do that is realistic and doable with your health care (see page 12)

I want to (insert specific activity) _____
for/in/over (include time frame) _____

If needed, revise health goal: _____

Step 3: Most Bothersome Symptoms or Health Problems (see page 16)

- 1.
- 2.

Step 4: Current Health Care Tasks and Medications (see page 19)

Helpful

Tasks: 1. _____ 2. _____

Medications: 1. _____ 2. _____

Burdensome

Tasks: _____ Why burdensome?

1.

2.

Medications: _____ Why burdensome?

1.

2.

Step 5: The One Thing to Focus On (see page 24)

The one symptom, health problem, health task, or medication I most want to focus on is _____ so that I can (insert health goal) _____ more often or more easily.

MyHealthPriorities.org

Review and Print your Summary

NAVIGATION MENU

- Introduction
- 1. Identify What Matters Most to You
- 2. Set Your Health Goal
- 3. Review Your Health Symptoms and Problems
- 4. Review Your Health Care Tasks and Medications
- 5. Choose The One Thing to Focus On
- Talk With Your Health Care Team

Identifying My Health Priorities


Welcome to My Health Priorities!

Through this process we will help you identify what matters most to you- your **Health Priorities**.

Why are Your Health Priorities Important?

What matters most in life and health is different for everyone. Managing your health may be particularly difficult if you have multiple chronic conditions.

The more you and your health care team know about what matters most to you, the better you can work together to line up your health care decisions with your Health Priorities.



Note: use the "next" and "go back" buttons to move to the next page or previous page.

go back next

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Online, self-directed (or with care partner) health priorities identification

Both Result in PPC Health Priorities Summary

- Matters Most (Values)
- Specific, actionable value-based outcome goals
- Healthcare preferences: Helpful or burdensome care defined by participant
- Most bothersome problem interfering with goals
- **The One Thing** participant wants to focus on

Patient Priorities Care: Health Priorities Template for Mrs. B

What Matters Most (Values): Spend time with family, Volunteering - link to community, Mobility/Activity - handling books

Most Important Health Goals:

1. Watch grandchildren after school 2-3 times weekly
2. Volunteer in library, handling books, two times weekly

Healthcare Preferences

Helpful care: self-management tasks, clinical visits, tests, or procedures, that you think are helping most with your health goals and you can do them without too much difficulty

1. Exercise, physical therapy
2. Bloodwork and imaging

Burdensome care: self-management tasks, clinical visits, tests, or procedures that don't think are helping your goals and are burdensome or too difficult. You should talk with your doctor about whether these are helping your goals. If not, can you stop them or cut back? If they are helping, is there a way to make them less burdensome or less difficult?

1. Taking multiple medications daily
2. CPAP/ Being in the hospital

Current Medications

Helpful: Medications you think are helping most with your health goals and you can take without too much difficulty

1. Omeprazole for reflux
- 2.

Burdensome: Medications you don't think are helping your goals and are too burdensome. You should talk with your doctor about whether these are helping your goals. If not, can you stop or decrease? If they are helping, is there a way to make them less burdensome?

1. Diuretic
- 2.

Most Bothersome Symptom: Fatigue and hand pain

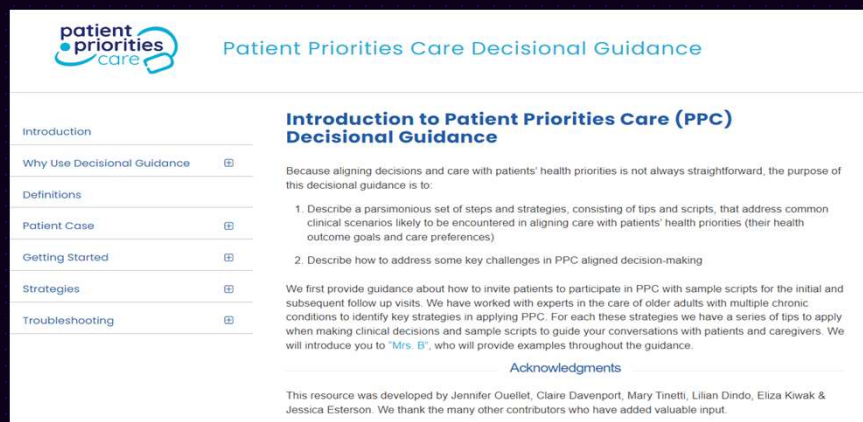
The One Thing: The one thing Mrs. B wants to focus on is being less tired so that she can continue to watch her grandchildren.

All members of healthcare team use participants' health priorities in decision making

- ✓ People feel listened to and motivated
- ✓ Gives healthcare team and patients assurance and an anchor in the face of uncertainty, tradeoffs, lack of one best answer
- ✓ Treatment effectiveness measured by whether goals are attained
- ✓ Gets everyone on same page including clinicians and families
- ✓ Prepares patients and families for future end of life decisions based on what matters most to them

For Healthcare Professionals

- Online training modules
- Implementation toolkit
- Decisional guidance



patient priorities care Patient Priorities Care Decisional Guidance

Introduction to Patient Priorities Care (PPC) Decisional Guidance

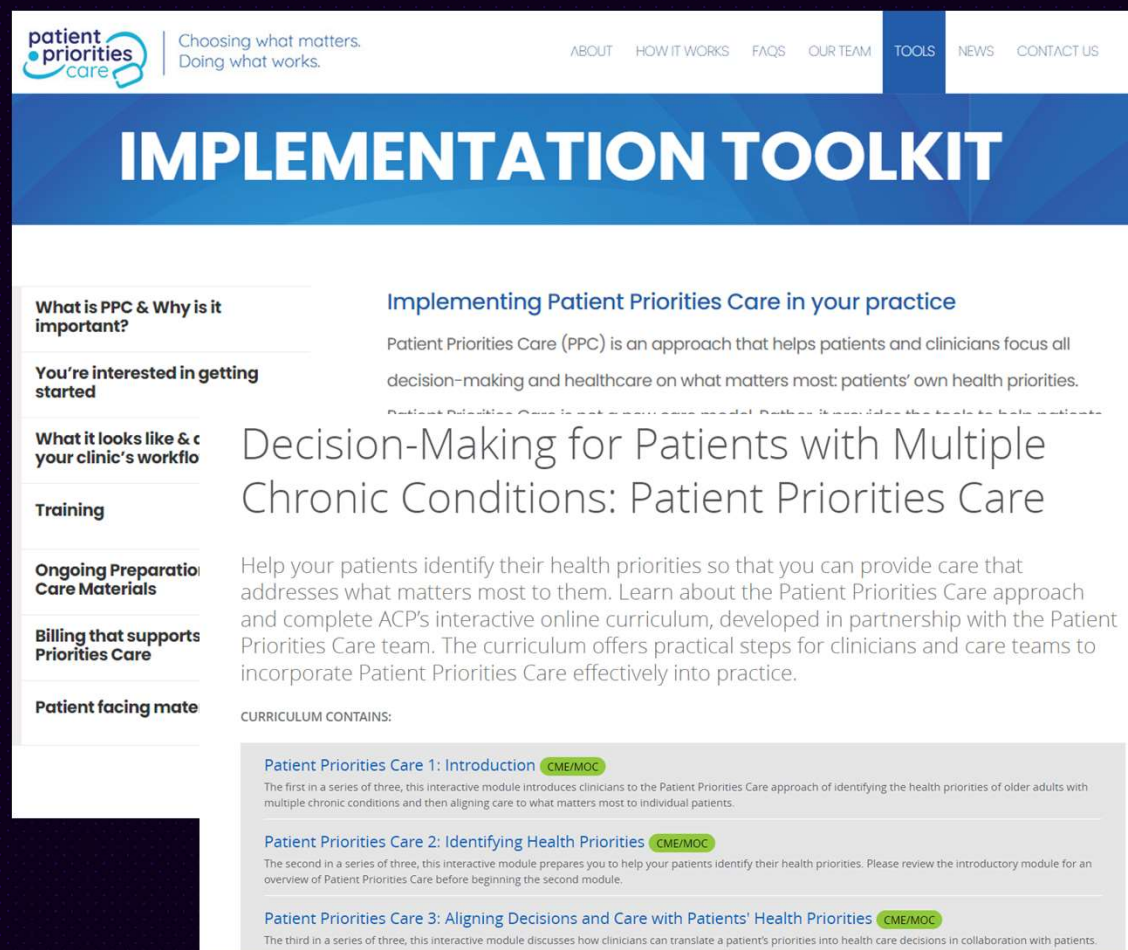
Because aligning decisions and care with patients' health priorities is not always straightforward, the purpose of this decisional guidance is to:

1. Describe a parsimonious set of steps and strategies, consisting of tips and scripts, that address common clinical scenarios likely to be encountered in aligning care with patients' health priorities (their health outcome goals and care preferences)
2. Describe how to address some key challenges in PPC aligned decision-making

We first provide guidance about how to invite patients to participate in PPC with sample scripts for the initial and subsequent follow up visits. We have worked with experts in the care of older adults with multiple chronic conditions to identify key strategies in applying PPC. For each these strategies we have a series of tips to apply when making clinical decisions and sample scripts to guide your conversations with patients and caregivers. We will introduce you to "Mrs. B", who will provide examples throughout the guidance.

Acknowledgments

This resource was developed by Jennifer Ouellet, Claire Davenport, Mary Tinetti, Lilian Dindo, Eliza Kiwak & Jessica Esterson. We thank the many other contributors who have added valuable input.



patient priorities care | Choosing what matters. Doing what works.

ABOUT HOW IT WORKS FAQs OUR TEAM TOOLS NEWS CONTACT US

IMPLEMENTATION TOOLKIT

What is PPC & Why is it important?

You're interested in getting started

What it looks like & c your clinic's workflow

Training

Ongoing Preparation Care Materials

Billing that supports Priorities Care

Patient facing mate

Implementing Patient Priorities Care in your practice

Patient Priorities Care (PPC) is an approach that helps patients and clinicians focus all decision-making and healthcare on what matters most: patients' own health priorities.

Decision-Making for Patients with Multiple Chronic Conditions: Patient Priorities Care

Help your patients identify their health priorities so that you can provide care that addresses what matters most to them. Learn about the Patient Priorities Care approach and complete ACP's interactive online curriculum, developed in partnership with the Patient Priorities Care team. The curriculum offers practical steps for clinicians and care teams to incorporate Patient Priorities Care effectively into practice.

CURRICULUM CONTAINS:

- Patient Priorities Care 1: Introduction** CME/MOC
The first in a series of three, this interactive module introduces clinicians to the Patient Priorities Care approach of identifying the health priorities of older adults with multiple chronic conditions and then aligning care to what matters most to individual patients.
- Patient Priorities Care 2: Identifying Health Priorities** CME/MOC
The second in a series of three, this interactive module prepares you to help your patients identify their health priorities. Please review the introductory module for an overview of Patient Priorities Care before beginning the second module.
- Patient Priorities Care 3: Aligning Decisions and Care with Patients' Health Priorities** CME/MOC
The third in a series of three, this interactive module discusses how clinicians can translate a patient's priorities into health care decisions in collaboration with patients. Please complete the first two modules for an introduction to Patient Priorities Care before continuing to the third module.

Learn More and Share

MyHealthPriorities.org

- Self, care partner or healthcare team member guided

PatientPrioritiesCare.org

- Point of care resources
- Toolkit: patientprioritiescare.org/implementation-toolkit/

Follow Patient Priorities Care



@PtPriorities



Patient Priorities Care

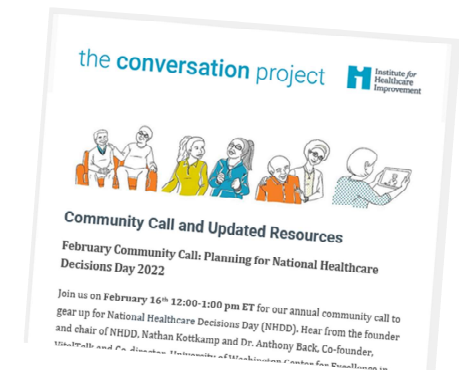
Questions: Jessica.Esterson@yale.edu





TCP's NHDD 2023 Theme:

Talk about it



NHDD week: daily theme/resources

April 10th : Start with YOU (self)...*review the Conversation Starter Guide or “What Matters to Me Workbook and think about your current wishes (revised, the same, or new)*

April 11th: Promote NHDD on your social media platforms...use our ready made toolkit for samples

April 12th: Engage and talk with family, friends, those important to you...*share proxy guides, blog stories letters*

April 13th: Support for caregivers... *share dementia, pediatrics, and health care team guides*

April 14th: Bring NHDD to where you live, work, pray, and learn...*health care professionals, clergy, professional services orgs/individuals (estate attorneys, elder care lawyers, financial planners, etc.), colleges/universities, high schools*

Apr 15th: Ready yourself and others for conversations...*set up a call/in-person visit, draft an email, review our list of jump starters to start the conversation and pick one that works for your person(s)*

Apr 16th: Today's the day! Make your wishes known!... *Talk about it and share 5 Wishes®, PREPARE™ for Your Care, letters, any other resources to help*



NHDD month: ride the wave before, after

Consider:

- Who do you want to support (e.g. personal, community, work spheres?)
- How much time, energy do you/they have
- What methods would resonate and support them positively
- Piggy back to existing activity/theme in community (e.g. grand rounds, key faith dates)

Methods: light touch to larger campaigns

Stories from the Field

Respecting Choices teams share what's happening in their communities



During the week of National Healthcare Decision Day (NHDD) and beyond, many organizations across the country inspired and educated their communities with heartfelt messages and information about advance care planning (ACP). The following are just some of the great stories from our extraordinary Respecting Choices teams.

Gundersen Health System (Wisconsin)

A 10-minute video with personal stories about ACP and families visited their organization: [Advance Care Planning Perspectives](#)

Marshfield Clinic Health System (Wisconsin)

Several of their social media posts encouraged ACP, and donation awareness, by sharing a personal story from [Josh is living on: Giving the ultimate gift of life](#)

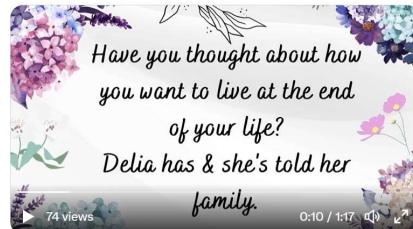
Memorial Health (Illinois)

News radio program talks with Memorial Health manager about NHDD: [National Healthcare Decisions Day is Saturday](#)



Apple Care & Companion @applecaretx · Apr 11, 2022


The question is "How do you want to LIVE at the end of your life, not how do you want to die?"
Share your wishes with your family and friends. It's a gift!
#NHDD @NHDD @convoproject @thejollyrogers6 @JohnMcNairLaw @lauriemiller @50PlusNow @Carebuzz



74 views 5 6



I've Got Mine!



Your Voice, Your Choice

Lead by Example

Join your PeaceHealth colleagues! Complete your own Advance Directive!

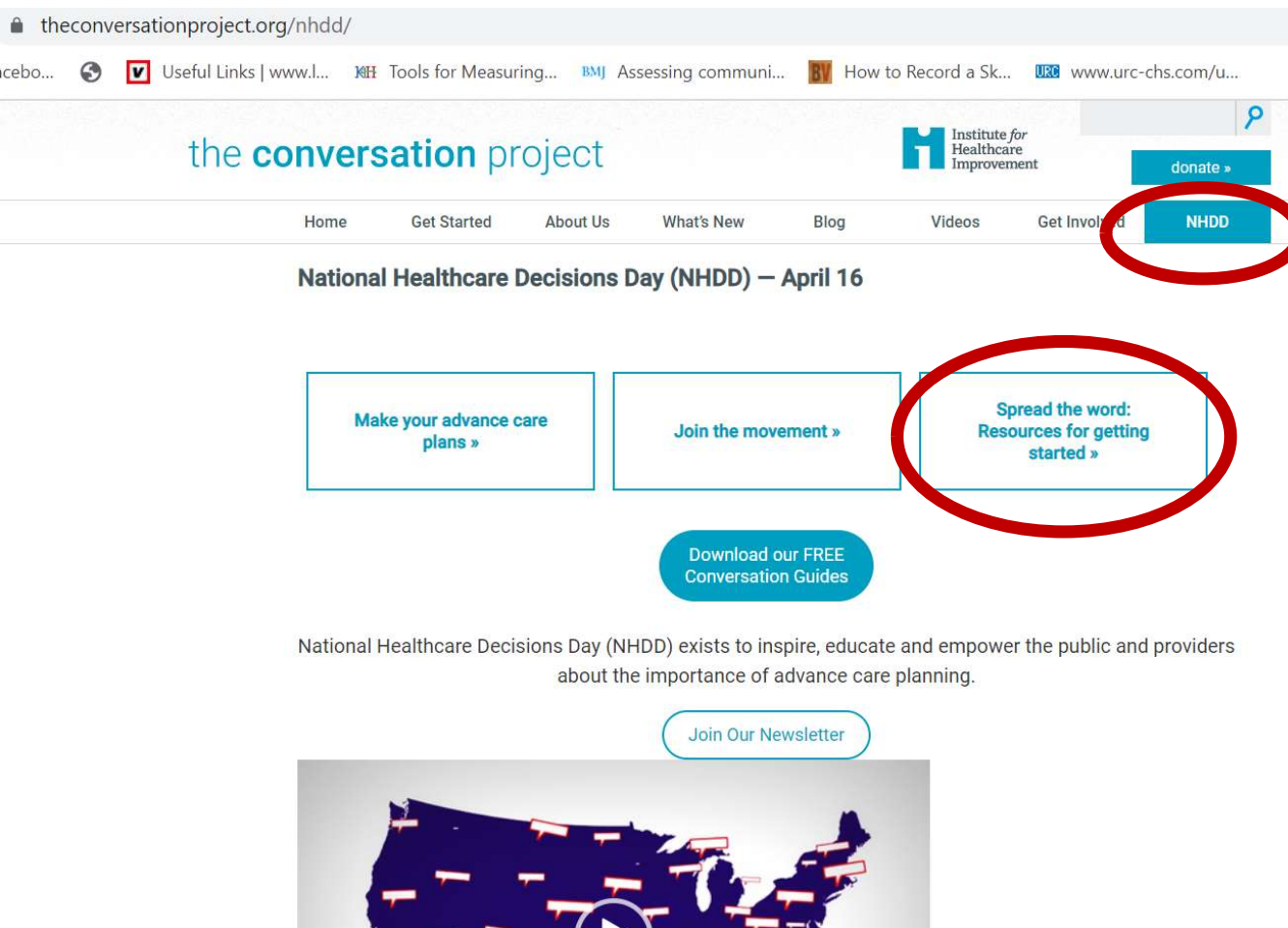
Workshops
Every **First Tuesday of the Month**
4:00pm - 8:30pm
St. Luke's Health Education Center,
2333 Squillum Parkway

Be an informed voice for yourself, your family, and your patients. Get prepared to tell them: **PRE-GOT MINE!**

To register: Hilary Walker, Advance Care Planning Coordinator
360.752.5267
hwalker@peacehealth.org



Sources for more ideas



theconversationproject.org/nhdd/

Useful Links | www.I... Tools for Measuring... BMJ Assessing communi... How to Record a Sk... URC www.urc-chs.com/u...

the conversation project

Institute for Healthcare Improvement

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NHDD

National Healthcare Decisions Day (NHDD) – April 16

Make your advance care plans »


Join the movement »

Spread the word: Resources for getting started »

Download our FREE Conversation Guides

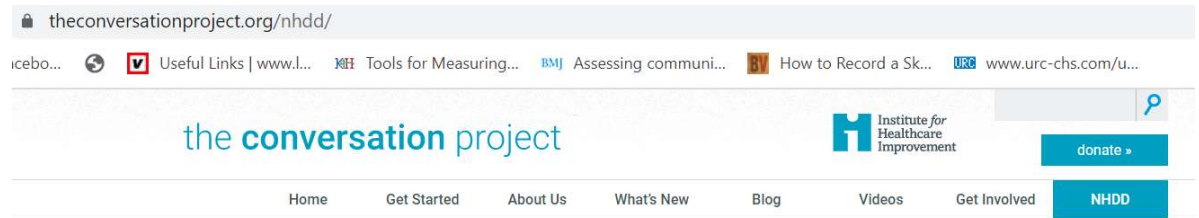
National Healthcare Decisions Day (NHDD) exists to inspire, educate and empower the public and providers about the importance of advance care planning.

Join Our Newsletter



- Suggested activities, specific examples/case studies
- Communications materials, media outreach, etc.
- NHDD Toolkit

Sooooo many other fab resources



State Specific Resources

- Alabama
- Alaska
- Arizona
- Arkansas
- California
- Colorado
- Connecticut
- Delaware
- District of Columbia
- Florida
- Georgia
- Hawaii
- Idaho
- Illinois
- Indiana
- Iowa
- Kansas
- Kentucky
- Louisiana
- Maine
- Maryland
- Massachusetts
- Michigan
- Minnesota
- Mississippi
- Missouri
- Montana
- Nebraska
- Nevada
- New Hampshire
- New Jersey
- New Mexico
- New York
- North Carolina
- North Dakota

Other Resources

AARP

AARP features an [End-of-Life Planning](#) resource center with perspectives on [starting advance care planning](#) discussions, [facilitating discussions with adult children about end of life planning](#), [frequently asked questions](#) and considerations for [siblings planning care for parents](#).

AD Vault/MyDirectives.com & MyDirectives MOBILE

[MyDirectives.com](#), a service of ADVault, Inc., is a free online platform that allows consumers to digitize your voices and treatment priorities in a comprehensive legal advance care plan that is secure in the cloud and available 24/7 anywhere in the world to you, your loved ones and your medical providers.

everplans

Everplans provides guides, resources and a platform to help you create a plan that contains everything your loved ones will need if something happens to you. Their site includes [Checklists & Free State-Specific Advance Directives](#).

Go Wish Cards

Coda Alliance has a "[Go Wish Game](#)," a card game that is a simple way to think and talk about what's important to individuals and their family members if someone becomes seriously ill.

The Hello Game



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[Join Our Newsletter](#)



Looking for new ideas

10 Ideas of Things to Do for National Healthcare Decisions Day (in 10 Minutes or Less)

Posted on 04/07/2022



NHDD

If you have 10 minutes (or less) today, you could do one of these 10 actions to plan for your health care as part of [National Healthcare Decisions Day](#) on April 16:

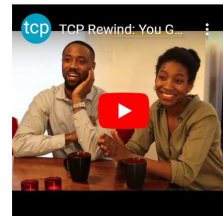
1. Look at our [Guide to Choosing a Health Care Proxy](#).
2. Watch a short [Practice Makes Perfect](#) video for tips on how to start a conversation.
3. Send our [Guide to Being a Health Care Proxy](#) to your chosen proxy.
4. Browse the [Conversation Starter Guide](#) to help think about what matters to you.
5. Reach out to people who you might want to know about who you've chosen as your health care proxy.
6. Walk through [PREPARE for your Care](#) for guided steps or [5 Wishes®](#).
7. Ask three people you know if they've had the conversation.
8. Read a story from our [blog](#).
9. Connect with a leader or organization where you live, work, pray, or learn about holding an event on this topic.
10. Follow us on [Facebook](#), [Twitter](#), or [Instagram](#) to learn more.

*What would be helpful to you that we can create this year?
e.g. List of top 10 resources (videos, blogs, articles, etc) you can use in your send outs?*

Leave in action: Use/repurpose our content

- Use our content:
 - Conversation starter guides
 - Videos
 - Blogs
 - NHDD communications toolkit

Ever Wish You Could Rewind a Conversation?



You Guys Know PSA



Save the Day PSA



Party on the Beach PSA

- Sign up for our newsletter
- Follow us, reshare, tag us on social media
 - Twitter: @convoproject
 - Facebook: The Conversation Project
 - Instagram: convoproject



- <https://theconversationproject.org/nhdd/resources/>



Leave in action: Share and connect with each other

Via TCP's network

- ❑ The Conversation Project: Community Champions (Facebook discussion group)
- ❑ Champions Map



<https://theconversationproject.org/get-involved>



Opportunity: Age-Friendly Health Systems Action Community



Facilitated by: The Institute for Healthcare Improvement

Who: Health systems

What: A network of teams across different healthcare organizations that come together to accelerate their adoption of the 4Ms (what matters, medication, mentation and mobility)

When: March 2023

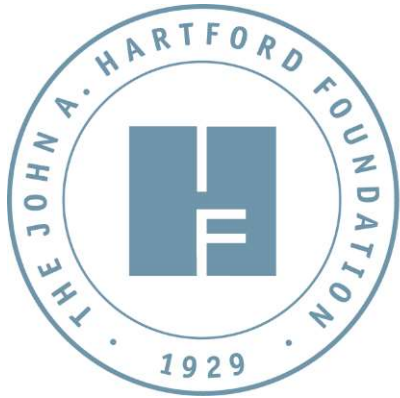
INFO CALL: MARCH 1st, 11-12:00 ET

<https://www.ihl.org/Engage/Initiatives/Age-Friendly-Health-Systems/Pages/default.aspx>

the **conversation** project



Thanks and appreciation



The John A. Hartford Foundation
Dedicated to Improving the Care of Older Adults



We want your feedback!

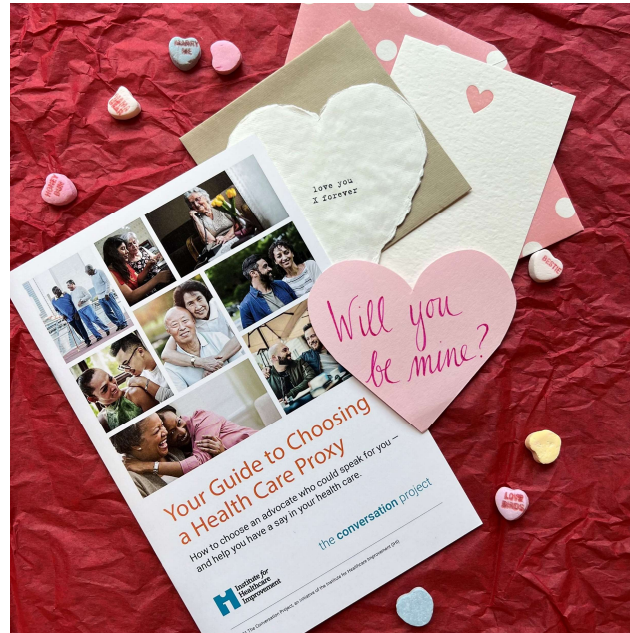
- After this call you will be redirected to a Survey Monkey form

Please take a few moments to answer the following questions:

- How useful was this session on a scale from 1-5?
- What curated content would be useful to you?
- Any other comments on today's session?



Warm-up chat



Do you have a health care proxy? And have you talked to them about what matters to you in your care?

Make sure you send your message to

“Everyone.”