The Conversation Project
A Look Ahead: Planning for 2021

December 16, 2020

Patty Webster
Krissy Cronin
You will see a tab at the top of the screen titled "Audio & Video". Click "Switch Audio" to either Call in or to use your computer speakers for audio. You can also find this on the " unmute" tab at the bottom of your screen.
WebEx quick reference

- Please use chat to "Everyone" for questions.
- For technology issues only, please chat to "Host".

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Intros/chat

Type into the chat box:

• Your name, location, organization
• Share one good thing that’s happened recently or made you smile today

Make sure you send your message to “Everyone.”
On today’s call

Patty Webster
Advisor, Community Engagement

Krissy Cronin
Project Coordinator
TCP community concerns about COVID-19

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TCP community HOPE for Covid-19

Agenda

• What we did in 2020
• What to look for in 2021
• Early NHDD plans
• TCP wishes for 2021!
2020 TCP recap
New video

Ellen Goodman Talks Dementia and Alzheimer’s Disease
Posted on 02/18/2020

https://youtu.be/8wnD5P81wPs
COVID guide & resources

Being Prepared in the Time of COVID-19
Three Things You Can Do Now

This is a challenging time. There are many things that are out of our control. But there are some things we can do to help us be prepared — both for ourselves and the people we care about. Here are three important things each of us can do, right now, to be prepared.

1. Pick your person to be your health care decision maker
   - Choose a health care decision maker (often known as a proxy, agent, or health care power of attorney) — a person who will make medical decisions for you if you become too sick to make them for yourself.
   - Make a plan to talk with your decision maker as soon as possible.
   - Phone calls or video chats are good if you don’t live with that person.

2. Fill out an official form naming your health care decision maker
   - Get a form from your health care provider or your health care facility.
   - Fill out the form and have it signed by your health care provider.
   - Keep a copy of the signed form in your wallet or in a safe place.

3. Talk about what matters most to you
   - Talk with your loved ones about what matters most.
     - The Conversation Starter Kit can help you get ready to talk to others about what matters most.
     - Make a list of what’s important to you.
     - Share your list with your loved ones.

Helpful Resources to Help You Navigate COVID-19
Posted on 04/04/2020

Sampling of COVID-19 Resources for Healthcare and Community Leaders
Posted on 04/10/2020

Supporting Healthcare Staff Wellbeing
Posted on 05/11/2020

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New workbook

WORKBOOK
What Matters to Me
A Guide to Serious Illness Conversations

NAME
DATE

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Community resources

- Promoting Advance Care Planning: How and Where to Get the Word Out
  Posted on 01/13/2020

- Supporting Your Community Virtually
  Posted on 03/16/2020

- Top 15 Ways People are Using The Conversation Starter Kit
  Posted on 02/08/2020

- Community Activities to Keep Advance Care Planning Conversations Flowing
  Posted on 04/15/2020

- Engaging Faith Communities in Meaningful Conversations
  Posted on 02/26/2020

- Thoughtful Ice Breakers That Lead to Meaningful Conversations
  Posted on 04/22/2020
Won't You Have These Conversations With Me?
By Aliaa Atkins, 12/08/2020

When you grow up medically fragile, mortality is always on the forefront of your mind. When you grow up as one of a handful of survivors and persons with a disability in an extremely homogenous... more »

Aging Too Soon: A Millennial's Journey to Confronting Her Own End-of-Life
By Malory McGrath, 12/02/2020

“I'm too young for this.” “What does this mean for my future?” “Am I going to age faster than everyone else?” These are questions I asked myself and my doctors over and over again when... more »

Virtual Mourning: Living and Grieving Online
By Ethan Levin, 11/10/2020

The reality of our current existence is that living online is literally a matter of life and death. Doing things virtually means lowering the risk of spreading the deadly coronavirus. In Judaism, piyutim reflect, saying... more »

The Problem of Individualism in the Era of COVID-19
By Alejandra Salmeri, 10/20/2020

“Hi, my name is Alejandra and I’m calling from the Florida Department of Health. Have you been given the results from your COVID-19 test?” This line was ingrained in my head. I spoke it hundreds... more »

What Adults Can Learn from Children About the Power of Silence
By Megan Carmichael, 11/19/2020

It’s a beautiful, sunny day in mid-July, my 5 y/o daughter and I are soior deep in Lake Chautauqua and a very obviously dead fish has washed up on the shore about 10 feet away... more »

Staying Curious: End-of-life Ruminations of a Doula
By Naomi Edmondson, 10/13/2020

A couple of weeks ago, I found myself standing at my kitchen counter with an arm full of flowers. The rosy red carnations were for my ancestor altar: the space in my home dedicated to... more »

Grieving Beneath the Stars: Mourners as Spiritual Teachers
By Chloe Zolikha, 09/21/2020

When I heard my dad was dead, there was a breaking—a shattering inside of me that felt so violent I could almost hear it. I woke up to a knock on my front door... more »

How COVID-19 Forced Me to Reflect on and Prepare for Mortality
By Deborah Szabo, 09/02/2020

On March 5 of this year, I distinctly remember sitting on my friend’s sofa, eating takeout Thai food with her and her fiancé, discussing whether or not she should still consider flying to India for... more »
TCP team reflections

The Farewell: Culture’s Role in How We Approach End-of-Life
Posted on 01/06/2020

My Qualms with My Mother’s Mortality: A Millennial’s Perspective of COVID-19
By Naomi Fedna, 05/26/2020

Social Connection During a Time of Social Distancing
By Ellen Goodman, 03/12/2020

The Other Conversation
By Kate DeBartolo, Director of The Conversation Project, 06/08/2020

Part 1: Ritual and Grief in the time of COVID-19
Posted on 04/13/2020

Clouds: Confronting Mortality through Film
By Steph Coulombre, 11/02/2020

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TCP community stories & learning (webinars)

https://theconversationproject.org/calls-and-recordings/

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New Facebook discussion group

https://bit.ly/2ukc7B0
Type in chat / unmute

What about you (your team)?
What are you most proud of in 2020?
Thank You!
What to look for in 2021
New guides: SNEAK PEEK!
What’s changed?

- Reframed TCP
- Shifted to more targeted audience in some of the guides
- Simplified language and terminology to bring our guides to a lower reading level
- Used more inclusive language, stories, and imagery
- Incorporated lessons from current research
- Contextualized for the moment

….and more in upcoming release

**KEEP YOUR EYES ON EMAIL IN EARLY JANUARY!!**
Heads up: do you have co-branded kits?

Now that you have had the conversation, you're ready to think about **completing two important legal documents** to make sure your wishes are clearly stated — and respected when the time comes.

- **Choose a Health Care Proxy**
  A health care proxy (also known as a durable power of attorney for health care) is a legal document in which you appoint another person (a proxy or agent) to address your wishes and make health care decisions for you if you cannot speak for yourself. Choose someone who knows your wishes well — a person you trust to speak for you if you're not able to speak for yourself.

- **Complete an Advance Directive**
  An Advance Directive, also known as a Living Will, is a legal document in which you state your wishes regarding end-of-life medical care — including the types of treatments you do and do not want — in case you are no longer able to make decisions or communicate your wishes. (Note: This is different from your Last Will and Testament, which is used to distribute assets.)

For additional information about advance care planning in your area, please contact:

**Atlantic Health System**

[www.atlantichealth.org/AdvanceCarePlanning](http://www.atlantichealth.org/AdvanceCarePlanning)

Use them up now!

New guides: Can co-brand for free and easier!!

(creative commons license)
Another call for bloggers SOON!

Call for Bloggers
Posted on 07/17/2020

Who should submit? When it comes to issues of mortality, all of us have a story to tell. We want to know how your identity, expertise, and personal life experiences have impacted the ways in...
Updated & new community guides

New updates:
• How to approach this work
• 10 questions to get started
• Examples

Includes:
• 10 things to think about when hosting an event (virtual/in-person event)
• Stories we use and share
• Common discussion topics
Type in chat / unmute

What about you/your team?
What will 2021 bring? Any early plans for NHDD?
TCP’s NHDD 2021 plans
NHDD week: daily theme/resources

April 12th: Start with YOU (self)...share Conversation Starter Guide or “What Matters to Me Workbook”

April 13th: Engage and talk with family, friends, those important to you...share proxy guides, blog stories, letters

April 14th: Support for caregivers... share dementia, pediatrics, and health care team guides

April 15th: Bring NHDD to where you live, work, pray, and learn...health care professionals, clergy, estate attorneys, financial planners, universities, high schools

Apr 16th: Today’s the day! Make your wishes known!... share 5 Wishes®, PREPARE™ for Your Care, letters, any other resources to help
## 2021 Community calls/connections

<table>
<thead>
<tr>
<th>Date and Time</th>
<th>Topic</th>
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<tbody>
<tr>
<td>January 25(^{th})-27(^{th}), various times</td>
<td>Office Hours: one-on-one w/Patty*</td>
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<tr>
<td>February 17(^{th}), 12:00 – 1:00 pm ET</td>
<td>NHDD 2021 &amp; New Community Resources</td>
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<tr>
<td>On-going</td>
<td>Facebook Community Champs Discussion</td>
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Register: [https://theconversationproject.org/calls-and-recordings/](https://theconversationproject.org/calls-and-recordings/)

*Always available if time slots aren’t working! Email pwebster@ihi.org to schedule*
What we’re looking forward to in 2021…
Share your/your team’s wishes!

Why does this work matter to you?
What are you looking forward to in 2021?

Record your answers to above
Post your own video on social media now/Jan 2021
#IHaveTheConversationBecause
Ways to engage with TCP’s network

• Tweet us, tag us on social media
  - Twitter: @convoproject
  - Facebook: The Conversation Project
  - Instagram: convoproyect

• Share and connect with each other
  - The Conversation Project: Community Champions (Facebook discussion group)
  - Champions Map
    [Link: https://theconversationproject.org/get-involved]
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 would you like to learn more about?
- Any other comments on today's session?