

Easy A-C-Peasy
Advance Care Planning Simplified

Ducks In A Row
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Overview

**Life is pleasant.
Death is peaceful.
It's the transition
that's troublesome.**

Isaac Asimov

**What is ACP —→ Why it's important
Who should do it —→ How to start
Where to document —→ Resources to help**

This is NOT ACP



This IS ACP



REMEMBERING

who and what good days
include



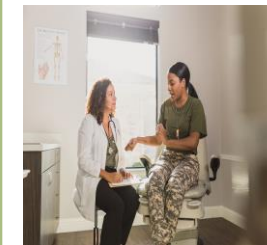
TALKING

about things you want and
are important



LAUGHING

as you recall good stories
and times



ASKING

for guidance and
information



WRITING

journal thoughts and
choices



DECIDING

selecting outcomes for
your good life



RE-THINKING

changing decisions in new
circumstances



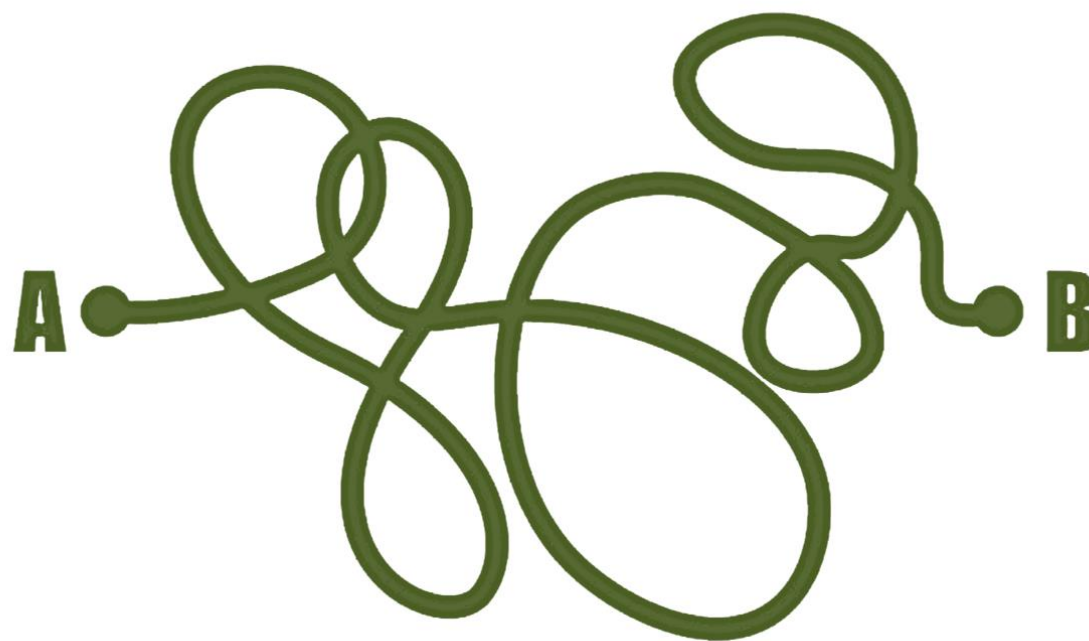
SHARING

as you think about it, at
any point

ACP is

a **PROCESS** of **THINKING ABOUT**
WHAT IS IMPORTANT TO YOU in your
daily life and **SHARING YOUR**
PREFERRED HEALTHCARE
OUTCOMES so **IF OTHERS HAVE TO**
make medical decisions for you,
THEY CAN HONOR WHAT IS
IMPORTANT to you

ADVANCE CARE PLANNING PROCESS



EASY A-C-PEASY

Why do ACP

90%
-
27%

TALK

82%
-
23%

WRITE

70%
-
70%

BE

100%

DIE

8.8x prolonged grief

5x PTSD

Who should do ACP

EVERYONE

18+

*What gives you joy
in your day-to-day?*

How to Start

FIND YOUR JOY



What brings you joy day-to-day?
How do you like to live?
What gives you comfort and solace?

TALK WITH PURPOSE

Talk about the topic with loved ones
Use news stories to break the ice
Find themes in art

BE PATIENT

Give others space and grace as
they wrestle with this topic
Give yourself patience too!

**USE THIS KNOWLEDGE FOR
OTHER HEALTHCARE DECISIONS**



Documents to Use



DPOAH

Durable Power of Attorney for Healthcare: Names your healthcare agent – the person who will make decisions if you cannot

HEALTH CARE DIRECTIVE

Also called the Living Will: outlines specific treatments for specific situations

POLST

Portable Order for Life Sustaining Treatment: medical order that travels with you stating what measures you do or do not want

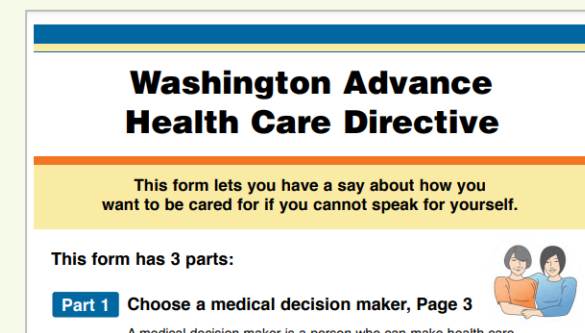
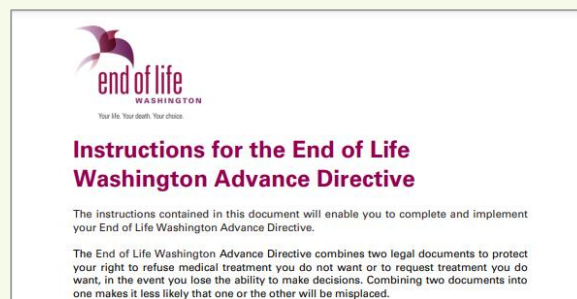
DURABLE POWER OF ATTORNEY FOR HEALTHCARE (DPOAH)

Place to discuss your values as well as medical preferences

- Outline important outcomes for the life you'd want

Choose your healthcare agent and alternates

- Select a person you trust over 18 who will advocate for your choices



Resources

FREE ADVANCE DIRECTIVES

[Prepare For Your Care](#)

[End of Life Washington](#)

[Honoring Choices Pacific Northwest](#)

ADDITIONAL INFORMATION

[Advance Directive for Dementia](#)
(not a legal document)

[The Conversation Project](#)

[End of Life Collective](#)

[Cake](#)

[Endwell Project](#)



ANYTHING ELSE?

Questions?

Thank You

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