



Easy A-C-Peasy Advance Care Planning Simplified

QUICK-START GUIDE FOR ADVANCE CARE PLANNING

Find your joy.

Consider these questions:

- ✓ **What brings you joy day-to-day?**
 - This will highlight what is most important to you.
It's essential to name what activities, situations, and relationships are essential to you living a good life.
- ✓ **How do you like to live?**
 - This will guide decisions you make about possible treatments.
Think about your joy and what that looks like as a medical outcome. Are your expectations set or is there a sliding scale for what's acceptable?
- ✓ **What gives you comfort and solace?**
 - This will provide direction when others care for you.
Loved ones often want something to do when helping; knowing what will provide relief for you allows them to take action.

Talk with purpose.

Center the discussion:

- ✓ **Talk about the topic with loved ones.**
 - Share with anyone who may be at your bedside.
The more people who know, the more likely you will get the health care you want. Tell medical providers and healthcare agents but don't forget other family and friends.
- ✓ **Use pop culture to break the ice.**
 - Provide real-world examples to "normalize" the topic.
Celebrities and other high-profile figures are talking about advance care planning, death, and grief more often. Sharing a video clip or news article is a great way to bring up the topic without worrying loved ones.
- ✓ **Find themes in movies, books, plays, and art.**
 - Process with art to elevate the theme of planning without making it too personal.
End of life themes are in many mainstream movies and bestselling books. Movie nights, book clubs, theatre talks, and gallery viewings provide general, non-threatening ways to introduce planning as an acceptable conversation.

Be patient.

Keep calm and carry on:

- ✓ **Give others space as they wrestle with this topic.**
 - Allow loved ones to take their own time as they engage with this topic – possibly for the first time. It can take a while to be comfortable in thinking and discussing planning and can create unexpected feelings.
- ✓ **Give yourself patience too!**
 - Sometimes it won't be hard to address it, sometimes you'll struggle with the details. One part (like talking) might be easier than another (like writing) – or vice versa! Start with what feels most comfortable to you. When you get stuck, find help to keep moving forward.

Tip Have several conversations. It doesn't have to be done in one sitting. Have several

RESOURCES

Advance Directives

[Prepare For Your Care](https://prepareforyourcare.org)

<https://prepareforyourcare.org>

[End of Life Washington](https://endoflifewa.org/tools-for-planning/advance-directives)

<https://endoflifewa.org/tools-for-planning/advance-directives>

[Honoring Choices Pacific Northwest](https://www.honoringchoicespnw.org/advance-ce-directive-documents)

<https://www.honoringchoicespnw.org/advance-ce-directive-documents>

Additional Information

[Advance Directive for Dementia](https://dementia-directive.org)

<https://dementia-directive.org>

[The Conversation Project](https://theconversationproject.org)

<https://theconversationproject.org>

[End of Life Collective](https://living.round.glass/end-of-life-cake)

<https://living.round.glass/end-of-life-cake>

[Cake](https://www.joincake.com/)

<https://www.joincake.com/>

[Endwell Project](https://endwellproject.org/)

<https://endwellproject.org/>

Start Talking – Pop Culture

The Colbert Questionert asks 15 questions about a wide variety of topics. You can see [Tom Hanks](#), [Meryl Steep](#), and [George Clooney](#) answer the questions and you can take the questionnaire [here](#).

→ *Stephen Colbert has this questionnaire which asks 15 questions to really get to know someone. Let's take it and talk about our answers!*

[Andrew Garfield Reflects on 'Profound Two Weeks' Spent with His Mother Before She Died of Cancer](#), People Magazine 09/08/21

→ *Do you see what Andrew Garfield said about spending time with his mom before she died? It sounds like they talked about planning her end of life.*

[7 legendary stars who died without wills: Aretha Franklin, Prince and more](#), USA Today 08/22/2018

→ *I just found out that <legendary star's name> died without planning! I don't want that much confusion unless I'm in the rock and roll hall of fame. Can I share what's important?*

Start Talking – Movies, Books, Plays, & Art

[Art 101: What is a memento mori? P.S. You are going to die](#) (art video) explains the form of art intended to remind those living of their inevitable death.

[Avengers: Endgame](#) (movie) considers the meaning of time, redemption, heroism, and love.

[Being Mortal](#) ([book](#) and [PBS film](#)) addresses end-of-life planning and care.

[The Bucket List](#) (movie) looks at what living means when facing death.

[Obelisk Art History Project Death in Art](#) [Life's Only Guarantee](#) (art resource) collects a wide variety of art works about death.

[Our Town](#) (play) centers on mortality, appreciating life, companionship, and love.

[Steel Magnolias](#) ([movie](#) and [play](#)) examines faith, understanding, death and grief.

[Soul](#) (movie) explores the purpose of life and making time count.