



Conversations, Choices, and Wishes



How prepared are you?

We are planners...

For most of our lives we plan. For example, we plan...

- Who are our friends
- Who we choose our life partners
- Where we choose to live
- When or if we have children
- Where we go on vacation
- What schools we'll send our children to
- What jobs we take
- What retirement plans we make



The background features several sets of concentric, curved lines in shades of gray, some solid and some dashed, creating a sense of motion and depth. A blue speech bubble is positioned on the left side of the slide.

BUT WE STOP
SHORT

**“WE DON’T WANT TO TALK ABOUT
END OF LIFE.”**

**“WE DON’T NEED TO TALK ABOUT
END OF LIFE.”**



Our challenge is to get
to the place where...

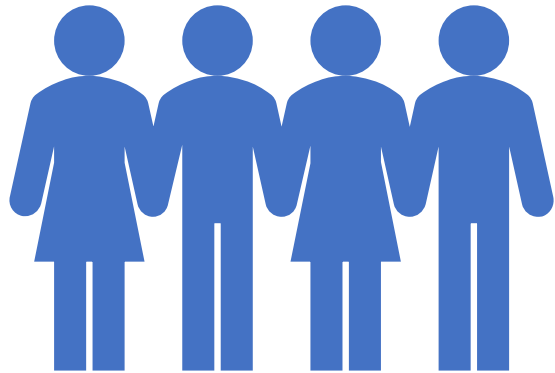
“WE UNDERSTAND HOW TO TALK ABOUT
END OF LIFE.”

“WE FEEL OK TALKING ABOUT END OF
LIFE.”

“WE FEEL RELIEVED AND COMFORTED
WHEN WE TALK ABOUT END OF LIFE AND
OUR WISHES.”

Saying versus doing...

from the Conversation Project 2018



92% of Americans say it's important to talk with loved ones about end of life wishes

- Yet only **32%** have had the conversation

It's even harder with our doctors:

80% of patients surveyed said they wanted to be able to talk with their doctors about their end of life wishes

- Yet only **18%** have had that conversation

What holds us back?


21% of Americans say they haven't had the conversation because they don't want to upset their loved ones

- Yet **53%** say they would be relieved if a loved one started the conversation

And finally, **95%** of those surveyed said they are **willing or want to** talk about their end of life wishes



Views on End of Life Care — *Pew Research 2013*

- **57%** say they would tell their doctors to stop treatment if they had a disease with no hope of improvement and were suffering a great deal of pain.
 - About half of this group (**52%**) say they would ask their doctors to stop treatment if they had an incurable disease and were totally dependent on someone else for their care.
 - A third of adults (**35%**) would tell their doctors to do everything possible to keep them alive even in dire circumstances, such as having a disease with no hope of improvement and experiencing a great deal of pain.
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The Conversation matters...



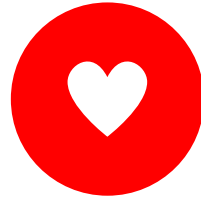
- Conversation = Better Planning
 - Develop and communicate your priorities
 - Honor your personal values
- Planning = More Options
 - Helps you understand your care options
 - Builds confidence with your team & services
- Honesty = A Gift
 - Bring you peace of mind
 - Others understand and can honor your wishes

Conversations + Plans + Honesty =
Better & More Personalized Care

If hospice or palliative care was utilized earlier people would experience...



More personal choice and decision-making



Better emotional support for patients and family



Professionals who can help explain what is happening



Lessened suffering and better pain management



Fewer costly medical expenses



Decreased stress on family by avoiding crisis-driven decisions



Greater dignity & peace of mind



Honoring family beliefs and traditions

The background features a series of concentric circles in light gray, some solid and some dashed, creating a ripple effect. A blue callout box with a downward-pointing tail is centered on the page.

So let's get started.
Its time to play!

Go Wish!



CREATED IN 2006 TO EDUCATE ASSISTED LIVING RESIDENTS, FAMILY MEMBERS, AND FACILITY STAFF ABOUT END-OF-LIFE CARE OPTIONS AND ADVANCE CARE PLANNING



GO WISH GIVES YOU AN EASY WAY TO TALK ABOUT WHAT IS MOST IMPORTANT TO YOU.



THE CARDS USE SIMPLE LANGUAGE WE ALL UNDERSTAND.



PLAY THE GAME WITH YOUR RELATIVES, FRIENDS, OR COLLEAGUES.



EACH DECK HAS 36 CARDS. ONE CARD IS A "WILD CARD." YOU CAN USE THIS CARD TO STAND FOR SOMETHING YOU WANT THAT ISN'T ON ANY OF THE OTHER CARDS.