

**“In All of Our Living: Our Personal Values in Health Care Decisions:
Including End of Life Decisions”**

United Church of Santa Fe

Fall Seminar 2019

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Session 2: Exploring Advance Care Planning

Reflection/References:

- “To die of old age is a death rare, extraordinary, and singular, and therefore so much less natural than the others: it is the last and most extreme sort of **dying**—and the more remote, the less to be hoped for” – Montaigne 1575
- “Birth and death are only doors through which we must pass, sacred thresholds on our journey;” – Thich Nhat Hanh
- May Sarton Reading from – “As We Are Now” (1973)
- Psalm 39: 4-6
- Gawande Atul. “Being Mortal” About Tolstoy’s Ivan Ilyich, p. 99
- Frankl VE. “Man’s Search For Meaning.”
 - Nietzsche quote - ...“he who has a why to live can bear with almost any how.” p. xi

Questions – comments/reactions from last week???

Background (slides posted)

- Historical Context
- Influential Cases
- State Actions
- Types and Goals of Advance Directives

Discussion – group work

- What do you know about Advance Care Planning
 - Myths
 - Fact Sheet
- Do you have an Advance Directive/Living Will; if so, what type
 - Developed as part of estate planning with attorney
 - NM state form
 - Five Wishes

- MOST
- Christus St. Vincent – My Choice, My Right to Decide
- Other – another state?
- Have you had conversations with family members
 - Spouse/partner
 - Children
 - Siblings
 - Friends
 - Faith Leader
- If you have an Advance Directive, who is your decision-maker/surrogate?
- When was last time you reviewed/revised your directive?
- Who has copy of your Advance Directive?
- What questions do you have...

Advance Care Planning Conversations

- Five Wishes
- Christus St. Vincent – “My Right To Decide”
- NM MOST – (Medical Orders Scope of Treatment)
- NM Advance Directive Form

Activities: select someone to report out to group

- Read/review document
- What questions does it raise
- Degree of comfort/discomfort
- Could you use this form
- Summary and present to group