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
- 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