

## COMMUNITY COALITION FOR END OF LIFE CARE

Community Update: Spring 2018

# • • • • • We've been busy!

### Our Mission:

Through collaboration and education, provide the resources to prepare individuals to make informed end of life choices that are consistent with their values and beliefs.

In September 2017 the Community Coalition for End of Life Care (CCEOLC) launched its first community event with a powerful presentation by Dr. Jessica Zitter. Since then, the Coalition has been quite busy!

Just two weeks after Dr. Zitter's presentation, Dr. Angelo Volandes brought an Advanced Care Planning workshop to local clinicians. This workshop provided videos that can be used for patient teaching to help guide health decisions around serious illness and end of life care.

Since then, the CCEOLC has made much progress towards our mission of providing resources to our community through collaboration and education.

Be inspired as you read. Be encouraged to become engaged in the process. Be motivated to complete your own advanced care planning.

*The Community Coalition for End of Life Care consists of members from the Legacy Foundation of Southeast Arizona, local hospitals, veterans services, skilled nursing facilities, Cochise College, pre-hospital services, hospices, United Way of Tucson, SEAGO Area Agency on Aging, Tucson End of Life Coalition, local physicians and nurse practitioners, faith-based organizations, Cochise Health and Social Services, community members, and the Arizona Hospital and Healthcare Association. Coalition members are setting an example by getting their own advanced care planning documents completed.*



Members of the Community Coalition for End of Life Care

For more information about the Community Coalition for End of Life Care contact Ronnie Squires at: [feelwellsleepwell@gmail.com](mailto:feelwellsleepwell@gmail.com) or call 520-355-5226.

### Honoring a Life: Advanced Care Planning

Partnering with Arizona Hospital and Healthcare Association and Thoughtful Life Conversations, and with a grant from the Lovell Foundation, a train-the trainer class was held in Sierra Vista to provide instruction on how to teach advanced care planning classes to the community. Seventeen individuals representing clinicians, community members, and CCEOLC members, received the training.

Community Advanced Care Planning (ACP) classes are two hours long and discuss why it's important to complete ACP documents such as a medical power of attorney, mental

healthcare power of attorney, living will, and pre-hospital DNR form. Classes also cover the importance of choosing the right person as your health care proxy, how to have the conversation with your loved ones, talking to your health care provider, and who to give copies of your ACP documents to.

To date, community ACP classes have been held in Sierra Vista, Bisbee, and Tombstone with classes planned in Benson and Sonoita.

If you would like more information about attending an ACP class or coordinating a class in your area, please contact SEAGO Area Agency on Aging. See contact information on page 2.



**Communications In Serious Illness**

In addition to community training on advance care planning, local clinicians are also being trained on how to have conversations with a patient about health care choices when faced with a serious medical illness.

Called Communications in Serious Illness (CSI), these classes coach health care providers on how to have difficult conversations with patients and their families who are faced with a serious and potentially terminal medical condition. Clinicians are also provided with a Serious Illness Conversation Guide. These conversations include how aggressively or not a patient would like to be treated, what life sustaining measures the patient wishes to use, and who should be involved in their medical decisions.

Communications in Serious Illness guides medical practitioners to further conversations with their patient about advanced care planning and getting the patient’s wishes in writing.

Communications in Serious Illness classes are currently being held at Canyon Vista Medical Center. If you are a clinician, social worker, or clergy and would like to attend a class or would like more information, contact Deb Rocas, BSN, RN, Clinical Educator, at Canyon Vista Medical Center at: **finddeb17@msn.com**

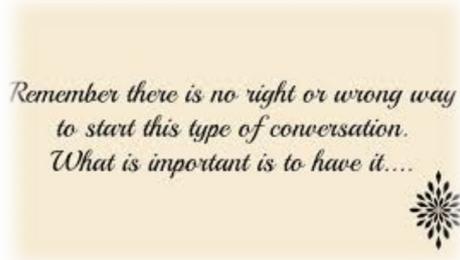


**CCEOLC Members Meet Harriet Warshaw**

Members of the CCEOLC attended a meeting of the Tucson End of Life Coalition featuring Harriet Warshaw, Executive Director of The Conversation Project.

The Conversation Project, is dedicated to helping people talk about their wishes for end-of-life care. Their website, **theconversationproject.org** contains free conversation starter kits, Alzheimer’s/Dementia Starter kits, Pediatric Starter kits, information on how to choose a health care proxy and on how to talk to your doctor.

When it comes to advance care planning and talking about your wishes, Harriet made a point to say, “It always seems too early until it’s too late”.



**Local Surveys Conducted**

In local community surveys conducted by CCEOLC, 99% of respondents said it is very important for family and medical professionals to respect their personal wishes for medical care if they were seriously ill.

Yet, only 71% had any kind of conversation with a loved one or medical provider about what their wishes are.

Additionally, 96% of those respondents stated that if their loved one was seriously ill, they would want their loved one to express their wishes so they could be clear about what they wanted.

As individuals, we want to do the right thing when it comes to caring for our loved ones. Knowing their wishes helps us do that.

Let’s help our loved ones do the right thing for us by sharing our wishes with them.

**Have you had the conversation?**



**90%** of people say that talking with their loved ones about end-of-life care is important

**27%** have actually done so

**SEAGO AAA Awarded Grant**

The Legacy Foundation of Southeast Arizona awarded an \$18,000 grant to SEAGO Area Agency on Aging (AAA) to support a part-time position to coordinate end-of-life care/ACP classes in Cochise and eastern Santa Cruz Counties.

Veronica Squyres, MA, is the Community Education Coordinator for western Cochise and eastern Santa Cruz Counties. She can be reached at: **feelwellsleepwell@gmail.com** or call **520-355-5226**

Sarah Villalobos is the Community Education Coordinator for eastern Cochise County. Sarah can be reached at: **svillalobos@seago.org** or call **520-432-2528 ext. 221**

SEAGO AAA also offers personal assistance in completing ACP documents. **seago.org/aaa**