

A Conversation Exercise

The conversation part of Advance Care Planning is often where people get stuck. Questions like “*what am I supposed to talk about?*” or “*how do I start?*” are only a few of the common stumbling blocks.

This exercise can be used to help participants think about the important information they would like to share with their Substitute Decision Makers (SDMs). Remember there are no wrong answers....

Materials Required to Create your own Conversation Packages

- 6 colours of paper: Red, yellow, blue, orange, purple and green
- Envelopes (1 per package to hold contents)
- Print the conversation cards on the specific coloured paper outlined at the top of each template page (see pages 4-28)
- Cut to size and place one of each card in the envelope to make a package.

Part 1 – Working individually

1. Give each participant their own conversation package (an envelope with the coloured conversation cards).
2. Explain to participants that they are going to work through a series of conversation cards in their package. Each colour represents a different topic for you to consider.
3. Their goal is to identify the information they would like their Substitute Decision Makers to know about them and to consider if there comes a time when a decision has to be made on their behalf. There are no wrong answers...
4. Instruct participants to first pull out their red card, read it, and place at the top of their table.
5. Instruct participants to then work through the rest of the conversation cards, picking the options that fit them best, following the order illustrated by on page 2. Blank cards are available if participants would like add an option with something that better reflects who they are and what’s important to them.

Part 2 – Working in pairs

1. Instruct participants to find a partner.
2. Each person then takes a take a turn sharing their conversation cards with a partner. As each partner asks questions to clarify and better understand what the other has chosen, the conversation becomes similar to an actual Advance Care Planning conversation.

Part 3 – Discuss the experience as a group

1. Take the opportunity to debrief the exercise as a group:
 - a. What did the group learn?
 - b. What was the individual exercise like?
 - c. What was it like to share with a partner? I
 - d. What questions helped you think about the kind of information you would like to share with your SDM?
 - e. What questions do you think could be used as prompts to encourage a conversation between you and your SDM?

The Conversation Card Order

Instruct participants to pull the conversation cards following the order below.

Flip over red card

If there is an illness or accident, and you are unable to make your own health care decisions, your Substitute Decision Maker (SDM) will make them on your behalf. Your SDM may have to make decisions about your treatments (eg. Surgery, medication, etc) where you are cared for, by whom,

Helping your SDM understand what is important to you and what you would like them to consider when making decisions on your behalf, can be very helpful for them.

Pick 1 yellow card

*I am the kind of person who likes...
I am not the kind of person who likes...*

**Pick as many blue cards
as desired**

**A wild card has been included
in this category*

*To have family around...
Independence...
Good food...
Quiet...*

Pick 1 orange card

*I would like you to consider...
I would like you to consider if I can't do important things like...
Under no circumstances...*

**Pick as many purple cards
as desired**

**A wild card has been included
in this category*

*Whether I could interact with people...
How independent I would be...
How much pain I would experience or have to live with...
Whether my family could visit...
Dress myself...
Tell stories...
Do I want help in the home...*

Flip over green card

And if I can't or that is not possible...

Template for Printing

The following pages contain each of the conversation cards. These can be printed on the corresponding coloured paper (found at the top of each page), cut to size, and put into envelopes to make a conversation package.

Print this conversation card on red paper

<p>If there is an illness or accident, and you are unable to make your own health care decisions, your Substitute Decision Maker (SDM) will make them on your behalf. Your SDM may have to make decisions about your treatments (eg. Surgery, medication, etc) where you are cared for, by whom,</p> <p>Helping your SDM understand what is important to you and what you would like them to consider when making decisions on your behalf, can be very helpful for them.</p>	<p>If there is an illness or accident, and you are unable to make your own health care decisions, your Substitute Decision Maker (SDM) will make them on your behalf. Your SDM may have to make decisions about your treatments (eg. Surgery, medication, etc) where you are cared for, by whom,</p> <p>Helping your SDM understand what is important to you and what you would like them to consider when making decisions on your behalf, can be very helpful for them.</p>
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Print this conversation card on **yellow paper**

<p>I am the kind of person who likes...</p>	<p>I am the kind of person who likes...</p>
<p>I am the kind of person who likes...</p>	<p>I am the kind of person who likes...</p>
<p>I am the kind of person who likes...</p>	<p>I am the kind of person who likes...</p>
<p>I am the kind of person who likes...</p>	<p>I am the kind of person who likes...</p>

Print this conversation card on **yellow paper**

<p>I am not the kind of person who likes...</p>	<p>I am not the kind of person who likes...</p>
<p>I am not the kind of person who likes...</p>	<p>I am not the kind of person who likes...</p>
<p>I am not the kind of person who likes...</p>	<p>I am not the kind of person who likes...</p>
<p>I am not the kind of person who likes...</p>	<p>I am not the kind of person who likes...</p>

Print this conversation card on **blue paper**

...to have family around

Print this conversation card on **blue paper**

...independence

...independence

...independence

...independence

...independence

...independence

...independence

...independence

Print this conversation card on **blue paper**

...quiet

...quiet

...quiet

...quiet

...quiet

...quiet

...quiet

...quiet

Print this conversation card on **blue paper**

...good foodgood food
...good food	...good food
...good food	...good food
...good food	...good food

Print this conversation card on **blue paper**

Note. This is a blank card. They are available if participants would like add an option with something that better reflects who they are and what's important to them.

Print this conversation card on **orange paper**

I would like you to consider...	I would like you to consider...
I would like you to consider...	I would like you to consider...
I would like you to consider...	I would like you to consider...
I would like you to consider...	I would like you to consider...

Print this conversation card on **orange paper**

<p>I would like you to consider if I can't do important things like...</p>	<p>I would like you to consider if I can't do important things like...</p>
<p>I would like you to consider if I can't do important things like...</p>	<p>I would like you to consider if I can't do important things like...</p>
<p>I would like you to consider if I can't do important things like...</p>	<p>I would like you to consider if I can't do important things like...</p>
<p>I would like you to consider if I can't do important things like...</p>	<p>I would like you to consider if I can't do important things like...</p>

Print this conversation card on **orange paper**

Under no circumstances...	Under no circumstances...
Under no circumstances...	Under no circumstances...
Under no circumstances...	Under no circumstances...
Under no circumstances...	Under no circumstances...

Print this conversation card on **purple paper**

<p>How much pain I would experience or have to live with</p>	<p>How much pain I would experience or have to live with</p>
<p>How much pain I would experience or have to live with</p>	<p>How much pain I would experience or have to live with</p>
<p>How much pain I would experience or have to live with</p>	<p>How much pain I would experience or have to live with</p>
<p>How much pain I would experience or have to live with</p>	<p>How much pain I would experience or have to live with</p>

Print this conversation card on **purple paper**

**Whether I could interact
with people**

Print this conversation card on **purple paper**

How independent I would be	How independent I would be
How independent I would be	How independent I would be
How independent I would be	How independent I would be
How independent I would be	How independent I would be

Print this conversation card on **purple paper**

Dress myself

Print this conversation card on **purple paper**

Tell stories

Print this conversation card on **purple paper**

Whether my family could visit	Whether my family could visit
Whether my family could visit	Whether my family could visit
Whether my family could visit	Whether my family could visit
Whether my family could visit	Whether my family could visit

Print this conversation card on **purple paper**

Do I want help in the home	Do I want help in the home
Do I want help in the home	Do I want help in the home
Do I want help in the home	Do I want help in the home
Do I want help in the home	Do I want help in the home

Print this conversation card on purple paper

Note. This is a blank card. They are available if participants would like add an option with something that better reflects who they are and what's important to them.

Print this conversation card on **green paper**

<p>And if I can't.... Or if that's not possible...</p>	<p>And if I can't.... Or if that's not possible...</p>
<p>And if I can't.... Or if that's not possible...</p>	<p>And if I can't.... Or if that's not possible...</p>
<p>And if I can't.... Or if that's not possible...</p>	<p>And if I can't.... Or if that's not possible...</p>
<p>And if I can't.... Or if that's not possible...</p>	<p>And if I can't.... Or if that's not possible...</p>