



Advance Care Planning Conversations Worth Having



Advance Care Planning (ACP) is about identifying your **Substitute Decision Maker (SDM)** and talking with your SDM (and family/friends) about

what is important to you. In Ontario, these conversations will guide your SDM to make healthcare decisions on your behalf if you become mentally incapable of deciding for yourself. **For more info, visit www.acpww.ca**

This is an innovative, **3 year project** hosted by Hospice Waterloo Region in partnership with Hospice Wellington. **In Year 1**, the ACP team reached out to the general public, community professionals and health care providers to gather their perspectives on ACP conversations and this is what we heard...

YEAR ONE ACTIVITIES



ENVIRONMENTAL SCAN

- 77** Key informant interviews
- 4** Focus groups, completed with
- 177** Healthcare providers and community stakeholders



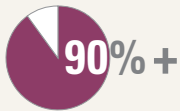
SURVEYS & PUBLIC EDUCATION SESSIONS

- 330** Events
- 3,451** Participants
- 12,683** Resources distributed

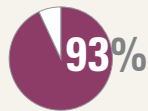
"I had no prior information regarding this topic, nor would I have been able to articulate why it is important. **Now I know why ACP is important** and have the knowledge on how to go about it." (comment from a session participant)

KEY FINDINGS

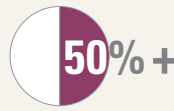
When it comes to your health care, who will speak for you if you cannot speak for yourself?



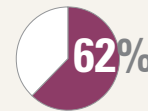
Of Waterloo Wellington residents believe that having ACP conversations **makes good sense** and will make it easier for loved ones.



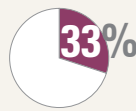
Agree that it's **important** to have an ACP conversation with their substitute decision maker (SDM).



Say that they are **an SDM** for someone.



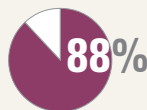
Say they have **confirmed** their SDM, **BUT** almost **40%** report they have **not talked** to their SDM.



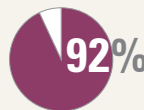
Have **not** identified their SDM.

"Education and information of SDM is critical... this can be very confusing for the SDM if not updated. People assume that they have it covered, but the SDM **doesn't understand their role**, or they are named but didn't know it, or aren't fulfilling their duties, or in some cases have even passed away." (comment from a session participant)

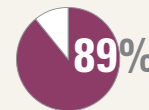
"Not everyone is comfortable, especially if not experienced with death but even then some are not. It helps to know the person and the family. Even in long-term care at the day of admission, **some people are just not comfortable** having that conversation..." (comment from a physician)



Of physicians report **having discussed** ACP with their patients **BUT 62%** reported that they were **uncomfortable** with the conversation.



Of respondents say that they have **never been asked** who their SDM is by their health care provider.



Of community professionals believe they **have a role to play** in educating their clients.

Respondents say they would like to receive ACP info from:

A DOCTOR - 63.6%

A LAWYER - 54.2%

A LOCAL HOSPICE* - 54.2%

FINANCIAL ESTATE PLANNER - 37%

*Hospice Waterloo Region or Hospice Wellington

Based on what we learned from the Waterloo Wellington community, *Conversations Worth Having* will focus **Year 2** on building awareness and understanding of substitute decision making in Ontario as the first step towards correct Advance Care Planning conversations.



Ontario

Waterloo Wellington Local Health Integration Network