

# Spanish-Language Lesson Plan for Advance Care Planning

## INTRODUCTION TO: "TIENES UN PLAN?" - A CONTEXTUAL APPROACH TO ADVANCE CARE PLANNING EDUCATION FOR SPANISH SPEAKERS

### Conversations of Love and Justice

Advance care planning and advance directives promote fundamental values of love and justice. Through conversations with our families, we give them the loving gift of knowing what kind of medical care we desire if we are too ill to make and communicate our own wishes. Having these conversations and choosing a person to speak for our medical needs will help to provide clearer knowledge of our treatment wishes, enabling our health care professionals to act with justice in carrying out our treatment.

The process begins with conversation: honest, unhurried, and reflective. Through the process below, you can lead your community into a safe space to listen and to give voice to their thoughts. Invite those present to carry these conversations with them as they go home and into future.

### ACTIVITY/PROCESS

- Explain that the purpose of the presentation is have us think and talk about the health care we would want to receive if we were too sick or hurt to speak for ourselves. That these conversations are important for us to have before we become seriously ill. Consider saying your version of the following:
  - “We will discuss many things today that might make us uncomfortable at first.”
  - “Often, it is not easy for us to discuss our own illness and death or to discuss these things happening to our loved ones.”
  - “By talking about it now, we hope to take away some of the uncertainty about how your medical care can reflect your values.”
- Provide some ground rules for the discussion
  - This is a safe space to talk about things we might not otherwise discuss.
  - Conversations are to be respectful
  - We all own our own stories. They may not be shared by others without permission.
- Introduce the first video
  - The first video focuses on conversations about serious illness and end-of-life care situations, and how one can prepare for them through the process of advance care planning. The video explores several important questions.
    - Why is it important that adults talk with their family members about health care decisions?
    - How does someone have a family conversation on a subject that at times can be intimidating or unpleasant?
    - What are some strategies to help facilitate the conversation?
  - Show the video
  - Provide space for the group’s reaction
    - What surprised you in this video?
    - Did anything discussed make you feel uncomfortable?
    - How would you discuss these things with your family?
- Introduce the second video
  - The second video focuses on the advantages of communicating one’s medical treatment wishes through advance directive documents, which often include a Health Care Power of Attorney and a Living Will. In this video, health care professionals explain how advance care planning and advance directives assist in the medical care of patients.
  - Show the second video
  - Provide space for the group’s reaction
    - What did you learn in the second video?
    - How would completing these documents be of help if you were too sick to speak for yourself?

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- Summation
  - What questions do you have that we have not answered? (If you don't know the answer to their questions, write the questions down)
  - Compared to before we gathered and watched the videos, are you more or less comfortable with talking about serious illness and death?
  - Compared to before we gathered and watched the videos, are you more or less likely to complete a Living Will and/or a Health Care Power of Attorney?
  - Are you interested in completing either of these documents?
- Optional – If participants want to complete their Advance Directives (Living Will and/or a Health Care Power of Attorney)
  - Encourage the participant to have a conversation with their intended health care agent and their family
  - Print supplies off of the website, [www.gotplans123.org](http://www.gotplans123.org). They are located in the “Resources”, “Advance Directive Forms” section.
  - Set up a time where a Notary Public can be present to notarize the documents
  - Have the participants keep the documents in a safe yet accessible place, giving copies to their physician, hospital, and health care agent

### OTHER RESOURCES

- **The Community Partnership for Compassionate Care, 888.876.3663**
- [www.gotplans123.com](http://www.gotplans123.com)
- [www.theconversationproject.com](http://www.theconversationproject.com)

### CONCLUSION/SUMMARY

Advance care planning and advance directives promote fundamental values of love and justice. Through conversations with our families, we give them the loving gift of knowing what kind of medical care we desire as we approach the end of life. Clear knowledge of our wishes enables health care professionals to act with justice in carrying out our treatment wishes.