Advance Care Planning and Reflections on Courage
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Who is here?
- Volunteer
- Palliative care professional
- Hospice professional
- Primary Care
- ACP Facilitator
- Spiritual Care

Why are you here today?
- Get rejuvenated
- Get some new skills or tools
- Day off from the routine
- Meet some great new people
- Hear Emily Downing’s stories 😊

What does Advance Care Planning have to do with Courage?

Advance Care Planning
- Respecting Choices

• Advance care planning (ACP) is an ongoing process of person-centered communication that includes understanding, reflection, and discussion about future healthcare decisions. It is a process, not an event.

• This process of shared decision making ideally includes the individual, his/her family or loved ones, healthcare providers, and others to help the individual reflect on goals, values, and beliefs, understand future situations and related decisions, and learn how to discuss these issues with those who may need to implement the plan.

Wellness to Death
Community Facilitators
Clinicians, Facilitators
Providers/Practitioners
Embarking beyond your comfort zone

“I want you to have his body”

“Cover me in A1 - Steak sauce, that is.” - Gunny
Your patients die
Your own family dies

Connection Takes Courage

Serious Illness Conversations

- “I wouldn’t have continued the conversation. I sensed tension and uneasiness, and I might have shied away.”

At a Crossroads Courage is Tough

“'It's not me, it's you”
On Getting Fired- or almost
Pearls of Wisdom

• Make advance care planning a living and breathing process
• The plan can change often, and patients and families deserve to reconsider the plan when new information is available
• Advance care planning can bring meaning, purpose and clarity to both the person, and those providing their care
• Have courage: When the conversation is tough and maybe a little uncomfortable, you're having the right discussion