

Hospice of Humboldt
FREE Advance Care Planning Workshop
707-445-8443

I'm Kelsey Sluss from Hospice of Humboldt, here today for your community comment about Advance Care Planning.

Deep down, we know that discussing our healthcare wishes with our loved ones is important, but this subject almost never arises naturally and it's an awkward one to bring up at family gatherings. You know you should have an Advance Healthcare Directive, but it's one of those nagging tasks that doesn't seem to get done. Or maybe you've completed the form but you haven't reviewed its contents in a while. I'm here to tell you that discussing your healthcare wishes early and often can mean all the difference in the world when a healthcare crisis strikes and suddenly you're relying on someone else to make decisions in your best interest.

If you're ever admitted into an acute care facility, you're likely to be bombarded with options for your care: Do you want surgery? Do you want a feeding tube? Do you want to be discharged to a rehab facility? Do you want hospice care?

These are just a few of the many, MANY choices that could arise. You may be making decisions for yourself if you're able. If not, decisions could be made on your behalf by a healthcare agent. How will that person know what you want? What does quality of life mean to you?

Filling out an Advance Healthcare Directive and speaking candidly with your healthcare agent about your preferences and goals for your care, can lead to significantly better outcomes that are in line with your wishes and values. Awareness and clear ideas about your goals and wishes can also help your family feel at ease with your care during a time when stress and tension levels could be high.

That's why Hospice has developed a FREE Advance Care Planning Workshop. Even if you don't have a healthcare condition, it's important to open these conversations and make a plan *well before* a healthcare crisis strikes. At the workshop, Hospice social worker Raquel Lee presents various healthcare

scenarios and asks the group what they would do in a particular situation. Raquel will answer questions, walk through the Advance Directive form, give tips about how to pick someone to be a healthcare agent, and teach participants how to approach these important, but often uncomfortable, conversations with their loved ones.

Participants leave the workshop with a draft of their Advance Directive and a blank copy of the form to formalize and finish at home and share with their friends or family members. Our goal is to equip our community with the tools and resources they need to make confident decisions related to their care.

Don't wait until it's too late: start the conversation now. Call Hospice of Humboldt at 707-445-8443 to register for our upcoming August workshop or to schedule a private consultation with a social worker.

This has been your community comment with Kelsey Sluss from Hospice of Humboldt.

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