**Proposed Syllabus for OLLI Can We Talk…About Your Health Care Wishes? February 2024**

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***CAN WE TALK…About Your Health Care Wishes?***

*Module 1*

**Can We Talk . . . About Your Health Care Wishes?**

*The goal of Module 1 is to understand the importance of planning and to discuss personal goals and values*

* 1. **Can We Talk… About Why You Need a Plan**
     1. Get the care you want and avoid finding yourself in situations that do not agree with your values and wishes
     2. Disagreement and distress among family members
  2. **Identifying personal values** – Watch a 10 minute **video** showing individuals of different generations discussing their values, what makes their life meaningful, what they think would be important to them at the end of life
     1. Discuss responses to video
     2. Play a game that helps identify personal values
  3. Homework – play game at home (30 minutes – tops!)

*Module 2*

**Can We Talk. . . About Who’s Going to Do the Talking?**

*The goal of Module 2 is to promote taking concrete steps for advance care planning, including naming a health care proxy and learning how to discuss your wishes and values with loved ones, friends and the healthcare team.*

* 1. **How to Choose Your Proxy**
     1. Watch a short video featuring people discussing whom to choose as their health care agent (aka proxy)
     2. The four “A”s of choosing a health care proxy:
     3. Choosing your health care proxy among family members and not getting anyone’s nose out of joint
     4. Living wills
  2. **Can We Talk*?***
     1. Watch short video featuring young people discussing their wishes (see – it’s not just a discussion for seniors!)
     2. How to talk about your health care wishes with your designated Health Care Proxy, Family and Friends
     3. Talking with Your Physicians

*Module 3*

**Can We Talk. . . About Getting it Down on Paper?**

*The goal of Module 3 is to understand the advance directive forms, where to keep them once completed, and to answer any additional questions.*

* 1. **Paperwork!**
     1. Walking through the Durable Power of Attorney for Health Care form
     2. Living Wills and specific requests
     3. I’ve completed my form – now what?
  2. **Questions**