



Staying in the Circle of Life (SITCOL)

Facilitation Guide

Session 3

To begin:

- Arrive 30 minutes before the session
- Prepare materials for activities and surveys
- Arrange the room so chairs are in a circle
- Review session goals

Goals

1. Review previously established agreements
2. Understanding Advocacy and why it is important
3. Where to find reliable health information
4. Identify ways to get the most out of doctor visits
5. Define and understand advance directives
6. Administer Pre and Post test
7. Administer the Cancer Care/Survivorship plan

Materials and Handouts

Name tags	Cancer Care Plan
Permanent Markers	Paper & pen for participant activity
Flip Chart	Pre-assessment, Post-assessment
Example advance directive	

Activities

- | |
|----------------|
| Role Play |
| Closing Circle |

Notes:

- Complete these tasks prior to start of group:
 - Display "Agreements" on flip chart/board/or powerpoint
 - Make sure each participant has paper and pen for activity
 - Make sure each participant has the handouts listed above
 - Have a clock to refer to in order to guide the discussion and cover all material
- Total time for session one is 90 minutes.

Session 3

Partnerships *for* Native Health[illegible]



- Begin the session on-time.
- Greet each participant by name as they arrive.
- Each person should write their **first name** on a name tag.
- Provide each participant with paper and pen

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- Keep it confidential - everything anyone says stays in the room
- Listen with respect
- Stay on topic – we have a lot of information to go over and we want to make sure we cover it all
- Other things we can do?

- Brief review of the agreements
- **Administer Pre-assessment (5 minutes)**

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- Understanding advocacy and why it's important
- Finding reliable health information
- Learning how to get the most out of doctor visits
- Learning about **survivorship care plan** and **advance directives** and why they're important

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- Knowing as much as you can about your own health situation
- Using that knowledge to exercise your right to receive high-quality healthcare

- Go around the room, ask if people have any examples to offer
- Ask for participants to give examples of why medical advocacy is important

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Ways You Can Be Proactive



- Find information from as many **reliable** sources as you can
- Talk with your care team (doctors, nurses, community health workers) about what you're learning
- Ask your family, friends, and support network to help you solve problems
- Incorporate traditional ways of wellness into your life

Ways to be proactive

- Discuss what reliable means, and note that we will offer examples and discuss more in depth later in the session

[illegible]

- Who wrote the information?
- When was the information written?
- Who paid for the research and published the information?
- Don't rely on the Internet for information on diagnosis or treatment options!!

[illegible]

- [illegible]

How to get the most out of your appointment . . .



- If possible, bring a family member or community health worker with you to your appointment – **they can help take notes!**
- If you can't make your appointment, let your provider know right away, and **reschedule** right away.

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Activity – Role Play

<http://www.oncolink.org/oncolife/questions.cfm?app=0>

Remember to review your care plan with your doctor so that they can explain your risk and clarify the recommendations.

Break



What is an Advanced Directive?

- Note: Given the medical background of the participants, you may ask the group who has experience with Ads.
- Distribute example sheet of advanced directive

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Why are advance directives important?



- You have the right to make decisions about your own health and treatment.
- It's important for family members and health care providers to know what kind of medical care someone wants at the end of life.

When should you complete an advance directive?



- Advance directives should be filled out while you're healthy.
- This gives you time to think about the end-of-life care you would choose if you were unable to communicate your wishes.
- It also gives you time to discuss your wishes with your loved ones.

<http://www.cancer.gov/cancertopics/factsheet/Support/advance-directives>

Important Things to Know . . .



The laws about advance directives vary from state to state, so it's important to complete and sign an advance directive for the state where you live or where you expect to receive medical treatment.

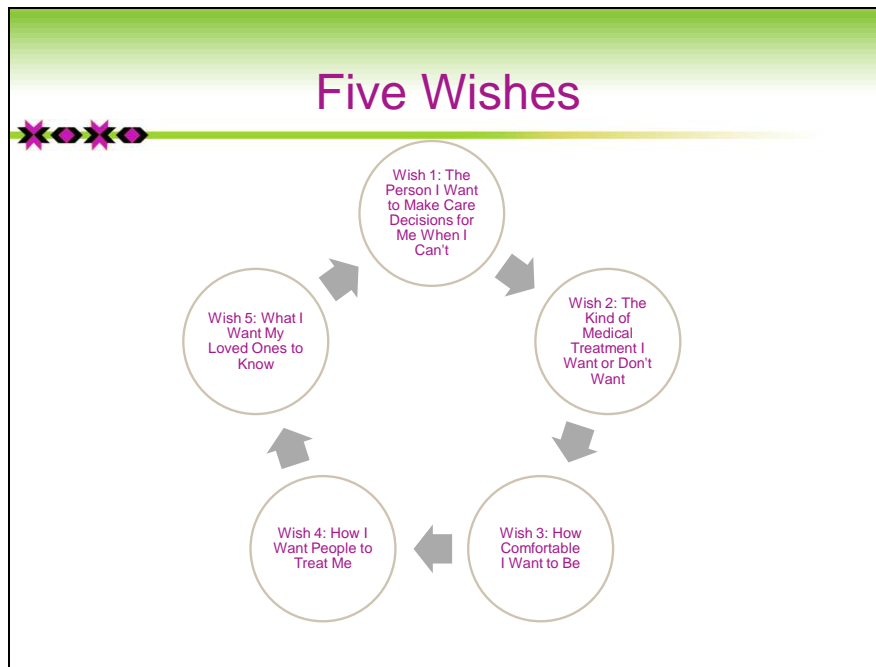
<http://www.cancer.gov/cancertopics/factsheet/Support/advance-directives>

<http://www.rwjf.org/reports/grr/029110s.htm>



Developing an advanced directive plan could be a difficult conversation with your family. One way to make that easier is the Five Wishes plan. There may be others that include the spiritual and cultural wishes of you and your family

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Five Wishes

- Distribute Five Wishes Handout
- The first 2 wishes meet legal requirements for an AD in most states, but Oregon has additional requirements. The 3-5 wishes address matters of comfort care, spirituality, forgiveness, and final wishes.
- **Wish 1:** This section is an assignment of a health care agent (also called proxy, surrogate, representative, or health care power of attorney). This person makes medical decisions on your behalf if you are unable to speak for yourself.
- **Wish 2:** This section is a living will—a definition of what life support treatment means to you, and when you would and would not want it.
- **Wish 3:** This section addresses matters of comfort care: What type of pain management you would like, personal grooming and bathing instructions, whether you would like to know about options for hospice care, among others.
- **Wish 4:** This section speaks to personal matters, such as whether you would like to be at home, whether you would like someone to pray at your bedside, etc.
- **Wish 5:** This section deals with matters of forgiveness, how you wish to be remembered, and final wishes regarding funeral or memorial plans.

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Things to Think About



- You can play an active role in getting the care you want at all stages of your life.
- There's a lot of information out there! Ask someone to help you find what is most reliable.
- Advocate to ensure that you get the most out of your doctor visits.
- Advance directives can help you plan how you want to be taken care of. They can be helpful for you and your family.



- **Administer Post-Assessment**
- Go around the room
 - I learned
 - I hope
 - I feel

[illegible]