

CEAN Advance Care Planning Public Workshop Program

BACKGROUND



In spring of 2010, Vancouver Coastal Health (VCH) wanted to know how best to educate the public on Advance Care Planning (ACP). CEAN members discussed this topic at their annual spring forum. They suggested that a peer led workshop program be implemented. A handful of CEANs were trained to deliver free ACP workshops in their communities, beginning in 2011. They are still providing these workshops today! You can read the full forum report here: <http://cean.vch.ca/members/forums/>

STATS (2014 – 2019)

- Over **1000** people have attended a CEAN public ACP workshop since 2014!
- CEAN ACP facilitators have logged over **300** volunteer hours delivering workshops!
- ACP workshops are offered regularly in Cantonese & Mandarin. They have also been provided to Japanese, Persian and Punjabi speaking groups.
- The CEAN ACP Workshop Program operates at a minimal cost as facilitators volunteer their time
- 94%** of workshop attendees agreed or strongly agreed they had a basic understanding of ACP after attending a workshop
- 78%** of attendees felt strongly or very strongly that facilitators covered the topic in a sensitive way
- 85%** of attendees planned to read the My Voice Guide after attending a workshop
- 87%** of people planned to reflect on what they want in their own ACP
- 81%** of attendees said they would talk to their family/friends who would represent them regarding their health care decisions

What people are saying about CEAN ACP workshops...

"The facilitator explained ACP in a very eloquent and caring manner and with humour. It was a great learning experience."

"Thank you for the clear presentation with personal stories."

"Thank you for the opportunity to start the conversation with my mom. This is a great starting point and now I will think about my own plan too."

ACCOMPLISHMENTS



SPRING
2016

Recognized by BC Centre for Palliative Care, as a model to duplicate in other communities. [ACP training program](#) for hospice volunteers was modelled after the CEAN program.

JUNE
2016

CEAN ACP Facilitators receive a [People First Award](#) for their volunteer work supporting public education.

SEPT
2016

CEAN ACP Facilitators win a [Core Values Award](#) from the International Association of Public Participation (IAP2) for P2 for the greater good.

WHAT'S NEXT?

The CEAN ACP Workshop team has had another busy fall and will start Spring workshops in late January of 2020. The team is also excited to be supporting a research project being undertaken by the BC Centre for Palliative Care on [cultural adaptation](#) of ACP public education for Chinese and Punjabi communities.

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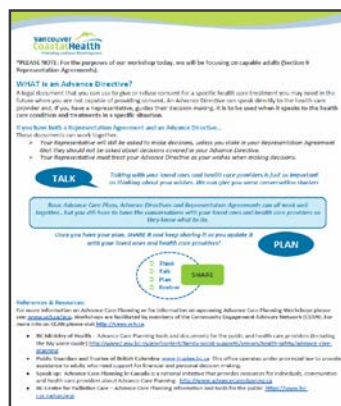
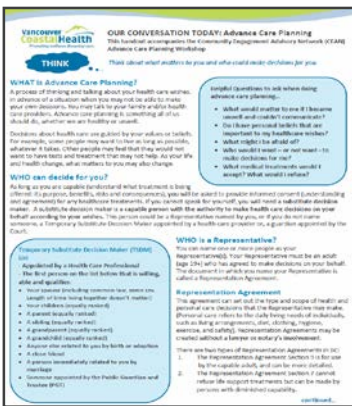
THE WORKSHOP

Workshops last approximately 1.5 hours and occur every spring and fall in Richmond, Vancouver and on the North Shore. Workshops also happen upon request on the Sunshine Coast. Facilitators share personal stories and experiences to support people to think about their values and wishes, and encourage having conversations with loved ones as a key part of ACP.

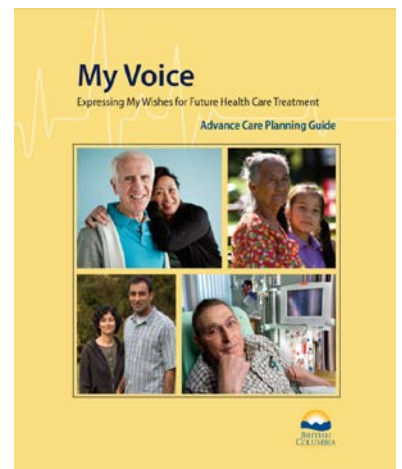


The Handout

Facilitators developed a handout which includes valuable resources and information to accompany their workshops.



My Voice



Workshop attendees receive a copy of the Ministry of Health's ACP guide; *My Voice*.

Personal Stories

Facilitators use personal stories and experiences as examples of how to start ACP. This provides attendees with very practical information on what their ACP might look like.



Attendees

Workshops are promoted for any capable adult 19 years or older.



For patients and families, by patients and families

What makes the CEAN ACP workshops truly person and family centred is that they were created and are delivered by people with lived experience of ACP. This creates a safe place to listen, share and think about how to start your own planning.



Making better decisions together with patients and families