

## Trauma-Informed Skills to Start Advance Care Planning Conversations

Skill	Care Professional	Client Response
<b>Ask Permission to Start the Conversation</b> Ariadne Labs	<b>I'd like to talk together</b> about your health <b>and what matters most to you. Would that be okay?</b>	I don't know. That sounds kind of heavy.
<b>Normalize the Conversation</b> Honoring Choices Pacific Northwest	I try to have this conversation <b>with all my clients</b> so they can have more of a voice in their care, and so I can be a better advocate for them.	Okay, I guess. What do you want to talk about?
<b>Share Your Worry</b> Latimer & Pope	<b>We know that people can suddenly get very sick or injured</b> and sometimes can't communicate with their doctors. Is this something you've <b>experienced or thought about before?</b>	Yeah. That scares me. I think about that a lot since my best friend overdosed. It was bad. I don't want to end up like he did.
<b>Validate Emotions &amp; Experiences</b> VitalTalk	<b>I hear how scary</b> it is to think about this. (Naming)	It is. I know it could happen to me, too.
	<b>It sounds like</b> your friend went through some things you wouldn't want for yourself. (Reflection)	Yeah. He was on all these machines and went to a "home" for a while before he died.
<b>Lead with Dignity</b> Chochinov et al	If you were very sick and recovery was uncertain, <b>what would you want doctors to know about you as a person?</b>	I've been taking care of myself my whole life. I don't want to die, but I also don't want to need people taking care of me forever—people who don't like or respect me anyway.
<b>Articulate Radical Accompaniment</b> Sager & Childers, Wonsil & Light	No matter what happens with your health, <b>I will be here to support you.</b>	That means a lot. Most people have given up on me.

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## Questions to Explore Further

From Honoring Choices Pacific Northwest, adapted from Ariadne Labs' Serious Illness Conversation Guide

- **Given this situation**, if your health gets worse, what are your most **important goals**?
- What are your **biggest worries**?
- What gives you **strength** as you think about the future?
- What brings **joy and meaning** to your life that you **can't imagine living without**?
- If your illness gets worse, what are you **willing to go through** for the possibility of gaining more time?
- How much do the **people closest to you** know about your priorities and wishes?
- Having talked about this, **what else do you want me to know** about you and your hopes for your health?

## References

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