**Ten Essential ACP Tools Every HealthCare Professional Should be Familiar With:**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Tool** | | **Who for** | **Languages** | **What you get** | **Cost** | **How to get it** |
| 1. | | **Have the Talk of a Lifetime** | public | English | 50 cards which ask thoughtful questions about your life, such as "What personal events have most shaped your life?", which help you connect with your loved ones through meaningful conversation. Share stories about life, what matters most and how you want to be cared for and remembered. | free | <http://www.funeralservicefoundation.org/resources/have-the-talk-of-lifetime/> |
| 2. | | **Go Wish** | public | Cards: English or Spanish. Online: English only | Card set which list end-of-life values and preferences, such as "being , asking that you prioritize them as "very", "somewhat", or "not" important to you. Order cards or use online version of the Go Wish Cards. Online option allows you to save your file for later reference. | Online free Cards $26/set, $7/set in bulk | <http://gowish.org/> |
| 3. | | **Death Cafe** | Public, professionals | Unlimited in practice; website offers multiple languages | At a "Death Café" people gather to eat, drink, socialize and discuss death; helps to increase awareness of death with a view to helping people make the most of their lives. | "How to Guide" is Free | <http://deathcafe.com/> |
| 4. | | **Prepare For Your Care** | Public | English and Spanish | Easy and interesting way to explore your values and preferences for care. In the end you can save online and/or print out a copy of your thoughts for 1) yourself, 2) completing advance directives and 3) sharing with your healthcare team. | free | <https://prepareforyourcare.org/welcome> |
| 5. | | **The Conversation Project** | Public, with various tools and versions specific to adults, children, etc. | multiple | Information and format for having conversations with your loved ones about your and their end-of-life care wishes; [**The Conversation Starter Kit**](http://theconversationproject.org/wp-content/uploads/2017/02/ConversationProject-ConvoStarterKit-English.pdf) **is a free resource to help guide you through the process.**  Facilitates community organization around ACP with a **Community Getting Started Guide;** community residents in end-of-life care conversations and how to partner with other organizations in your region to promote this work.  You can also join our monthly webinars and other information accessible via [**Community Resource Center**](http://theconversationproject.org/resources/)**.** | free | [*https://theconversationproject.org/*](https://theconversationproject.org/) |
| 6. | | **Five Wishes** | public | 28 lanuages | mission to safeguard the human dignity of people as they age or face serious illness. For nearly 20 years, Aging with Dignity has been an advocate for quality care for those near the end of life. | Varies with quantity;  $1-5 ; paper or online formats | <https://agingwithdignity.org/five-wishes/about-five-wishes> |
| 7. | | **What if I Had Dementia?** | public | English | Disease specific guidance to consider in advance of developing dementia/cognitive decline | free | [www.dementia-directive.org](http://www.dementia-directive.org) |
| 8. | | **Caring Conversations** | Public | English | A workbook that helps a person to Reflect, Talk, Appoint and Act regarding end of life decisions. | free | <https://practicalbioethics.org/files/caring-conversations/Caring-Conversations.pdf> |
| 9. | | **Colorado MDPOA** | Public | English | One document every adult in Colorado should complete…Now! Remember as an "interested party" state, Colorado is relatively unique in the nation, stipulating that any "interested party" may have a say in your health care decisions, should you lose decision-making ability….Use this simple form to dentify who you want to make decisions for you if you cannot, have a discussion with them, and indicate some of your most important care preferences on this form. | free | <http://coloradoadvancedirectives.com/> |
| 10. | | **Colorado MOST** | Public working with providers; particularly pertinent to those with advanced or serious illness | English, Spanish | Allows individuals, particularly those with a serious or life threatening illness, to clearly state their preferences for care, in the form of physician orders. This becomes useful if you are not able to speak for yourself. Addresses code status, general preferences for care and preferences for artificial nutrition or hydration. To be completed with assistance of medical providers. | free | <http://coloradoadvancedirectives.com/> |