

# Advance Care Planning in Indiana



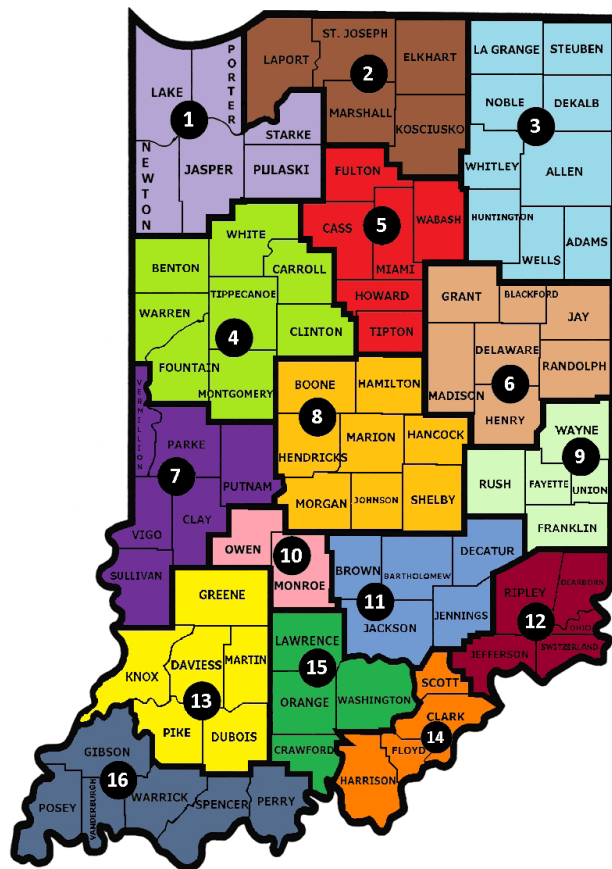
**Katie Hougham, HFA, MBA**

VP of PACE Operations, AIHS

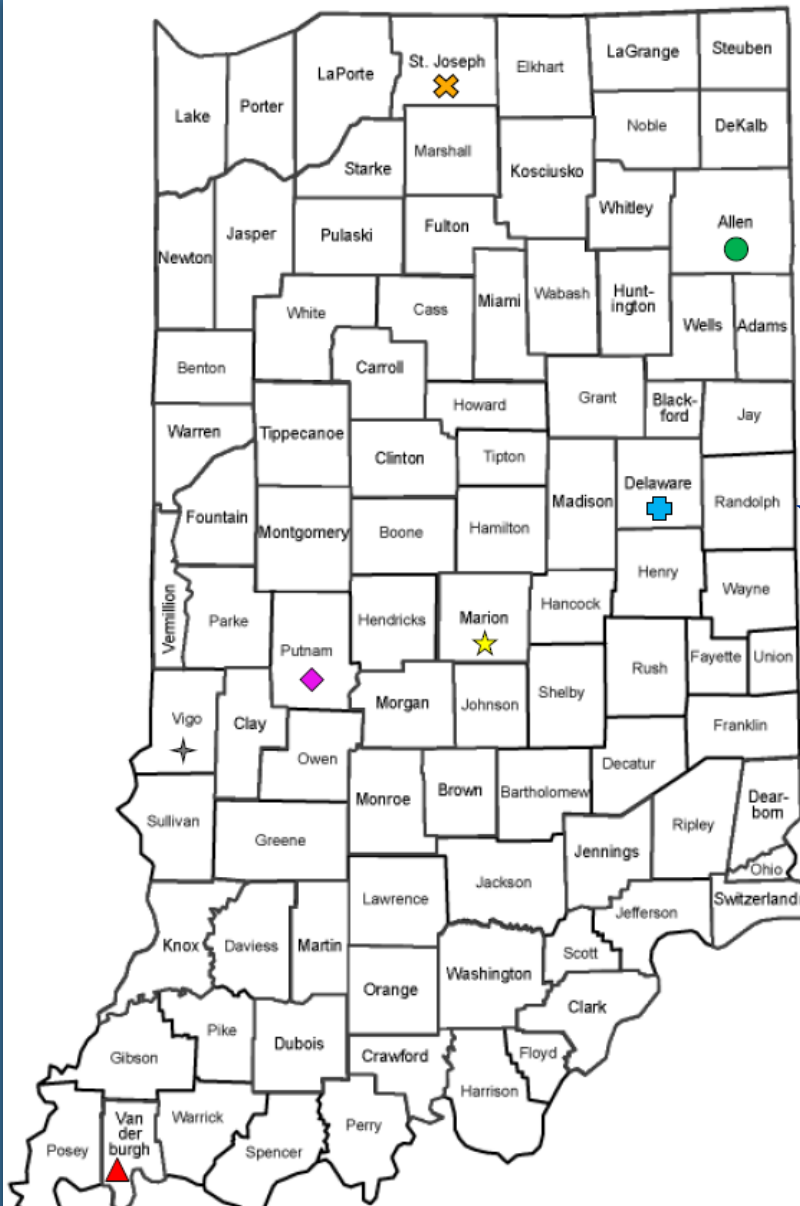
ACP Coordinator, Honoring

Choices® Indiana

February 6<sup>th</sup>, 2020



## Indiana Area Agencies on Aging & Disability Network



Honoring Choices®  
INDIANA

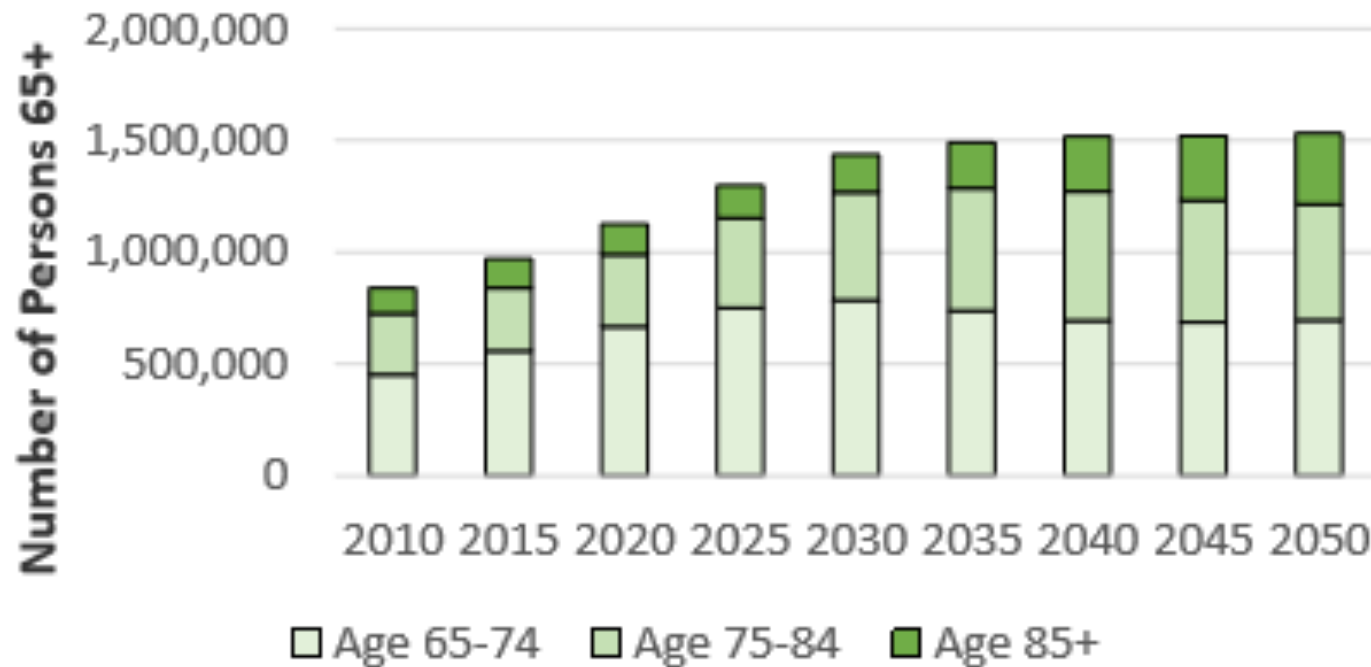
[www.HonoringChoicesIndiana.org](http://www.HonoringChoicesIndiana.org)



# Indiana ACP Initiatives

- ❖ Qsource- Care Coordination Communities
  - ❖ Central Indiana Care Coordination Community Coalition
  - ❖ Care Transitions Coalition of N.E. Indiana
  - ❖ Wabash Valley Care Coalition
- ❖ Putnam County Hospice and Palliative Care Association
- ❖ Indiana Patient Preferences Coalition ([www.indianapost.org](http://www.indianapost.org))
- ❖ Honoring Choices® North Central (South Bend, Mishawaka, Granger)
- ❖ Southwest Indiana Coalition for ACP
- ❖ Lifestream Services, Inc. (Muncie/Anderson)

**Figure 2: Indiana Age 65+ Population Growth, 2010-2050**



Data Source: Milliman Forecast



2013- Nearly 1 million family caregivers in Indiana



Estimated economic value of their unpaid contributions was approximately \$9.4 billion

# The Family Caregiver

## Hidden Costs of Caregiving – Financial Security



*Nearly 10 million adult children over the age of 50 care for their aging parents.*

- Total estimated aggregate lost wages, pension and Social Security benefits: \$3 trillion
- For women, total individual lost money due to leaving workforce early: \$324,044
- For men, total individual lost money due to leaving workforce early: \$283,716

MetLife  
Mature Market  
INSTITUTE

# State of ACP

- ❖ 36.7% of adults completed an advanced directive of some kind
  - ❖ 29% had living wills
  - ❖ 33% had HCPOA
  - ❖ 32% had an “undefined” AD
- ❖ 38.2% of people with chronic illness have advanced directives
- ❖ 32.7% of healthy people have advanced directives

Source: “Approximately One In Three US Adults Completes Any Type of Advance Directive for End-of-Life care” Health Affairs Vol. 36 NO. 7: Advanced Illness and End-of-Life Care. <https://www.healthaffairs.org/doi/pdf/10.1377/hlthaff.2017.0175>



# Putting Your Wishes in Writing

92% of people  
say it is  
important

32%  
have actually  
done it

**Source: National Survey by the Conversation Project (2018)**

# Indiana Barriers to ACP



Indiana Advance directives (ADs) are not comprehensive

HB 1317 “Advance Directives Overhaul”



Inability to transfer ADs electronically



Lack of time



Lack of Funding/Reimbursement

# Resources

# the conversation project

[www.theconversationproject.org](http://www.theconversationproject.org)



**COSTCO United States** monthly magazine, distributed to approximately 14 million members, published the following [article](#) written and submitted by champion, Rosemary Pahl.



**Farmer's Insurance** included this set of [stories](#) in a section of their website called "Learn from experience: Stories and information to help you plan, prepare and protect what matters most."



**Mutual of Omaha** provides a [Guide to Dying Well](#) on their website under a planning and advice section, providing resources and clear step by step guidance.



**Fidelity** provides guidance and educational materials for clients to make it easier to take the first step on a dedicated [Caring and Aging](#) life events hub. One of their dedicated web pages, "[Preparing for a meaningful end-of-life plan](#)," provides a short video introducing clients to resources as well as suggested steps to take.



**Goodyear** hosted lunch and learns about the Conversation Project with their employees, distributing [Conversation Starter Kits](#) to all 20,000+ employees.



**Health Union**, a digital health company that hosts condition-specific online health communities ran this piece on [National Healthcare Decisions Day 2019](#) and posted it across 10 chronic disease-specific discussion group sites.

# American Bar Association™



Tool #1

## How to Select Your Health Care Agent or Proxy

Name & Date \_\_\_\_\_

When you decide to pick someone to speak for you in a medical crisis, in case you are not able to speak for yourself, there are several things to think about. This tool will help you decide who the best person is. Usually it is best to name *one* person or agent to serve at a time, with at least one successor, or back-up person, in case the first person is not available when needed.

**Compare up to 3 people with this tool. The persons best suited to be your Health Care Agents or Proxies rate well on these qualifications...**

Name #1:	
Name #2:	
Name #3:	
	1. Meets the legal criteria in your state for acting as agent or proxy or representative? (This is a must! See next page.)
	2. Would be willing to speak on your behalf.
	3. Would be able to act on your wishes and separate his/her own feelings from yours.
	4. Lives close by or could travel to be at your side if needed.
	5. Knows you well and understands what's important to you.
	6. Is someone you trust with your life.
	7. Will talk with you now about sensitive issues and will listen to your wishes.
	8. Will likely be available long into the future.
	9. Would be able to handle conflicting opinions between family members, friends, and medical personnel.
	10. Can be a strong advocate in the face of an unresponsive doctor or institution.

## Tool kit for Health Care Advance Planning

### Website:

[https://www.americanbar.org/groups/law\\_aging/resources/health\\_care\\_decision\\_making/consumer\\_s\\_toolkit\\_for\\_health\\_care\\_advance\\_planning/](https://www.americanbar.org/groups/law_aging/resources/health_care_decision_making/consumer_s_toolkit_for_health_care_advance_planning/)

# FIVE WISHES®

*a program of*

Aging  
with Dignity

<https://fivewishes.org/>



Five Wishes Advance Directive Document  
(legal in Indiana with state directives insert)



Training Solutions



Professional consulting services



Resources (toolkit, guides for  
individuals/families)



Community of Practice (peer mentoring and  
resource sharing)

## What Respecting Choices Offers

### Consulting Services

- Program Implementation
- Leadership and Stakeholder Engagement
- Program Assessments

### Education and Certification

- National ACP Certification Courses (First Steps® and Advanced Steps ACP)
- Online Courses
  - Building Physician Skills in Basic ACP
  - ACP Facilitator Online Courses\*
- Instructor Certification
- Organization Faculty Certification (Fellowship Program)

### Products and Materials

- Engagement and Education Materials for Patients and Community
- Fact Sheets
- Decision Aids
- Books and Manuals

\*Certification is not achieved through online courses alone

<https://respectingchoices.org/>



12

Countries Testing RC  
Programs

330

US Medical Centers  
Implementing RC

45

States with RC Usage

 Dartmouth-Hitchcock

**UPHP**  
UPPER PENINSULA HEALTH PLAN

**GUNDERSEN**  
HEALTH SYSTEM.

**ADIRONDACK HEALTH**  
*Better Health, Better Lives*

  
COMMUNITY  
MEDICAL CENTERS

  
Intermountain  
Healthcare  
*Healing for life®*

**SPECTRUM HEALTH** 

Some of the  
Organizations RC Works With  
(many participate in ACO)

 Honoring Choices®  
VIRGINIA

 Honoring Choices®  
PACIFIC NORTHWEST  
AN INITIATIVE OF  
 Washington State  
Hospital Association  WSMA Washington State  
Medical Association

 Honoring Choices®  
IDAHO  
*Partnering to Promote Advance Care Planning  
by Jimmie*

 Confluence  
HEALTH

 S E N T A R A®

  
Making Choices Michigan  
*Discuss. Decide. Document.*

**MaineHealth**

 Community  
Hospice & Palliative Care™

 UnityPoint Health

**UAB** COMPREHENSIVE  
CANCER CENTER  
*Division of Hematology/Oncology*



 PARKVIEW  
HEALTH

 Honoring  
Your Wishes  
*A COMMUNITY-WIDE ADVANCE CARE PLANNING INITIATIVE*

 Carle

**Respecting Choices®**  
PERSON-CENTERED CARE

 AGING &  
IN-HOME  
SERVICES  
OF NORTHEAST INDIANA



# QUESTIONS?

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