

Circle Of LifeSM Educators



This module is for community health workers or others providing community health guidance.

It is probably best that it be delivered by a case manager, social worker, or health care provider.

Circle Of LifeSM Educators



- Print the information slides and educator's notes.
- Print supporting materials at the end of these slides for the participants:
 - Talking Points
 - Learning Activities
 - Key Messages
 - Fact sheets

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Circle Of LifeSM Educators



- Before you start:
 - You may want to review the Educator's Guide for information and suggestions about hosting an education session.
 - You may want to review these slides and educator notes.
 - You may want to review the information in the Resources Module.

Circle Of LifeSM Educators



- Before you start:
 - Would you like a health care provider or cancer specialist to attend the session with you to answer questions?
 - Find out who people can call if they have additional questions and where they can go for cancer screening.

Circle Of LifeSM Educators



- Before you start:
 - You may want to gather props that you want to use and bring small prizes for activities.
 - You may want to add new slides with specific local information.
 - You may want to include notes about local traditions for existing slides.

Circle Of LifeSM Educators



- Create a list of local resources for participants.

Where can I go? (name and location of service)	How can they help? (e.g., treatment, fatigue, pain, transportation, financial assistance, etc.)	What do I need to do? (e.g., call to make an appt., visit the location for a session, order materials, etc.)	Who can they help? (e.g., income limitations, lack of insurance coverage, cancer type or stage, treatment type)	How much can they do? (e.g., # of sessions, # of rides, # of days, etc.)

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American Cancer Society Circle Of LifeSM
Cancer Education and Wellness for American Indian and Alaska Native Communities

Nearing The End of Life

Revised: August 2012

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Wellness in Our Communities



Revised: August 2012

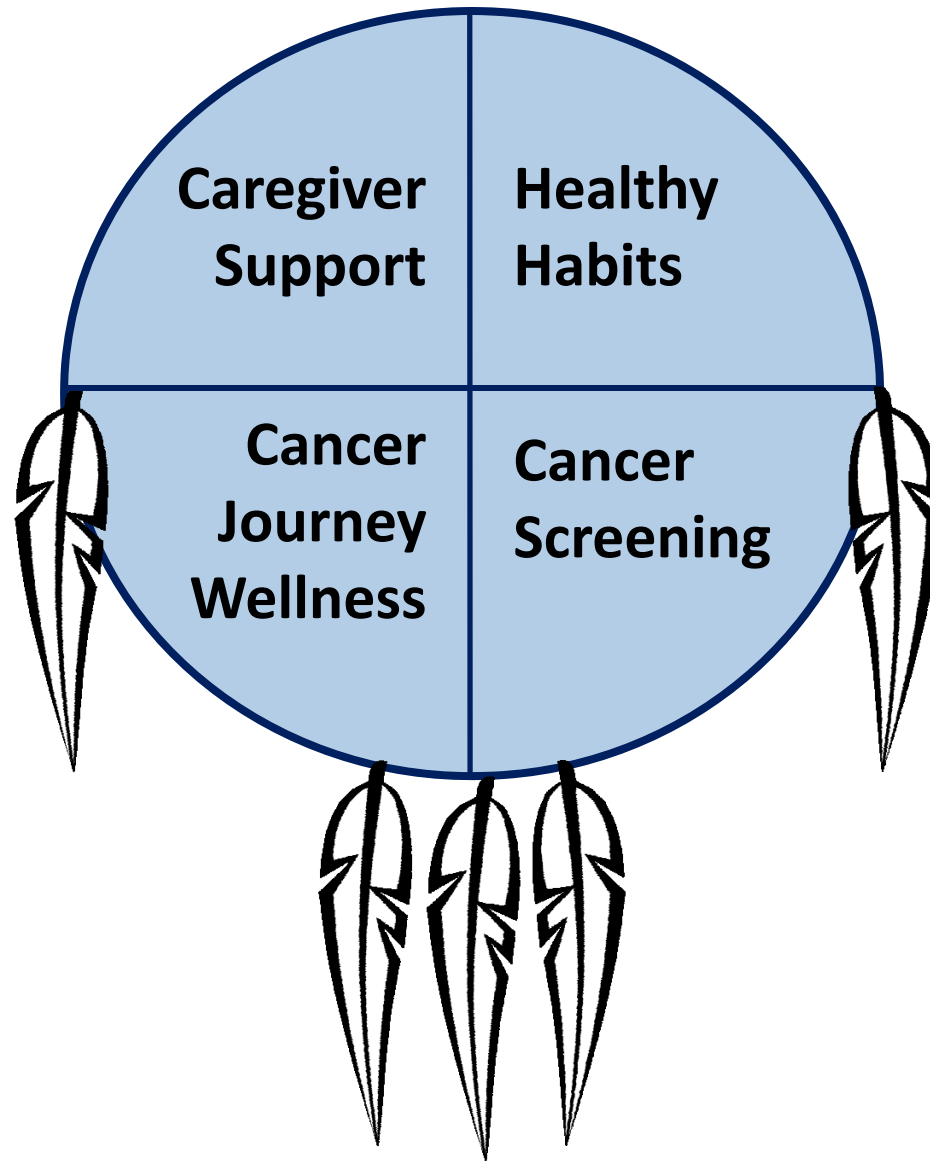
Photos courtesy Jason Edwards, J. Morgan Edwards Photography; Artwork courtesy of Marcine Quenzer



What is the Circle Of LifeSM?



Revised: August 2012



Session Objectives



To Discuss.....

- How do health care providers assess advanced cancer?
- The legal issues that should be addressed at the end of life
- How are someone's health care wishes honored legally?
- What is the grieving process?

Revised: August 2012

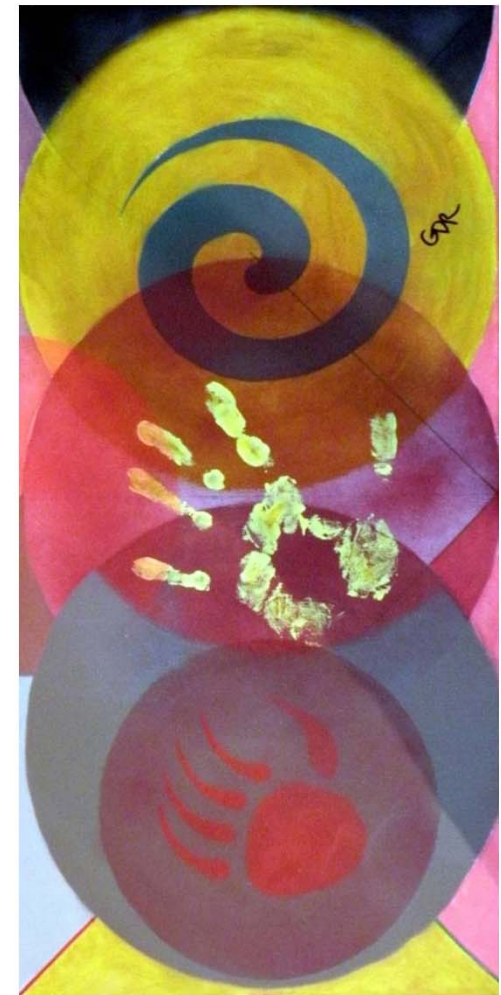
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Advanced Cancer



- How much cancer is present?
- How far has the cancer spread?
- How much cancer has affected someone's physical condition?
- Are there any additional treatments that might work?



Reference: www.cancer.org

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Health Care Rights



- Some people do not want aggressive cancer treatment.
- Some people want to get treatment as long as there is a chance it may help.
- Some people want to stay at home and others choose not to.



Reference: www.cancer.org

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Health Care Wishes



Advance Directives can be any of these:

- Living Will
- Health Care Power of Attorney
- Letter of Instructions
- "Five Wishes" Form
- "Do Not Resuscitate" Orders

Reference: www.cancer.org

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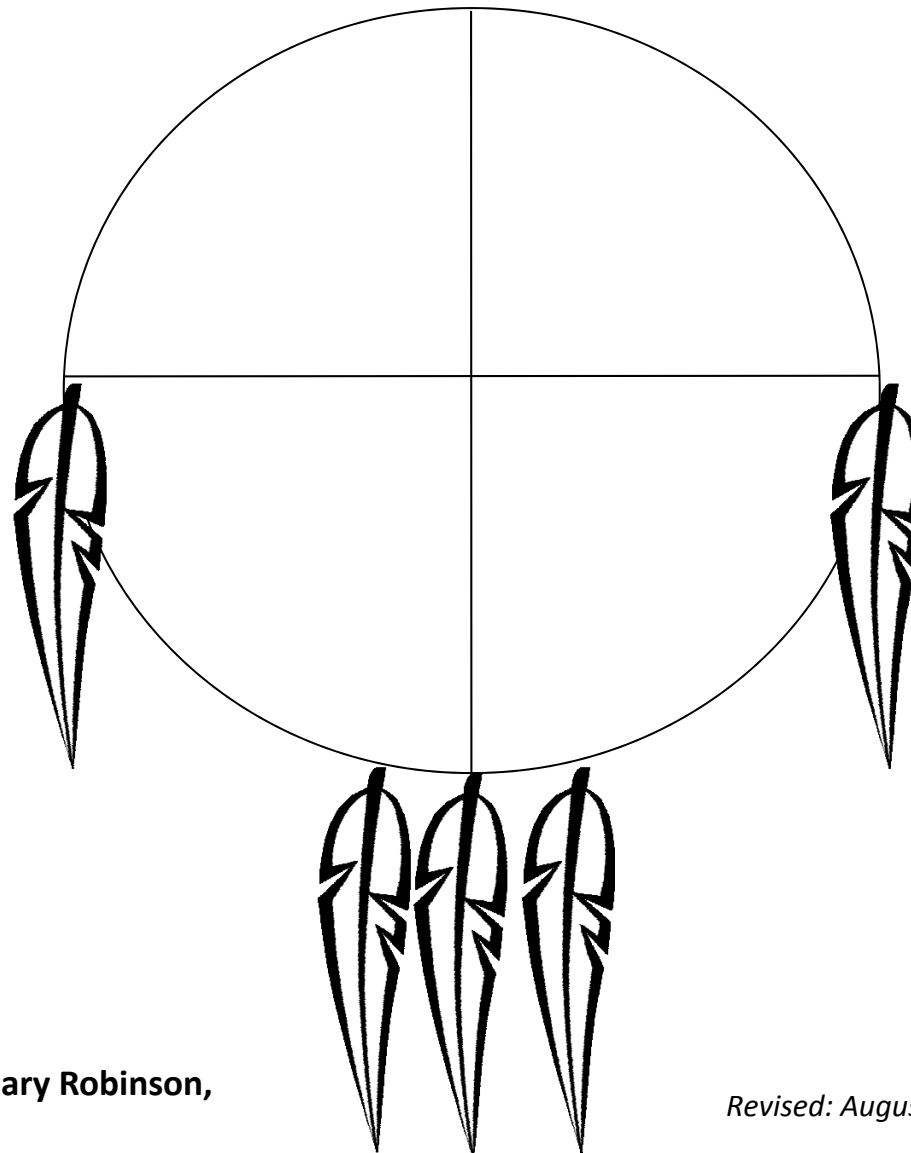


Activity



Who do you want to make decisions for you when you are no longer able to?

What kind of life saving measures do you want to have?



**As you reach the end of your life do you want to die at home?
Would you like Hospice care?**

After you die are you willing or unwilling to donate your organs or tissues to others who need them to live?

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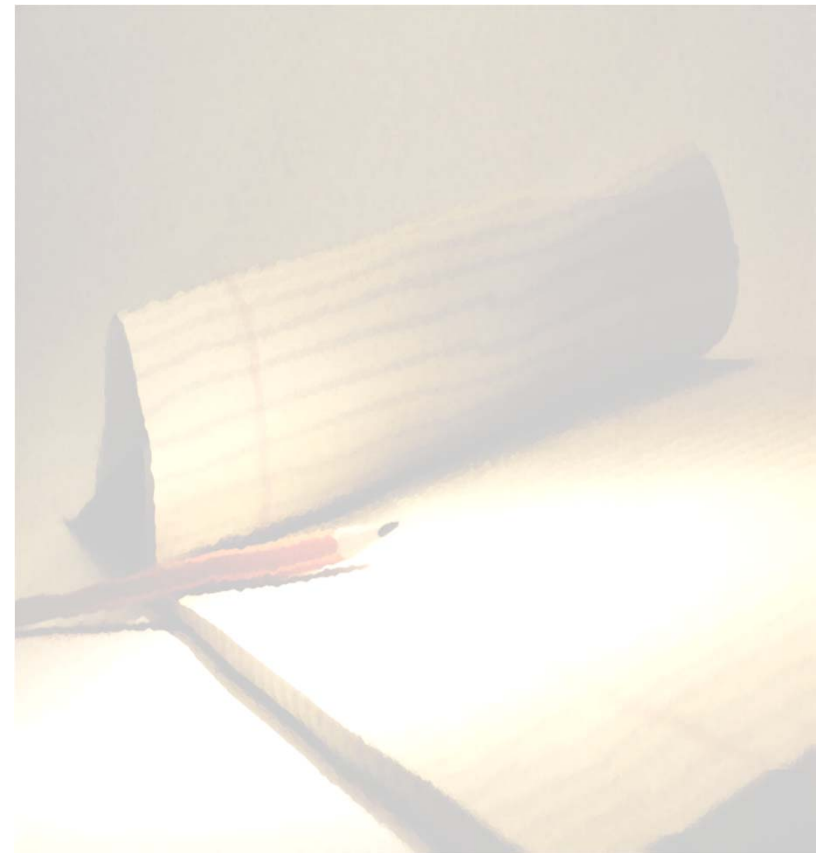


Legal Issues



What to Consider When Writing a Will

- *Decide on An Executor*
- *Choose a Guardian*
- *Identify Beneficiaries*
- *List Assets*
- *Who Gets What*



End of Life Transition



- Profound weakness and needing help with nearly everything.
- Less and less interest in food.
- Dozing or sleeping much of the time or difficulty waking.
- Anxiety, fear, restlessness, and loneliness that may be worse at night.
- Confusion about time, place, or people.

Reference: www.cancer.org

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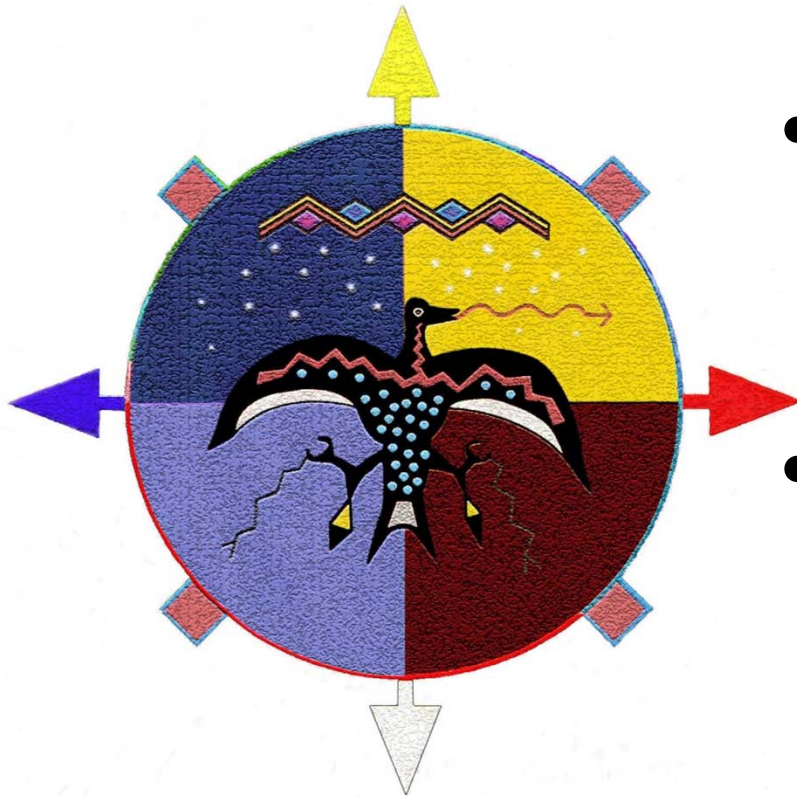


Hospice Care



- Hospice is a program designed to give supportive care near the end of life.
- The hospice care is given when treatment aimed at a cure is no longer helping someone.
- A person can only enter hospice if they are expected to live about six months or less if the illness runs its usual course.

End of Life Plan



- Have a plan for what to do after death as this is a very emotional time.
- Encourage families and friends to express their love and appreciation.
- Love the person as they are making their transition and respect their needs.

Reference: www.cancer.org

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Life's Journey



- It is important that family and friends be supported during their grieving process.
- The way each person grieves for a loved one will be different.



Reference: www.cancer.org

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Coping With A Loss



- When a person loses someone important to them, they go through a normal process called grieving.
- Grieving is natural and should be expected.
- Over time, it can allow the person to accept and understand their loss.
- Grieving involves feeling many different emotions over time.

Story of Hope



"I encourage people who are terminal with cancer to tell your family about it. To tell your children, to tell your aunties, your sisters, your mom and dad whomever. Give your family an opportunity to come and help you if they can. Sometimes they have strange reaction to that kind of information, but tell them."

CeCe Whitewolf, Confederated Tribes of Umatilla Breast Cancer Survivor

(Clark, R., (Producer) & Whitewolf, C. (Artist). (2007). *Survivor Video Vignettes: Let Others Help You*. [Web]. Retrieved from

<http://www.natamcancer.org/vignettes/cc5-palliative.html>)

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Take Action: Get Support



- The American Cancer Society provides information 24 hours a day, seven days a week.
- You can call 1-800-227-2345 to speak with a trained American Cancer Society Cancer Information Specialist.

Key Messages



- People have the right to determine what types of treatment they want and when they want to stop treatment.
- Encourage family and friends to take time to talk to the person who is ill to receive any life lessons or stories they may want to pass on.
- Encourage family members to talk to someone if they are experiencing ongoing sadness and anger.

Closing



- Questions?
- Thank you for participating!



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We **save lives** and create more birthdays
by helping you stay well, helping you get well,
by finding cures, and by fighting back.

cancer.org | 1.800.227.2345

Revised: August 2012

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Supporting Materials



- Print the supporting materials that follow this slide:
 - Talking Points
 - Learning activities
 - Key messages
 - Fact sheets

Talking Points



Cancer that is considered to not be curable may be called advanced cancer.

- False, just because a cancer is not curable does not mean it is advanced cancer.
- Health care providers consider how much cancer is present, how far it has spread, how much has physical appearance changed and are there additional treatments that might work when diagnosing advanced cancer.

Those being treated for cancer do not have the right to make decision about the care they receive.

- False, the patient has the right to make decisions regarding treatment.
- Respect and honor their choices.

Hospice care begins one year prior to the end of life.

- False, Hospice care usually begins 6 months prior to the end of life.
- The patient, healthcare team and family will determine the right time for hospice care.

There is only one type of advance directive.

- False, there are many different types of advance directives.
- A patient's wishes can be carried out through an advance directive

If called EMS workers are required to try to revive someone even if they have passed on.

- True, it is important to have a plan for the end of life so that decision are not made out of panic or confusion.
- EMS workers are required to try to revive a person even if they have walked on.

Demographic Questions



Please circle an answer for each question.

Where do you reside?

Midwest	Alaska	Southwest
West Coast	Southeast	East Coast

Do you believe cancer is an issue in your community?

Yes	No	Not Sure
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How long have you worked as a CHR or in health education?

Less than 1 year	1-3 years
3-5 years	5-10 years
10-15 years	15+ years

Have you ever heard of the Circle Of Life?

Yes	No	Not Sure
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What is your gender?

Female	Male
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Nearing the End of Life Knowledge Questions	True	False	Not Sure
Cancer that is considered not to be curable may be called advanced cancer.			
Those being treated for cancer do not have the right to make decisions about the care they receive.			
Hospice care begins one year prior to the end of life.			
There is only one type of advance directive.			
If called EMS workers are required to try to revive someone even if they have passed			

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Nearing the End of Life Perception Change Questions First select what you did or thought before you did before you participated in this session. Second select what you think or will do now that you have participated in this session.	Before this I...					After this I ...				
	None		A lot			None		A lot		
	←—————→					←—————→				
	1	2	3	4	5	1	2	3	4	5
Knew about the ways health care providers assess advanced cancer.										
Knew about the rights of those being treated for cancer?										
Knew about ways to legally honor a person's healthcare wishes.										
Knew about the signs that a person is near their end of life transition.										
Knew about the phases of grief.										

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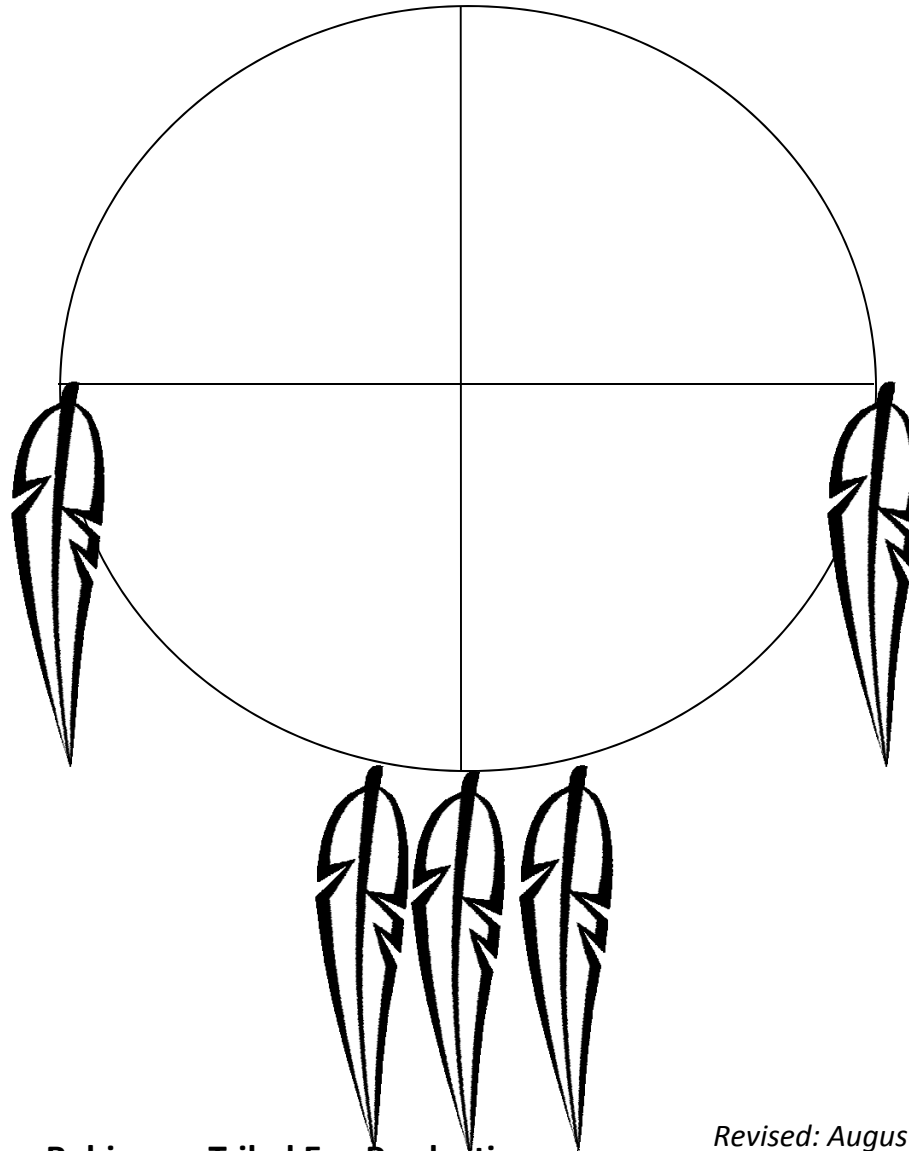


Learning Activity



Who do you want to make decisions for you when you are no longer able to?

What kind of life saving measures do you want to have?



**As you reach the end of your life do you want to die at home?
Would you like Hospice care?**

After you die are you willing or unwilling to donate your organs or tissues to others who need them to live?

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Key Messages: Nearing the End of Life

- A person has the right to determine what types of treatment they want and when they want to stop treatment.
- A health care power of attorney allows someone to state what they want to happen if they are unable to make their own medical decisions.
- The time to create a health care power of attorney or living will is before one is needed!
- Everyone should make sure a trusted family member or friend knows about their end-of-life wishes and where their keep all legal documents that state these wishes.
- Family members and friends may want to express their feelings to someone they trust, in journal, through dance, or in a way that feels good.
- Family members may find additional support by focusing on activities that bring them and their loved one joy.
- Anxiety and depression can be treated so family members should to talk to a health care provider or traditional healer if they are continually anxious and sad.

