



# Five Wishes Workshop

Host a community workshop that explains the concept of Five Wishes and helps attendees complete their own advanced directives form. Use the Five Wishes video and presenter's guide for presentations at community centers, places of worship, hospitals, senior centers, workplaces and/or colleges.

**Select a venue** – Decide where you will have the workshop. It can be at a large community venue, such as a library or recreation center. Or, it can be at smaller venues tailored to specific audiences, such as a senior center or workplace.

**Prepare the materials** – You can use the Five Wishes presentation materials, found here: <http://www.agingwithdignity.org/host-a-workshop.php> OR you can create your own presentation and discussion questions. Order Five Wishes packets ahead of time. Have a workshop agenda which should include a learning portion, a discussion portion and a wrap-up with recommended next steps.

**Invite participants** – Send out a notice about the workshop. This can be done through mail, email, social media, flyers, posters, etc. Make sure people are talking about it. You can have it be an open meeting, or ask participants to RSVP. Include the agenda and any interesting materials you think may encourage people to attend.

**Invite a speaker or a panel** – Invite an expert in the field. Have someone who is comfortable and accustomed to discussing the topic with a large audience. It can be a social worker, a physician, and/or hospice nurse. Have the workshop be interactive. Many people will have questions and concern they will want to express. Follow up the speaker(s) with an open discussion.

**Distribute materials** – Make the materials (Five Wishes, etc) available during or after the session. You can have them fill out the documents during the workshop, with the help of staff or volunteers. Or, you can ask them to take it home and discuss with their families. Emphasize the importance of having the documents stored in a safe but easily accessible location. Encourage them to share the discussion with their loved ones and to take the materials home.