



Mayors Wellness Campaign
Put your community in motion.

Education & Health



FIVE WISHES WORKSHOP

MAKING ADVANCED PLANS

- Written in easy-to-understand language, Five Wishes is America's most popular advance directive.
- A Five Wishes Workshop aims to guide important conversations about the care you want to receive at the end-of-life.
- A Five Wishes Workshop draws on the resources of **Conversation of Your Life** to bring fun and engaging advance care planning conversations to New Jersey communities.
- A program of the New Jersey Health Care Quality Institute's Mayors Wellness Campaign, Conversation of Your Life is generously supported by The Horizon Foundation for New Jersey.

ACTION STEPS

Prepare the Content for Your Program

- You can order the Five Wishes form [here](#).
- Or you can create your own presentation and discussion questions.
- You can order Five Wishes packets ahead of time and use them to build a workshop agenda that has a learning portion, a discussion portion and a wrap-up with recommended next steps.

Invite Participants

- Send out a notice about the workshop using mail, email, and social media. Get the word out with flyers and posters.
- To encourage attendance, include the agenda and interesting materials.
- Decide whether you want to make it an open meeting or ask participants to RSVP.

Bring the Experts

- Invite a speaker or convene a panel of experts in the field of end-of-life care.
- Bring in an expert accustomed to discussing the topic with a large audience: e.g., a social worker, physician, and/or hospice nurse.
- Make the workshop interactive. Many people will have questions and concerns. Leave time for open discussion.

Distribute Materials

- Make workshop materials (including the Five Wishes form) available during and after the session.

- You can have participants fill out their Five Wishes form during the workshop with the help of staff or volunteers. Or, you can ask them to take it home and discuss it with their families and health care providers.
- Emphasize the importance of storing the Five Wishes form in an easily accessible location, and sharing copies of the completed Five Wishes form with family members and health care providers.
- Encourage participants to share the workshop discussion with their loved ones and to take the materials home.

FOLLOW THEIR LEAD!

Tell the Mayors Wellness Campaign what you did so we can spotlight your work here!