



When planning events and programming with your Mayors Wellness Campaign, consider these suggested workshops to introduce the subject of advance care planning to residents in your communities.

Panel Discussion

Learn from the experts

Host a panel in your community with subject matter experts to raise awareness about the importance of having end-of-life conversations. These panels help promote a sense of empowerment and control over end-of-life care decisions. Speakers can include:

- Hospice and palliative professionals
- End-Of-Life Doulas
- Faith leaders
- Eldercare attorneys
- Medical Aid in Dying Experts
- End-of-life advocates and more!

Residents will have the opportunity to ask questions and access to resources shared by panelists.

Driving Your Health Care Journey

Empowering your health care choices

Host a workshop to introduce residents to the benefits of advance care planning, how to have a say in their care and how to communicate those values with who matter most.

Whole-Person Care: Understanding the Benefits of Hospice

Navigating End-Of-Life Care with Hospice

Host an informational workshop where residents learn from an expert the benefits of hospice and are empowered to decide whether it is right for them or someone they care about.

Want to schedule a COYL program in your Community?

Contact Katie Bisaha at Kbisaha@njhcqi.org



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Palliative Care for Living Well with Serious Illness

Enhancing Quality of Life through Palliative Care

Host a workshop where an expert shares with residents how palliative care can provide an extra layer of support to help them or a someone they care for live well with a serious illness.

Making Your Voice Heard: Choosing a Healthcare Proxy

Who will speak for you?

Host a workshop for residents covering the importance of having a healthcare proxy, how to learn what matters most to a designee, what to consider when choosing one, and how to communicate your wishes to them to have a say in their care.

Navigating Tomorrow: A Workshop on End-Of-Life Legal Matters

Legal Insights for Preparedness

Host an informational workshop led by legal experts, where you'll gain valuable insights into legal aspects of end-of-life planning. Learn about advance directives, estate planning, and more to ensure your wishes are respected.

Communicating your Health Priorities with Five Wishes

Navigating your Wishes

Host an interactive workshop for residents to explore [Five Wishes](#); a planning document that helps express their wishes and have a say in their care. Five Wishes can be provided for residents to follow along with and take home to complete.



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Film Screening & Discussion

Movies to break the ice

Host a film screening for residents to introduce them to advance care planning. Following the screening, a COYL partner will lead a discussion and provide insight on the topics covered in the film and answering questions. Options for movies can be found [here](#).

Community Book Read

Hear from authors

Host a community book read where a COYL partner leads a discussion centered on a book or article to spark a conversation around our wishes. A list of suggested books can be found [here](#).

Game Night

Gamify your wishes

Host a fun-filled game night where a facilitator will guide residents through the conversation and learn more about advance care planning while having fun. Go Wish is a great game to play and can be found [here](#).

Visual Displays of the Conversation

Art that sparks the conversation

Host an interactive and thought-provoking event where we explore end-of-life wishes and goals by creating an art installation in their community. Learn more [here](#).



Quality Institute staff can connect you with local COYL partners to lead and assist with programs listed above. Additionally, Five Wishes documents, COYL brochures and more can be provided for your events. All events are free of charge!

Looking for additional options? Want to request a program about a topic not listed above? Contact us for more information.

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