



Compassion and Support
at the End of Life

What is a Community Conversation on Compassionate Care?

A “Community Conversation on Compassionate Care” (CCCC) is a facilitated group discussion and presentation on Advance Care Directives led by trained lay and health professional staff.

The goal of these Community Conversations is to promote conversations that help ensure that your wishes are honored if you are unable to speak for yourself.

Community Conversations will:

- Educate you about advance care planning: planning for future medical care when you are unable to make your own decisions
- Teach you how to choose a health care spokesperson (the “agent” specified in the “Health Care Proxy”) and what to do to ensure your wishes are understood and honored
- Increase your comfort level in discussing death and dying and promote conversations and appropriate actions that will lead to the completion or an update of your Health Care Proxy form

A CCCC usually lasts one to two hours and can be brought to an existing meeting of a community group. In turn, conversations can extend to the rest of the community represented by that group. There is a core menu of components of CCCC; note that *each CCCC can be shaped to meet the needs of a particular audience.*

The menu includes:

- the facilitator reflecting/sharing his/her personal story about a death experience;
- facilitated discussions in pairs/small groups about death experiences and personal wishes;
- facilitated discussions about considerations to choosing a spokesperson, and
- a short presentation outlining the specifics of advance care planning: what it is, why it is important, how to choose a spokesperson, life sustaining treatments, and practical issues related to advance care planning.

Each CCCC participant will be provided with the New York State Health Care Proxy and Living Will forms and other printed material.

CCCC is a project of the Community-Wide End of Life/Palliative Care Initiative, an initiative of the Rochester Health Care Forum, involving over 150 consumers and health care and business professionals.

To access information about:

- local, state and national resources for those in pain and/or approaching death; and
- the Community-Wide Initiative, visit our website at www.compassionandsupport.org.

If you are interested in offering a CCCC, visit www.compassionandsupport.org or contact Penny Weller at (585) 453-6306 or Penny.Weller@excellus.com.