

### **Our Mission**

To provide practical educational experiences that will educate and empower the public to plan ahead and to make informed decisions about major life changes involving wellness and family care giving.

### **Our Vision**

Empowering the public by offering adaptive community education to organizations in Santa Clara County. Our presentations are meant to help providers, lawyers, pastors, program directors and other service professionals to have constructive conversations with the general public about sometimes difficult subjects, and to engage the public in some practical learning with best practices coaching.

### **Our Core Values**

- Empowerment
- Practicality
- Effectiveness
- The Dignity of Every Person
- Respectful
- Compassionate Care
- Accessibility
- Affordability
- Diversity
- Learning
- Physical-Psych-Social-Spiritual Wellness

### **To request a presentation:**

Please contact Jennifer Just:

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*Donations to Coda Alliance  
are welcome and appreciated.*

*Honoraria do apply; range depends on size  
and complexity of event.*

**Go Wish cards** are available for sale  
at our website: [codaalliance.org](http://codaalliance.org).

Play the game on-line for free at:  
**[gowish.org](http://gowish.org)**.



**CODA ALLIANCE**

**SPEAKERS' BUREAU**

**2010**

# Topics

Presentations are 1 hour each and can be combined and/or adjusted.

## **Hard Choices for Loving People: an overview of how to empower caregivers to make confident choices.**

This facilitated panel presentation identifies key decision-making points in the process of caring for loved ones who become sick, injured, or frail. It offers practical ways to think through the challenges you and your loved ones will face. The panel will highlight what is the information for caregivers at these key decision-making points that can help to dispel fears about change and to empower families to plan effectively.

## **Go Wish: Clarifying your Wishes**

A workshop using an interactive values clarification card game to begin constructive conversation with loved ones and care givers. It is a universal way to explore your own choices about how you would like to be treated if life-limiting conditions arise. The game helps to identify what planning you might want to develop well before you may ever need it.

## **Advance Care Planning: completing an advance healthcare directive form**

This workshop offers a chance for participants to practice discussing an advance healthcare directive. Important to the conversation is walking through the kinds of questions on an advance healthcare directive and feeling confident about sharing your wishes with your loved ones. You will have the option to complete a form provided. Typical family conversation scenarios around advance directives will be presented and practiced.

## **The Pink Form—understanding the physician’s order for life sustaining treatment (POLST)**

This talk identifies the new bright pink form that is used to document life-sustaining choices, based on conversations with your physician and family and is used should you become incapacitated. Participants will learn what the form asks and how to have it completed correctly and ready in case of medical emergency. It is important documentation for your designated care giver and healthcare providers to have as it activates your advance healthcare directive when you cannot speak for yourself.

**Hospice Myths vs. Reality** Understanding compassionate end of life care in order to make the right decisions for your family is the focus of this presentation. Clarification about “palliative care” and “hospice care” for persons with life-limiting conditions and who need pain and symptom management is presented. Benefits and choices involved with choosing hospice care, eligibility conditions, requirements for receiving the Medicare hospice benefit, and services provided by certified hospice providers for the whole family before, during and after loss, are explained.

# Speakers

- Rev. Charlotte Bear, Veterans’ Community Liaison VITAS Innovative Hospice Care, Veterans’ Services, Coda Board Member
- Steve Corelis, community educator, Coda Board Member
- Julie Groves, Owner of Therapy in Your Home-OT, PT, ST, Coda Board Member
- Cindy Safe, MBA, Founding Executive Director of Coda Alliance and former Long Term Care Support Services Director, Catholic Charities