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Diabetes Group Visit Curriculum: Advanced Directives

1. Patient handouts needed for this class	Name tags Patient Diabetes Log (English and Spanish) These forms are used by the facilitators to introduce the conversation and review the forms in the group setting to address questions and concerns. 5 Wishes Advanced Directives Instruction Medical Decisions-Eng Medical Decisions-Spa MOST-Eng MOST-Spa
2. Special supplies needed for this class	White board or Easel Note Pad Dry eraser marker or sharpies Pens Advance Directives (used by your site) 1 copy for each patient
3. Are any special guest attendees required and if so, who? (List roles needed and topics they will cover)	Encourage patient's family members or close friends to come to this session for support
4. Welcome Activity (provide examples of: introductions, ice breaker, opening activity)	Who is who: Every person writes something down about themselves fold the piece of paper in half places it in a basket and every one picks one piece of paper out and reads it out loud and then the group has to guess who is who.
5. Completion of Self-Assessment Sheet (SAS)	N/A
6. Questions to ask group participants to begin facilitated group discussion	See: http://www.begintheconversation.org/begin/prepare/ • Have you thought about what you would do if you had to make end of life healthcare decisions for someone you love? • Have you thought about what you would want if you couldn't speak for yourself? • Have you and your loved ones ever talked about end of life? *Encourage open conversation and acknowledge that this is a process and a delicate topic

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7. List important topics to cover – takeaways for group participants	http://www.begintheconversation.org/begin/prepare/ • Acknowledge this is a process and a delicate topic. It's not something to accomplish quickly. • Know your loved ones might disagree with you. That's OK. • Acknowledge you will not be able to figure out every possible scenario, so keep to basics and generalities. • Think about your own beliefs, philosophies, values, and preferences in life today and into the future. Write them down as a way to continue to develop and add to them. • Include loved ones in the planning and in the conversations as soon as you are comfortable. There is no rush. The key is to know your own wishes first. • Recall end-of-life experiences with a loved one. Use these personal memories to create the foundation for your healthcare directives. • Understand it is never too soon to initiate this process. • Think about both the things you want and don't as part of your healthcare directive.
8. Goal setting	I will schedule an appointment with my provider when I am ready to complete my Advanced Directives document and aim to do this by… I will plan to talk with a loved one about my decision by… SMG Goal Sheet: English or Spanish
9. Hand out group visit assessment or survey (sessions XX)	Inform patients that the survey will be issue twice a year for the life of the group (session #2 and #4) GV Patient Satisfaction Survey Recommend distributing survey at the end of the session
10. Remind group participants of next group time/follow-up that is needed	Group will meet every 3 months Reminder of any homework/patient handouts Notify patients of next session topic any guests attending next session
11. Closing Activity	List one pro and one con of completing your Advance Directives paperwork.

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