



## **Helping Our Loved Ones Be Proactive for a Change**

Karen J. Vander Laan PhD, MSN, RN  
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**Think of someone you care for  
or about.**

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## Changes

- People who gather together infrequently—such as just for holidays or special occasions—often notice changes in their family members and friends.
- Considering the person you are thinking of, what is the most surprising change you have seen in the last 3 months?
- How did you react?

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**PLAN AHEAD**

**What if there are ways that  
would help you (and others)**

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## Common life challenges to overcome

- **SOMEONE ELSE WILL TAKE CARE OF THIS FOR ME.**
  - Family members
  - Health care providers
  - Community service providers

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## Common life challenges to overcome

- **SOMEONE ELSE WILL TAKE CARE OF THIS FOR ME.**
- **PEOPLE ARE RELUCTANT TO PLAN THEIR WAY FORWARD.**
  - Denial
  - Unwilling to question doctors and health professionals
  - Unaware of planning methods
  - No familiarity
  - Worldview excludes proactive behaviors

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## Common life challenges to overcome

- SOMEONE ELSE WILL TAKE CARE OF THIS FOR ME.
- PEOPLE ARE RELUCTANT TO PLAN THEIR WAY FORWARD.
- **“I’LL JUST TAKE CARE OF [HIM/HER] MYSELF.”**
  - Not knowing how to do it safely
  - Not understanding the bigger picture of needs
  - Not thinking of how to care for self

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## Common life challenges to overcome

- SOMEONE ELSE WILL TAKE CARE OF THIS FOR ME.
- PEOPLE ARE RELUCTANT TO PLAN THEIR WAY FORWARD.
- **“I’LL JUST TAKE CARE OF [HIM/HER] MYSELF.”**
- **“[I/WE] DON’T WANT TO SPEND THE MONEY.”**

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## ADKAR Model of Change



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## Awareness – PlanYourLifespan.org

[Hospitalizations](#)
[Falls](#)
[Memory Loss & Alzheimer's](#)
[Talking to Others](#)
[Finances](#)

**No one knows what their future health holds, but everyone wants to have their voice heard throughout their lifespan.**

This website will help you plan for health events such as hospitalizations, falls, and memory loss that may happen as people get older. This planning differs from end of life care and wills.

Do you know...

- What your rehabilitation options are after a hospitalization?
- How to connect with local services and resources such as in-home care, Villages, and skilled nursing facilities?
- What steps you can take to help prevent falls?

Plan Your Lifespan will help you learn valuable information and provide you with an easy-to-use tool that you can fill in with your plans, make updates as needed, and easily share it with family and friends.

**People are living longer. Are you prepared to turn 80, 90, or 100?**

**Continue with any section by clicking on its name at the top of the page.**

Welcome  
0% complete

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Home

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Blog

Help

Summary

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PlanYourLifespan.org

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## Desire – What matters most to you?

- What is “living well” to you?
- A “good day” looks like ...
  - Where would you be?
  - What would you do?
  - With whom would you talk?
  - How would you feel?
- What would no longer be “living well” to you?

Respecting Choices. (2015). *First Steps ACP Interview Tool*. LaCrosse, WI: Gundersen Lutheran Medical Foundation, Inc.

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## Desire – What matters most to you?

- If your current condition(s) worsen,
  - What do you think is happening?
  - What are your fears?
  - What are your goals?
  - Are there any tradeoffs you are willing to make?

Gawande, A. (2014). *Being Mortal*. New York: Metropolitan Books, Henry Holt & Company.

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## Knowledge – Know yourself / loved one

- Keep a Personal health journal
  - A complete record of your health
  - Your health history – with dates
  - Your current health care providers
  - Your current health condition(s)
- Keep track of your medicines
- How you are keeping yourself healthy
  - Goals you are working on
  - What is helping?
  - What is not?
- Is your Advance Directive available?

Adapted from [familydoctor.org/creating-a-health-journal/](http://familydoctor.org/creating-a-health-journal/)

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## Knowledge – Questions to Ask

### Your Diagnosis

Tests

Procedures

Treatment Options

Risks & Benefits

Medications

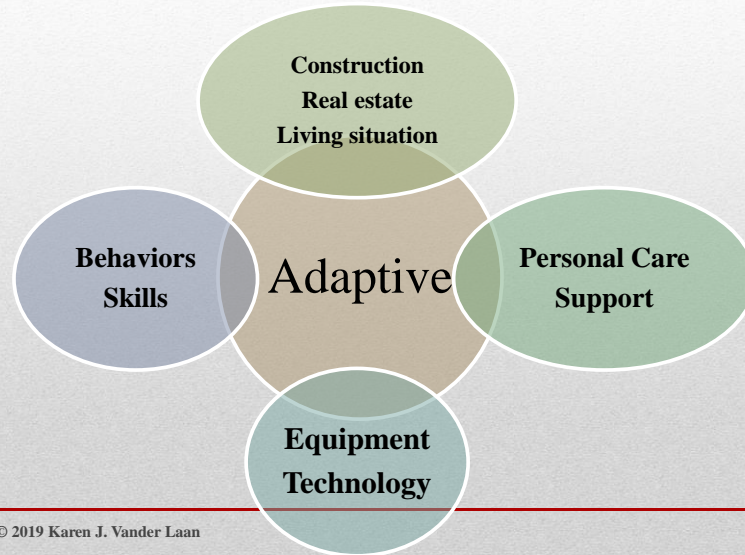
Starting/Stopping

Will I need help from family and friends?  
Community resources?

National Institute on Aging. (2014). Talking with your doctor: Taking an active role in your health care. [www.nia.nih.gov/health](http://www.nia.nih.gov/health)

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## Ability – Use available resources



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## Reinforcement

- **PLAN AND PRIORITIZE**
  - Make a list of the concerns to address
  - Prioritize them to determine what to work on first
    - Address safety concerns first, then what is important but not urgent yet.
    - However, if there are differences in opinion about what matters most, try to address what matters most for each concerned person before moving to the next priority.

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## Reinforcement

- **PLAN AND PRIORITIZE**
  
- **ASK AND ASSERT**
  - Invite yourself and your loved ones to ask any questions or express any concerns. We need to tell others when something is bothering us or we feel unsure about something.
  - Good communication is a dialogue.
  - Let each other know when you need more time to talk (or think) about something.

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## Reinforcement

- **PLAN AND PRIORITIZE**
  
- **ASK AND ASSERT**
  
- **COMMIT AND CONNECT**
  - Be prepared to set goals and meet them.
  - Make informed choices.
  - Understand what it takes to move decisions to action.
  - Use recommended people, resources and tools to help manage your choices.
  - Accept support and encouragement.

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## A Testimonial

- **PREPARING FOR A GOOD END OF LIFE**
  - Have a vision. (Awareness)
  - Stay in charge. (Desire)
  - Know the trajectory of your illness. (Knowledge)
  - Find your tribe and arrange caregivers. (Ability)
  - Take command of the space. (Reinforce)
  - Think of death as a rite of passage. (Reinforce)

Butler, K. (2019, February 9-10). Preparing for a good end of life. *The Wall Street Journal*, pp. C1-C2.

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## How do we empower clients / loved ones?

- Know the person's context
- Ask what matters most to guide the way forward
- Provide instruction
- Own the solution
- Make referrals and connections to resources
- Support and encourage along the way

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## Now it's your turn to practice

1. Take the next 2 minutes to proactively plan **how you will address the change(s) you see in clients or loved ones.**
2. Take 1 minute to proactively plan **how to care for yourself** as a caregiver to these clients or loved ones.
3. Take 1 minute to **think as a service provider or consumer**—what is the most proactive change you want to recommend to your clients or your providers?

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## Performance time

Please share ONE of the plans you made:

- Something for a client or loved one,
- Something for yourself as a caregiver, or
- Recommendation for a service consumer or provider.

Encourage each other to embrace the opportunity to be proactive in making changes!

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## Questions & Answers

**Karen J. Vander Laan PhD, MSN, RN**  
**KJV Consulting**  
**[kjvanderlaan@gmail.com](mailto:kjvanderlaan@gmail.com)**

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