

Proactive End-of-Life Care Planning: Starting the Conversation Early

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Discussing end-of-life care can often be a difficult conversation for families and may present challenges for healthcare professionals. With the advances in modern medicine, complexities of care, and dynamic social influences, conflicts often are revealed during this time. This presentation will discuss practical tools for healthcare professionals to initiate proactive end-of-life conversations and help promote early planning as a part of healthy aging. Participants will learn how to normalize early discussions, apply simple communication frameworks, and help support values-based care planning before a health crisis. The session includes evidence-based benefits, real world examples, and guidance on advance care documents and other resources to help promote autonomy, reduce unwanted interventions, and enhance patient and family outcomes.

Following this presentation, the participant will be able to:

1. Identify the benefits of proactive end-of-life conversations.
2. Apply basic communication strategies to help promote early planning.
3. Utilize resources to help support value-based, person-centered care.

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