

Effective Tools to Promote Advance Care Planning (ACP) in the Chinese American Community

BACKGROUND

Chinese Americans are the largest Asian ethnic group in the United States. California is home to 40% of our nation's Chinese. The majority of these Chinese are foreign born. Many Chinese families facing difficult medical decisions related to a serious or life-threatening illness believe that their choices are limited to only two options: aggressive life-sustaining measures or "giving up."

This belief is fostered by:

- Poor communication with health care professionals, often because of language differences or a lack of cultural competence.
- Lack of information in Chinese on hospice and end of life care.
- Discomfort when talking about end-of-life issues.

ORGANIZATION

The Chinese American Coalition for Compassionate Care (CACCC), founded in 2005, is the only coalition in the nation devoted to end of life concerns in the Chinese community. It is an active working coalition of 150 partner agencies and over 1,400 members.

METHODS

CACCC developed various tools and produced Chinese language educational materials to encourage dialogue about EOF issues, improve advance care planning, and make EOL resources more accessible to the Chinese American community.

- Heart to Heart® Cards and Heart to Heart® Café
- Chinese Version of CCCC Decision Aids and the Conversation Kits
- AARP/AAPI-CACCC end of life Storytelling Campaign Videos
- Chinese Version of Advance Decision for Dementia

HEART TO HEART CAFÉ

CACCC trained facilitators conduct group discussions via CACCC's Heart to Heart® Café. The Heart to Heart® Café is designed to make it easier for a family member, a caregiver, or a health provider to understand what a loved one wants done when life is ending or to help healthy people communicate about what they would like when their lives are threatened by injury or disease.



EDUCATIONAL MATERIALS IN CHINESE

- Joined forces with the Conversation Project to develop the Chinese version of the Conversation Starter Kits, with CCCC to translate the Decision Aids into Chinese.
- Organized community events and seminars to discuss multiple topics, such as Advance Care Planning, AHCD Workshop, Health Care Options (utilizing CCCC Decision Aids), How to Start the Conversation (utilizing the Conversation Project Conversation Starter Kits).



EDUCATIONAL VIDEOS

Collaborated with AARP Asian American and Pacific Islander Community (AAPI) to produce videos to discuss EOL issues:

- What Are Your End of Life Wishes? A Mother and Daughter Conversation
- How to Assign A Power of Attorney - End-of-Life Caregiving Advice
- How To Create A Support System for End-of-Life Care



RESULTS

About 2000 people participated in Heart to Heart® Cafés. Most of the participants indicated it's easier to talk about end-of-life using the Heart to Heart® cards in a Café setting. A total of 81% of Heart to Heart® Café participants wanted to complete their AHCD forms. 82% will recommend the Café to their families and friends. People felt the Conversation Starter Kits helped them prepare for end-of-life conversation with their loved ones. The Coalition for Compassionate Care of California (CCCC) Decision Aids helped them discuss medical decisions with their doctors and families.

Most Preferred Cards from 2,000 participants Top 3 choices

Most Preferred Cards	%	Heart to Heart® Message
3 of Spades	25.8	I don't want to be kept alive by machines.
Ace of Clubs	21.6	I don't want to be a burden to my family.
Ace of Spades	19.2	I don't want to suffer.
Queen of Hearts	15.7	I want to die without regret.
Ace of Hearts	14.8	I want to maintain my dignity.

CONCLUSIONS

Early engagement in ACP discussion, using culturally and linguistically appropriate materials is associated with a better understanding of EOL issues. The Heart to Heart® Café has had a dramatic effect on promoting ACP among Chinese Americans. Future research and funding should be directed toward interventions that address the specific needs of the Chinese American population identified in the Heart to Heart® Cafés.