

ABOUT CACCC

The Chinese American Coalition for Compassionate Care (CACCC), the only coalition in the nation devoted to end-of-life (EOL) concerns in the Chinese community, is an active working coalition of over 1,300 individual members.

Mission

- ♥ Improve advance care planning for Chinese by encouraging open dialogue about EOL issues
- ♥ Encourage provider partnerships in which expertise and resources are shared
- ♥ Develop EOL materials in English and Chinese
- ♥ Provide training for Chinese volunteers, caregivers and Health professionals
- ♥ Provide community outreach

METHODS

CACCC trained facilitators conduct focus group discussions via CACCC's Heart to Heart[®] Café. CACCC's 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. Up to 10 participants play a card game in which participants are given decks of Heart to Heart[®] Cards. Each card addresses a separate end-of-life issue. During the two-hour session, participants are encouraged to discuss and rank key EOL issues. Evaluation forms are collected at the end of each Café.



Community Outreach: The CACCC Speakers Bureau was established to provide outreach education to Chinese Americans on Advance Care Planning, including AHCD, POLST, and EOL Care.

Heart to Heart[®] Cafés: A group of participants gather to discuss EOL issues, using the CACCC's Heart to Heart[®] cards to facilitate EOL discussion. The cards contain both English and Chinese.

- ♥ *Hearts for spiritual concerns*
- ♥ *Diamonds for financial concerns*
- ♥ *Clubs for social concerns*
- ♥ *Spades for physical concerns*

RESULTS/FINDINGS

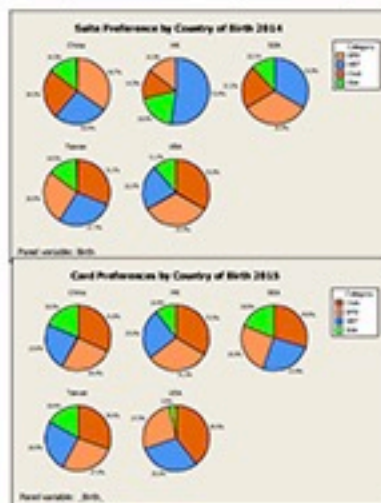
CACCC's Heart to Heart[®] Café

- A total of 494 participants recruited from 21 cities, completed 62 Cafés in 2014 and 2015.
- ♥ The number of subjects born in Mainland China increased from 9% in 2014 to 35.9% in 2015, yet the top 10 card preferences remained essentially the same.
 - ♥ The most preferred suite (Clubs) and the least preferred suite (Diamonds) remained the same.
 - ♥ There was an increase in participants with no religious affiliation from 5.9% in 2014 to 21.4% in 2015.

Top 5 most preferred cards with ranking

	2014	2015	Heart to Heart [®] Message
3 Spades	3	1	I don't want to be a burden to my family
A Clubs	1	2	If I am going to die anyway, I don't want to be kept alive by machines
A Hearts	4	3	I want to die without regret
Q Hearts	2	4	I want to maintain my dignity
A Spades	5	5	I don't want to suffer

Suit Preference According to Place of Birth



DISCUSSION/CONCLUSION

- ♥ Education of health care professionals and the public are essential to moving towards a health care system that provides quality EOL and palliative care to patients and families.
- ♥ Early ACP discussions using culturally and linguistically appropriate materials are associated with less aggressive care and greater use of hospice and palliative care.
- ♥ Heart to Heart Cafés continued in 2015 to remain attractive to middle aged Chinese who appear to have college educations and who have lived in the US for several decades.
- ♥ Heart to Heart[®] Cafés were expanded to include a large number of older Chinese who were born outside of Taiwan.
- ♥ As Heart to Heart[®] Cafés become more widely known and appreciated, the percentage of participants who would like to receive facilitator training increased from 43% in 2014 to 61% in 2015.
- ♥ Future research and funding should be directed towards interventions that address the specific needs of the Chinese American population identified in the Cafés.

BACKGROUND

The CACCC provides outreach to Chinese Americans on Advance Care Planning (ACP) and EOL care, including the Advance Health Care Directive (AHCD) and Physician Orders for Life-Sustaining Treatment (POLST). CACCC developed the Heart to Heart[®] Café, which blends the Death Café with CACCC's Heart to Heart[®] cards (derived from GoWish) in order to facilitate communication about end of life issues among Chinese Americans. CACCC modified the cards based on focus group data and set out to train Café facilitators, who conduct the Cafés. All Café facilitators must complete a six-hour training. Policies and procedures were also established for hosting and facilitating the Café.

New Educational Tool

Kathy & Windy, CACCC new documentary, features a mother and daughter facing death. This film poignantly shows how Kathy, in the last year of her life, is able to come to terms with her impending death and how her daughter Windy faces her mother's imminent death after facing the loss of her one-year old son.



秀恩和婉宜 Kathy & Windy

CITATIONS

1. Chinese American Coalition for Compassionate Care. "Learning to Let Go: Saying Goodbye Peacefully." (2013)
2. Chou, W. Y., Stokes, S. et al. "Improving End-of-Life Care Through Community-Based Grassroots Collaboration: Development of the Chinese American Coalition for Compassionate Care." (2012)
3. National Hospice & Palliative Care Organization Caring Connections "Chinese-American Outreach Guide". (2007)
4. Hospice Foundation of America "Doing Everything We Can" (2009)
5. HFA & CACCC "Loving Life, Understanding Hospice" DVD, Sponsored by the Centers for Medicare & Medicaid Services. (2009)

FUNDING

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