

Experience of Elderly Residents' Families Signing Advanced Care Plan in Long-Term Care Facilities

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Introduction

The case involves a centenarian who has recently moved into a care facility. Faced with the challenges of aging and the inability to self-care, the primary concern is how to establish expectations for a dignified end-of-life experience before the loss of independent activities. This is aimed at both addressing the incapacity of elderly care and reducing the burden on family members. It is crucial to develop a plan that considers and respects the personal wishes of the elderly individual and implement a positive approach to end-of-life care before the deterioration of physical independence becomes a reality.

Methods

- ◆ Establish trust with the family involved in the case, employing active listening and empathy skills to understand the attitudes and preferences of both the elderly individual and their family toward end-of-life care.
- ◆ Introduce and present a well-illustrated advanced care planning booklet, facilitating a comprehensive appreciation of the elderly individual. This includes information on five applicable scenarios, two life-sustaining medical interventions, four decision options, and the process of executing an advance healthcare directive.
- ◆ Approach the process with an attitude of respect, understanding, and non-judgment, accepting the decisions of the individual willingly and assisting in explaining and guiding them through the signing process.

Result

Through life review, explanations about assistive devices, and sharing relevant case studies, family members openly acknowledged and respected each other. Acting as mutual witnesses, they successfully completed the signing of the advance healthcare directive.

Relevance to HPH

In long-term care facilities, when confronted with end-of-life care, elderly residents and their caregivers make choices for a dignified and fulfilled closure with an attitude of respect, support, and understanding.

Conclusion

Elderly individuals, family members, and healthcare teams collaboratively establish care goals. With a shared comprehension, when faced with the five applicable scenarios, there is a calm acceptance of choosing not to undergo two life-sustaining medical interventions. Simultaneously, through open communication among family members, there is mutual respect for the decisions made in advanced care plan, resulting in optimal end-of-life care and support.

Keywords

1. Long-term care facilities
2. End-of-life
3. Advanced Care Plan



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