

## **Summary**

### **o Abstract**

The Chinese American Coalition for Compassionate Care (CACCC), the first and only coalition in the nation devoted to end-of-life (EOL) concerns in the Chinese community. CACCC is an active working coalition with over 200 organizations and more than 2000 individuals.

### **o Introduction**

Founded in 2005, incorporated and received 501(c)3 status in 2007, CACCC's mission is to build a community where Chinese Americans are able to face the EOL with dignity and respect. CACCC is the nation's first coalition dedicated to improving EOL care for Chinese Americans in the United States, as well as the people of Taiwan and China.

CACCC was established to address the lack of linguistically and culturally appropriate EOL information available to Chinese Americans and the lack of information for healthcare professionals who serve them.

Since the pandemic, CACCC currently hosts all programs virtually which are conducted in Chinese and English.

CACCC's priorities include producing and translating English to Chinese EOL resources and materials; providing community education and Advance Care Planning (ACP) outreach; conducting professional healthcare trainings; caregiver and volunteer trainings; inpatient family conferences; patient ambassador visits through collaborations with hospitals and partner organizations; weekly mindful caregiving stress reduction programs; mindful self-care workshops and a new guest lecture series: "Redefining What Matters".

### **o Materials**

- ❖ Heart to Heart Cards
- ❖ AHCD forms
- ❖ EOL educational materials
- ❖ ACP community presentations
- ❖ Conversation Project Conversation Starter Kits
- ❖ Monthly Redefining What Matters Presentations

### **o Methodology**

- CACCC trained facilitators conduct online EOL discussions in Chinese using Heart to Heart® Café and Heart to Heart cards, ACP community presentations, inpatient family conferences, and EOL educational materials. Heart to Heart Cafés are held in the USA, Taiwan, China, Malaysia and other countries. CACCC trained volunteers provide visits for their patients and family members where Chinese ACP materials and education are provided.

- CACCC community presentation topics include:
  - ❖ Advance Care Planning
  - ❖ AHCD Workshops
  - ❖ How to Start the Conversation
  - ❖ Weekly Mindful Caregiving Stress Reduction
  - ❖ Mindful Self-Care Workshops
  - ❖ Redefining What Matters

#### **o Results**

- 100% respondents indicated they have learned how to use the Heart to Heart® cards and Chinese Conversation Starter Kits to start the conversation.
- 70% respondents indicated the Heart to Heart Cafe made it easier for them to talk about their wishes at the EOL.
- 100% respondents indicated they understand the importance of having an EOL care conversation with families, loved ones and physicians.
- 100 % respondents indicated they understand the importance of ACP and plan to complete an Advance Directive.
- 100% respondents who have attended ACP want doctors to initiate the conversation about ACP.
- 95% respondents indicated they have learned mindful self-care tips and techniques to practice self-care for stress reduction.

#### **o Conclusion and Recommendations**

- Collaborate and partner with hospices nationally to improve hospice and palliative care access among Chinese Americans by utilizing Caring Connections, NHPCO Chinese American Outreach Guide.
- Continue and maintain ongoing collaborations with partners to meet the needs of their Chinese community.
- Engage and invite Chinese community to participate in Heart to Heart Cafes.
- Provide education on ACP.
- Provide step by step guidance on how to complete an AHCD.
- Improve the quality of life for those who participate in Heart to Heart Cafes, ACP, and complete an AHCD.



# ACP Outreach to the Chinese Community



*Building a community in which Chinese Americans are able to face the end of life with dignity and respect*

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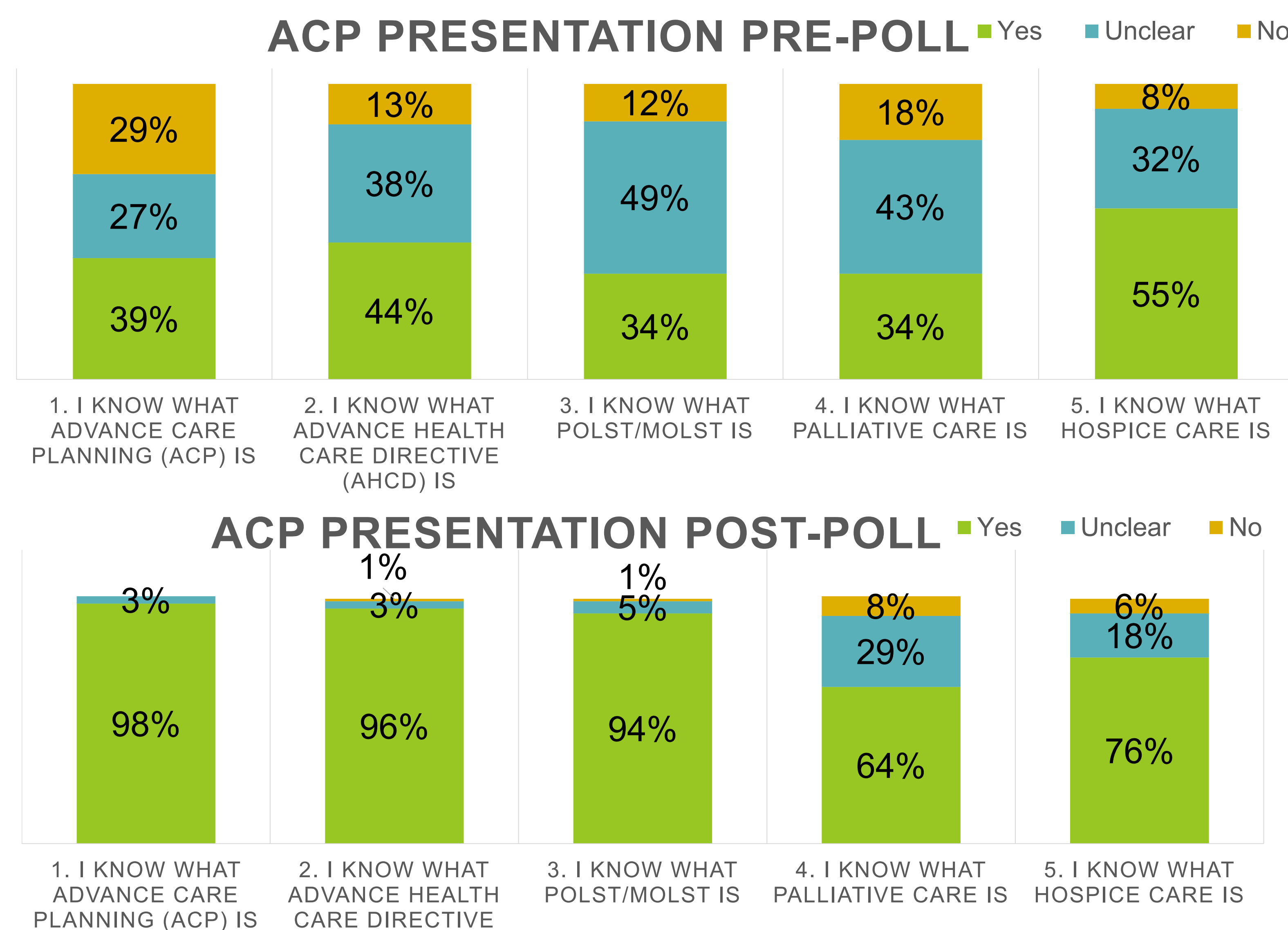
## Materials

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## Methodology

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- Community presentations are offered by CACCC on a variety of topics:
  - ◆ Advance Care Planning
  - ◆ AHCD Workshops
  - ◆ How to Start the Conversation
  - ◆ Weekly Mindful Caregiving Stress Reduction
  - ◆ Mindful Self-Care Workshops
  - ◆ Monthly Redefining What Matters Presentations

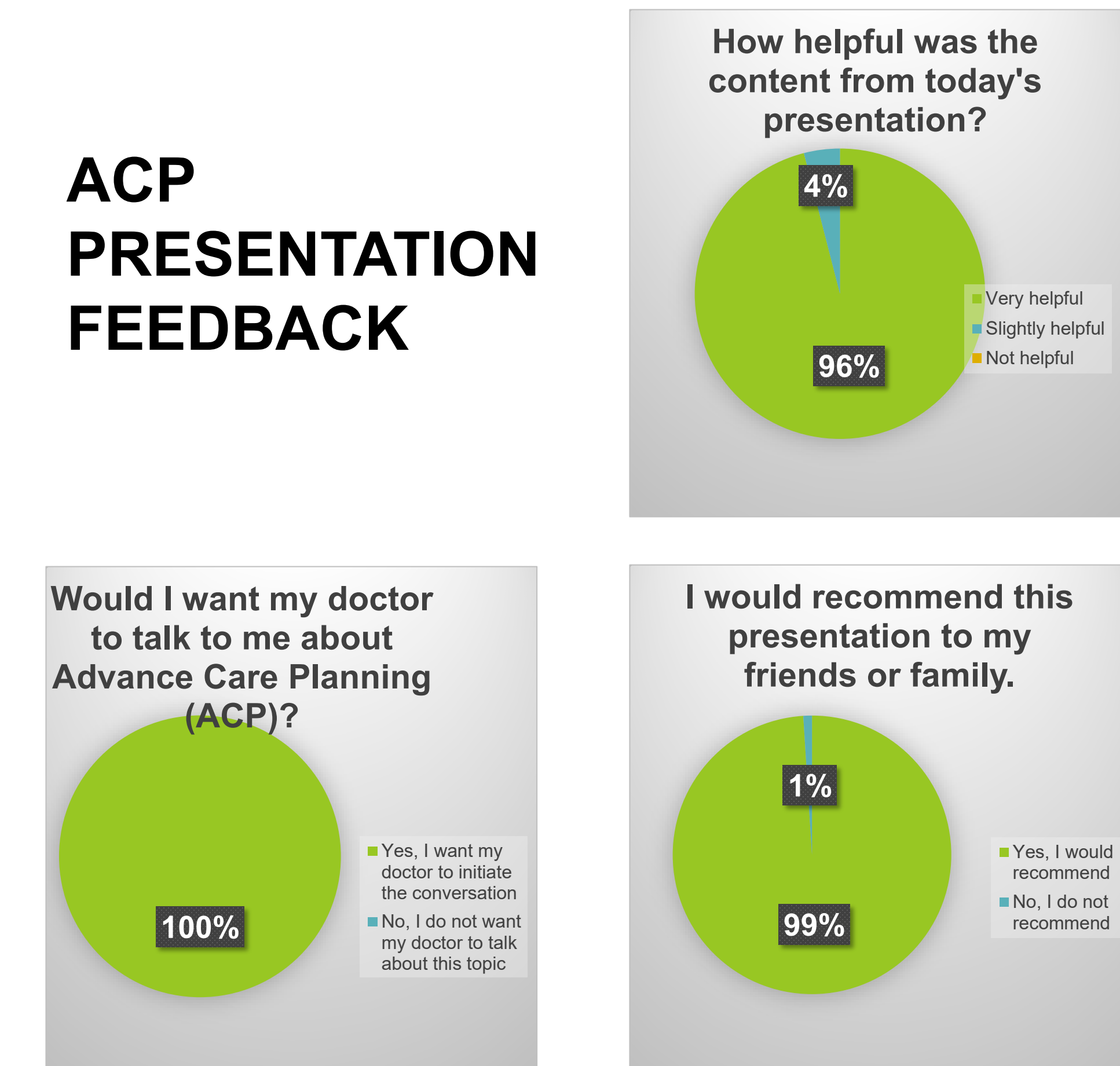
## Results



\* Not every ACP presentation includes explaining palliative care and hospice care

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- 70% respondents indicated the Heart to Heart Café made it easier for them to talk about their wishes at the EOL.
- 100% respondents indicated they understand the importance of having an EOL care conversation with families, loved ones and physicians.

## ACP PRESENTATION FEEDBACK



- 100 % respondents indicated they understand the importance of ACP and plan to complete an Advance Directive.
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## Conclusion and Recommendations

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