

Coda Alliance and The GoWish Card Game



The History and Development of the GoWish Card Game



- It Began with Coda Alliance
 - A non-profit organization established in 2001
 - The primary goal; to help individuals prepare for and “live well” at the end of life, to understand choices and document their wishes, values and preferences
- The Development of the GoWish Card Game
 - Began in 2004 with an Archstone Foundation grant, primarily overseen by Dr. Elizabeth Menkin
 - Research with Assisted Living residents identified reoccurring EOL themes, values, concerns and preferences

The Primary Objectives of Using GoWish Cards

- To facilitate the End-Of-Life “conversation”
 - The cards promote and guide the “conversation”, introducing new concepts that help individuals anticipate future challenges and choices
- To identify EOL wishes, values and preferences
 - The “conversation” replaces guessing and questions with confidence and knowledge to help patients/families identify what matters most
- To use EOL preferences to document choices and guide care
 - The ultimate goal is to ensure EOL wishes, values and preferences are understood and honored to provide quality of life at the end of life

What is the GoWish Card Game?

- **A deck of 36 cards** similar to traditional playing cards in size and feel, available in English and Spanish
- **Informative phrases identified as important** at the end of life are on each card
- **A “Wild” card encourages customized wishes**, personal preferences and more “conversation”
- **Basic instructions** are included with **free training materials, tips, scenarios and testimonials online**
- Card decks are available in **four different colors to prevent decks from mixing when used in groups**



Who Uses GoWish Cards?

- Families, friends, surrogates and healthcare agents
 - Anyone supporting loved ones nearing EOL, those faced with complex family dynamics and healthcare agents responsible for representing others
- Estate planners, elder law attorneys and educators
 - Professionals teaching and guiding advanced planning at any life stage
- Religious and spiritual leaders
 - Priests, Chaplains, Rabbis, Pastors, Imams, etc.
- Medical professional
 - Doctors, nurses, social workers and care staff
- Patients and residents
 - Ventilator and trauma patients, the terminally and critically ill and residents of assisted living, long term care or other such facilities



Where Are GoWish Cards Used?

- Private homes and care facilities
- Community centers and places of worship
- Educational institutions and training centers
- Law offices and places of business
- Hospitals and clinics
- Hospices and Palliative Care centers
- Online and anywhere desired



When Are GoWish Cards Used?

(See notes below for details)

- Before the need arises, any time
- At family meetings and gatherings with friends
- In End-Of-Life trainings and seminars
- Prior to filling out an Advance Directive or POLST form
- Upon diagnosis of life threatening illnesses
- After serious accidents

Why Do GoWish Cards Work?

- **Educational**
 - Introduce new concepts, talking points and thought-provoking ideas for visual, auditory and kinesthetic learners
- **Flexible**
 - Used in many places and many ways depending on personal preferences, abilities and circumstances
- **Simple and non-threatening**
 - Easy to read, basic language, short phrases, concise concepts, require no skills, technology or electricity and they are not a legal document
- **Wild card and open ended phrases**
 - The Wild Card encourages personal wishes to be explored and expressed, phrases allow for broad interpretation and introspection
- **Familiar and comforting format**
 - Cards are familiar and tangible, keeping hands and eyes busy if emotions are high, can also encourage eye contact and conversation

GoWish Sorting Options

(See notes below for details)

- **Sorting cards into 3 piles**
 - Least, somewhat and most important cards
 - Rank top 10 in the most important pile, discuss top 3 or more
- **Most important theme**
 - Pick the most important of 6 themes, rank and discuss
 - Pick the next most important theme, rank, discuss and repeat
- **Most important card “Quick Pick”**
 - In large groups or when time is limited
 - Pick the most important card, have participants share and discuss

GoWish Sorting Options

“The Guessing Game”

(See notes below for details)

- Sorting for someone who can sort for them self
 - Never assume you know what they want
- Sorting for them correctly
 - Getting it right can be so validating
- Sorting for them incorrectly
 - Getting it wrong can be so valuable



Facilitating the Conversation

(See notes below for details)

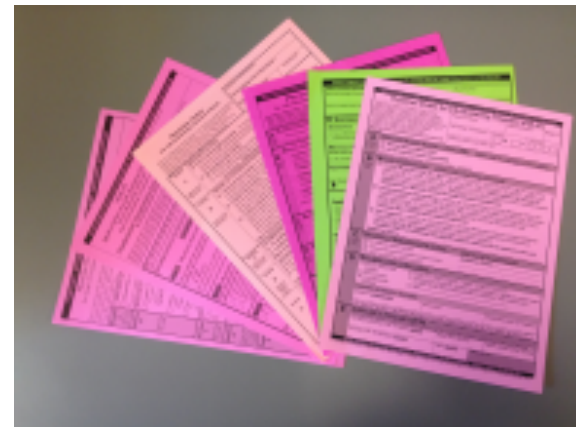
- **Active listening**
 - Validate feelings, re-state or paraphrase their comments and feed back their concerns as questions
- **Gentle probing**
 - Ask questions to confirm understanding, encourage them to expand on their comments and clarify their meaning
- **Modeling the conversation**
 - Show how to sort the cards, talk about why certain cards are important to you, verbalize feelings and think out loud

Additional Tools to Capture & Document EOL Wishes and Preferences

- Advance Directive
- POLST/DNR
- 5 Wishes
- Others



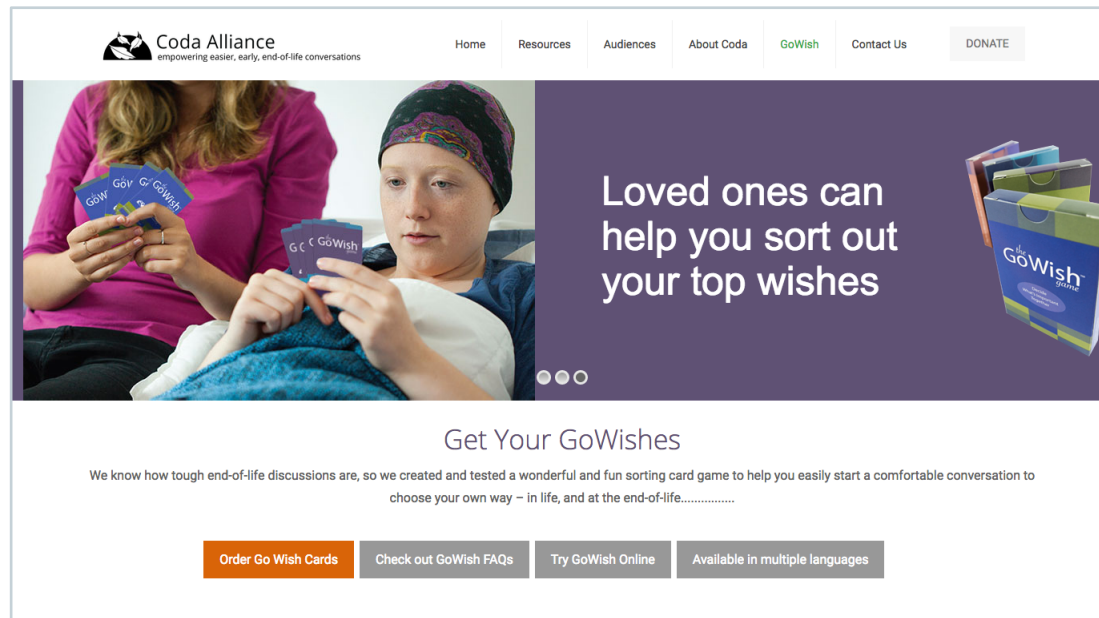
(See notes below for details)



GoWish Online

- GoWish cards are available for purchase at: www.codaalliance.org

This PowerPoint presentation and other GoWish training materials are available free of charge on this site, discounts are given for quantity card purchases



GoWish Online

- The electronic version of GoWish can be played for free online at:

www.gowish.org

Use the online version
to project on
large walls for virtual
use in groups and
seminars



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