

# Understanding Advance Care Planning within the South Asian Community

Advance Care Planning (ACP) is a process of reflection on and communication of a person's future healthcare preferences.

# **Community Reflections**

# SIX KEY SCRIPTS

Reflections of a group of 57 men and women (ages 22-86) in Calgary, Alberta, Canada who self-identified with the South Asian community and are fluent in Urdu, Punjabi, Hindi, and English

## Foreign ideas

## **Cultural norms**

#### Don't talk about that

"When I don't know much about a new foreign idea, I simply cannot make any decisions, and I then ask for more information so I can deal with it." "When anyone in the family is faced with a difficult situation, everyone intuitively knows what their role is and what to do, and then right decisions are just made without planning ahead."

"When I anticipate any unfortunate scenario, I am immediately told to shut up and not to dwell upon it, so we don't prepare for problems, we just face them."

#### Leave it to God

## Too busy with life

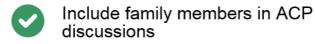
# Wealth versus health

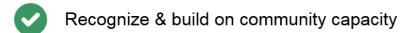
"Whenever I am faced with hardships, I turn to God and then I feel peace and contentment."

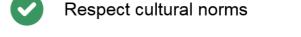
"I'm so busy with making a living in Canada that I have no time to think of anything else that might be important in my life."

"When I fall ill, I make sure that my finances are in order, so that my family doesn't fight over it."

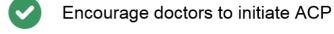
# **Community Recommendations**







Inform the community via ACP seminars



Involve religious & community leaders

Translate more ACP materials

Use stories to foster understanding

#### **Conclusions**

This patient engagement research model proved highly successful in understanding South Asian community members' perceptions of ACP. The findings are being used in community-adapted ACP presentations and plans for new ACP resources.

Full report at www.acpcrio.org









