



My Health – My Decision: Lessons Learned Along the Way

As we've worked together to bring this training to as many people as possible, we discovered some very important keys to making it really work:

- Trainers must be supported by at least one Agency staff or volunteer who can consistently help with practice, preparation, set-up, scheduling, transportation, and all the other aspects of training.
- Training of trainers and subsequent support includes guidance regarding professional dress and presentation style, among other things.
- Workbooks and materials for class participants should be printed in color.
- Certificates are important to the trainees, and should be issued upon completion of the class.
- Some people may need extra support to benefit from the class, so scheduling should include those supports.
- At least one set of training materials should be available to the Trainer(s) for practice and presentation.
- Trainers must develop a good understanding of the content, and actually do the healthcare planning exercises for themselves, so they are comfortable with questions and can (eventually) use examples from their own experiences.
- *Trainers must be paid* for training.
- Those who support individuals who take the class must be familiar with the concepts presented before or at the time the class is held so they can be supportive (and not sabotage).
- There must be follow-up after the class is held to be sure that healthcare preferences and planning are documented.
- A module of covering issues of informed consent for healthcare should be provided to all relevant agency staff in order to ensure proper support and follow-up.