



EBCI MY WAY News

Spring 2023

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www.EBCI-ACP.wcu.edu

What is MY WAY?

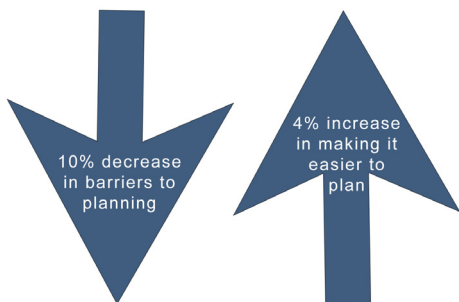
MY WAY is an advance care planning program that was specifically tailored for EBCI members. The program included an overview of advance care planning in a group setting, we called “Community Information Sessions.” The second part of the MY WAY program was the opportunity to meet privately with a trained “Support Star” who would walk through advance care planning decisions and the NC paperwork. This was what we referred to as a “Sharing Session” and we encouraged participants bring whomever they wanted to it. Support Stars were also able to notarize the advance care planning forms.



How do I help my family member get an advance care plan?

You can get help with advance care planning through the EBCI Legal Services at 828-359-7400 or from your doctor. You can also download the advance care planning forms from our website at www.EBCI-ACP.wcu.edu.

Perceptions of Advance Care Planning After Participating in MY WAY



Outcomes of MY WAY

- 64 people completed a new advance directive
- 14 Community Information Sessions were held
- 169 people enrolled in the program
- 155 people participated in either a Community Information Session or a Sharing Session
- Those that attended both a Community Information Session and a Sharing Session were more likely to complete an advance care plan

What people said about participating in MY WAY

- “I liked it because it gave me an option of choices and it helped me a lot to make decisions.”
- “It’s good for everybody to stop and think. This day is coming so do I want to put all this weight on my family or do I want to take it?”
- “I really appreciate y’all coming in and walking us through because it made it really simply and easy.”

Deepest gratitude to members of the Advisory Boards that provided wisdom and advice to the EBCI MY WAY project.

Community Advisory Board

**Roseanna Belt
Tom Belt
Onita Bush
Carol Long**

Professional Advisory Board

**Bonnie Claxton
Emily A. Haozous
Lisa Lefler
Dale Lupu
Nicole Wikjord
Blythe Winchester**



In Memory



Rachel Mathews Mathis of the Towstring Community passed September 1st, 2022. She is survived by her husband, Bob Mathis, brothers and sisters, Bertha Pinkington, Raymond Mathews, Janice Crutchfield, and Roy Mathews and sister-in-laws Glenda Mathews, Cindy Mathews, Sandy Fisher, Cathy Mathews and brother-in-law Danny Mathis as well as nieces and nephews.

The MY WAY Team

Liz Anderson & Turner Goins--Principal Investigators

Emily A. Haozous--Co-Investigator

Simone Lipscomb--Project Coordinator

April Schweinhart--Statistician

Lynn Eve, Trish Rux, & Butch Sanders--Support Stars

Jane Argodale, Marilyn Borom, Betsy Butner, Amelia Lanier--WCU Graduate Students

This is our final MY WAY newsletter. Thank you for helping make the MY WAY Advance Care Planning Program a success!

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