



ACP CRIO

Advance Care Planning Collaborative Research & Innovation Opportunities Program

# 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

*"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."*

### Cultural norms

*"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."*

### Don't talk about that

*"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

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

### Too busy with life

*"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."*

### Wealth versus health

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

## Community Recommendations

- ✓ Recognize & build on community capacity
- ✓ Inform the community via ACP seminars
- ✓ Involve religious & community leaders
- ✓ Include family members in ACP discussions
- ✓ Respect cultural norms
- ✓ Encourage doctors to initiate ACP
- ✓ 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.acpcrrio.org](http://www.acpcrrio.org)