



## Communication Skills for Brave Conversations

### *Have you thought about...*

- Who you would have speak on your behalf if you were unable to speak for yourself?
- What is important to you at the end of your life?
- How to have these conversations with those you care about?

### *Why does this matter?*

- Decreases emotional stress on loved ones
- Assures that your decisions and values are honored and respected
- Improves quality of life at the end-of-life

### ***Free Training—For Caretakers on Colorado's Western Slope Become a Certified Advance Care Planning Guide and...***

1. Learn how to have these quality and meaningful conversations.
2. Be a voice and resource for your community.
3. Increase self-awareness of your own preferences and values.
4. Become knowledgeable about advance directive forms.
5. Receive free communication training with materials included



**To sign up for classes, please register here:**

We strive to foster a safe, brave and respectful environment by being inclusive of race, age, sexual orientation and gender identity.

**Link:** <https://aarp.cvent.com/d/n6q9y1/>

**Phone Number:** 1-877-926-8300

**Location:** Fruita Community Center  
324 N Coulson St, Fruita, CO, 81521

# Class Curriculum

**First Session: April 6<sup>th</sup>  
(10:00 a.m to 4:30 p.m.)**

- Define advance care planning and how to be an ACP guide
- Know your personal communication style related to ACP conversations
- Learn about advance directive documents
- Quiz and homework (three, out of class ACP conversations)
- Lunch provided

**Second Session: April 27<sup>th</sup>  
(10:00 a.m to 4:30 p.m.)**

- Learn the RELATE™ communication model
- Practice scenarios utilizing communication skills
- Think about cultural differences related to ACP
- Identify ways to engage family and friends in ACP
- Final exam and certification
- Lunch provided



*We encourage diversity and a welcoming learning space for all. Participants range from having clinical experience with caring for a loved one to a lay individual seeking to learn more information about end of life conversation.*

Presented in partnership with:



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UNIVERSITY OF COLORADO  
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