

MAP Class 3 Role Plays 4/14/22
Holding the Focus – Making It All Work

25 minutes – Three Role Plays

For this part of the MAP Training, Michael and I will do three different role plays about making MAP work for peer members served. After each role play we will have class discussion. We'll have about 8 minutes for each role play with group discussion included. We'll record the role play but pause record for group discussion.

Michael will role play the Member. I will role play the Making a Plan Facilitator. (MAPF)

I will facilitate class discussion following each role play to explore issues presented. Staff Note: Watch the time!! 8 Minutes Total for Each.

1. Maintaining boundaries between peer support and MAP facilitation

Here's the Scenario: This role play addresses establishing boundaries between MAP facilitation and peer support when doing the MAP Peer Work Sessions.

MAPF: It feels important to let you know up front that I have a set amount of time to assist you with your advance care planning. We have up to three ½ hour sessions.

Member: It sounds like a very involved process. Is that enough time to get the job done?

MAPF: This is a very easy to use workbook. I think you will find that you can fill in most of the questions on your own. I am here to help you when you have questions, would like to talk things over or have me review your paperwork. Most can get this done in the timeframe we have to do this. But you need to do some preparation on your own and some follow up after our work sessions too.

Member: I am concerned that some of the questions may remind me of previous times I have been in hospital. These were very stressful times for me and I am

Peer Pilot Use Only

afraid that I may be anxious and upset. Then I may not be able to concentrate on the task at hand.

MAPF: What kind of support will work for you if that happens?

Member: I think I might need to stop for a while and discuss my feelings.

MAPF: We can do that, but it probably would end our MAP work session for that day because we have only ½ hour to meet each time. Another way we could handle that - if it works for you - is that you could make a note of your feelings and deal with them in peer support after our work session. Some people find it helpful to have a notebook to jot down what is worrying them. Is that something you would like to consider?

Member: Yes I think I can do that.

MAPF: Now remember, YOU are in the driver's seat. If you feel that we should stop our MAP work session - if something gets triggered for you working on this - then that's what we will do. You can decide what you would like to do then. With that in mind, are you ready to begin?

Member: Now you got me wondering: what happens if I don't finish in the time you have to work with me?

MAPF: So much of this depends on you doing your homework on your own time, figuring this out as best as you can so we can make good use of the time we have to work together. This is really about your choice and self-determination. If we need more time, I can talk to my supervisor to ask for extra time but he will want to know that you have been doing your work on this too.

So, let's get started and see how it goes. I have every confidence in your ability to do this.

2. Designating a health agent and what to do if a person has no one (give guidance about choosing, characteristics to empower making selection)

Here's the Scenario: The peer needs help deciding who to choose for their health care agent and what to do if they have no one to designate.

Peer Pilot Use Only

MAPF: Today we are going to talk about choosing a health agent. Have you thought about that?

Member: I have several people in mind but I'm not sure HOW I should choose.

MAPF: A health care agent should be someone who knows and cares about you. They will be your legal spokesperson for physical and mental health care decisions when you can't speak for yourself. You should be confident that they could do that for you when the time comes. They will be your advocate speaking on your behalf. As your agent they will be getting real time information from your doctors needed to help guide your care when you are unable. The MAP Workbook on page 12 has an excellent overview for choosing the Health Care Agent. That can help guide you and peer members too when thinking this through.

Member: Can you be my health agent?

MAPF: No I can't do that for you. It is important to keep in mind that your health Care agent cannot be any of your health care providers including peer support. This is to avoid any conflict of interest issues.

Member: Can I choose someone who lives in another city or country?

MAPF: You can but it is usually easier to have a Health Care agent who is near by and can be physically present if need be. And you could have someone who is further away as a backup health agent if you would like to do that. With everyone so well connected via cell phones and the internet this is much easier to do now than it used to be. Who the person is you want to do this will guide your decisions. Although my sister lives in Wisconsin and is far away, I'm really close to her so she is my health care agent as is my husband. I know she will be there if I need her so that's why I chose her too.

Member: What happens if the people I ask say no and I end up with no one to be my health care agent?

MAPF: You can still complete your advance care plan and share it with your care providers. It remains just as important to do an Advance Directive so your care providers know what care you want to receive if you can't guide your own care.

Peer Pilot Use Only

Member: Ok I understand how important it is to do this to be sure my wishes are known and honored no matter what. That's awesome!

3. My documents are all completed, "Now What?"

Here's the Scenario: The peer has completed their documents and now needs help with copying and distribution matters to make sure their wishes are known.

MAPF: It looks like you have completed all the documents properly and they are now ready to use. Well done! We have one more step to make sure your needs are known in a time of crisis.

Member: What is that?

MAPF: You need to give a copy of your plan to your health care agent, your health care providers and anyone else you would want to know your wishes. That is how your wishes will be known and honored. It is really important that you do this. And it is important that you talk to the people you share this with to make sure that they understand what you have done here and that they can help when need be.

Member: Can you help me with making copies of my plan?

MAPF: Yes, we can make copies of your completed documents here at the Peer Center. That way you can make sure you get copies where you want them to go by hand carrying them or sending by mail.

Another way you might want to consider distributing your plan is by making an electronic copy that you can save on a USB flash drive to share or email to the people you want to be informed of your wishes. To do that you would first need to properly sign and witness your documents.

Member: My Health care agent is my mother. She lives close by and I will be seeing her this weekend. She is not that good with computers so I think a paper copy will work best for her. My brother will be my backup health agent and he

Peer Pilot Use Only

lives in Sacramento. He will be able to come and help me if need be, but I think an electronic copy makes more sense for him so I can email it to him.

MAPF: To make electronic copies you have to scan your documents onto a flash drive or into your computer so you can use electronically. The library can help do that if you have a flash drive they can scan to. Could you do this or do you know someone who could help you to do this if you want to try sharing your documents electronically?

Member: I don't know how to do that but I have a friend who could help me with this. I would ask her to help when I'm ready to do that part. Or I might be better off to make paper copies and send it to my brother in the mail. I could do that no problem.

MAPF: That sounds good! So let's just take a last look to make sure everything is as you want before you do what's needed to distribute copies to the people that need to know your wishes.

Member: Ok everything looks fine to me. I feel like a weight has been lifted off my shoulders knowing that I have my wishes in writing and everyone who needs to know will have a copy. Thank you!

MAPF: Before you go, let me give you this Congratulations handout that has with it the Distribution Guidelines This tells you who to contact and how to get your documents into the health care records where you are seen. I think this covers them all and should be helpful.

Member: Thank you. I really appreciate all the help with this.