

KIMBERLY C. PAUL

# BUILDING BRIDGES TO CLOSE THE GAPS

How does everyone...LIVE WELL & DIE WELL....in our community?







# TODAY'S DISCUSSION

## TOPIC OUTLINE

Introduction  
Reclaiming our Voice  
Silver Tsunami  
Innovation & Design  
Thinking about our Mortality  
Rural vs. Urban... and all the between  
Conclusion

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# MY PERSONAL STORY

**THE JOURNEY FROM "SNL" TO THE BEDSIDE OF THE DYING.**

Everyone wants to know about my "SNL" days, but I assure you the greatest moments of my life have been at the bedside of the dying.

Those facing "End-Of-Life" have been my greatest teachers about **LIFE.**

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# Reclaiming our Voice

ADVANCE CARE PLANNING

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# HOW DO WE BEGIN?

CONVERSATION, DOCUMENTATION, COMMUNICATION

Death by Design | 2021



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**30%**

REPRESENTS THE PERCENTAGE OF  
INDIVIDUALS WORKING WITHIN THE  
HEALTHCARE SYSTEM THAT HAVE  
ENGAGED IN "END OF LIFE"  
CONVERSATION.

**70%**

YET, 70% OF THOSE WORKING IN  
THE HEALTHCARE SYSTEM HAVE  
NOT COMPLETED DOCUMENTATION  
TO SUPPORT THEIR WISHES AT THE  
END OF LIFE.

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**80%**

80% OF INDIVIDUALS WOULD  
PREFER TO DIE AT HOME  
SURROUNDED BY FRIENDS AND  
LOVED ONES.

**20%**

YET 60% DIE IN ACUTE-CARE  
HOSPITALS, 20% DIE IN NURSING  
HOMES / LONG TERM CARE  
SETTINGS...

**WHILE ONLY 20% DIE AT HOME..**

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## WORDS OF WISDOM

**Most Americans (71%) believe it is more important to enhance the quality of life for seriously ill patients - even if it means a shorter life - than to extend the life of a seriously ill patient through every medical intervention possible.**

REGENCE, 2011

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# Discovery



## IT'S ABOUT YOU.

You must know yourself and your wishes. Who are you? How do you want to be remembered?



## IT'S ABOUT FAMILY

The greatest gift you can give your family is to communicate your wishes.



## IT'S ABOUT ADVOCACY

One of the greatest misunderstandings, individuals forget to include their provider within end of life conversations..



# THE HARDEST PART IS LEARNING HOW TO BEGIN THE CONVERSATION



**The Death Deck**



**THE Hello GAME**



**Go Wish**

# TOP 3 ACTIVITIES



## CONVERSATIONS

Express your wishes to everyone. Let everyone hear your voice and desires. Your **VOICE** now will make a difference if you cannot communicate in a medical event.

## DOCUMENTATION

All States have documentation that will support your wishes. (Healthcare Power / Agent/Proxy - Living Will - DNR - Most/PLOST form.) Remember, State documentation differs.

## COMMUNICATION

Advance Directives without the communication is just a piece of paper.



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# Silver Tsunami

THE INDIVIDUAL ALWAYS HAS THE POWER TO CHANGE THE SYSTEM.

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***10,000 individuals are joining Medicare  
Everyday.***

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## THE BIRTH MOVEMENT

When consumers demand change within the healthcare system -  
**CHANGE HAPPENS.**



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PERMISSION

**DON'T UNDERESTIMATE THE POWER OF  
CHOICE.**

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ENGAGE

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# Innovation

NEW SERVICES ARE EVOLVING BECAUSE NEEDS ARE NOT BEING MET.

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# WHAT? WAIT!

# WHAT ABOUT HOSPICE?

## **PALLIATIVE CARE**

An interdisciplinary medical caregiving approach aimed at optimizing quality of life and mitigating suffering.

## **DEATH DOULAS**

A person who assists in the dying process. A community based role aimed at navigating the journey of end of life planning to death.

## **MEDICAL AID**

Allows terminally ill adults to request and receive a prescription for medication to bring about a peaceful death.

## **POD-LIVING / HOLDING SPACE**

The Golden Girls approach to living with friends and family throughout the last stages of life.

## **VOLUNTARY STOP EATING AND DRINKING**

When an individual makes a choice to stop eating and drinking to bring about a peaceful end to suffering.



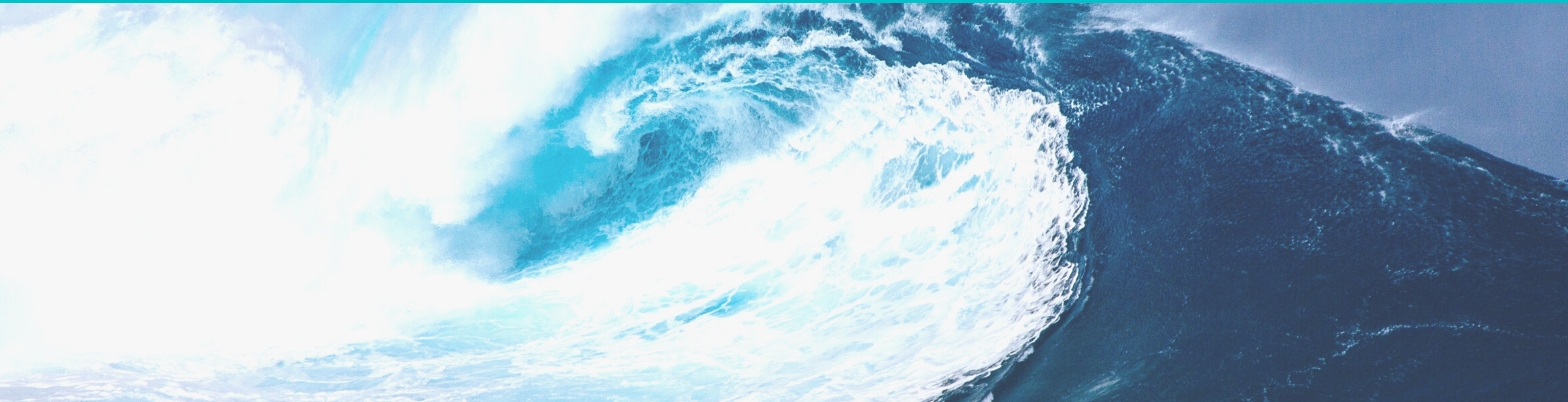
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# LAST 20 YEARS

AN INCREASE IN "END-OF-LIFE" SERVICES HAS EVOLVED TO MEET THE PATIENT AND FAMILY WHERE THEY ARE AT.

Services under Medicare can be restrictive and over regulated encouraging family and those suffering to change end of life decisions to meet a reimbursement stream.

The Baby Boomers are creating new ways to embrace "End-Of-Life outside of the Medicare system because of personal choice and decisions not being supported.





WORDS OF WISDOM

**Thinking about my own mortality has inspired me to live in this moment. Death has taught me how to live boldly.**

KIMBERLY C. PAUL

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# LIFE'S A VACATION

LIVE WELL DIE WELL TOUR EXPERIENCE

The Dying can be our greatest teachers about LIFE.  
One of the greatest lessons I learned at the bedside;

"Time is not measured in length. It is measured in  
Depth."

Don't get to your final moments to realize that you've  
not lived.

Don't Wait!





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COVID HAS CLOSED THE GAP BETWEEN URBAN AND RURAL

**IT'S A SMALL WORLD AFTER ALL.**

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THE WAVE IS HAPPENING

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## DO WE UNDERESTIMATE ONE OF THE GREATEST GENERATIONS?

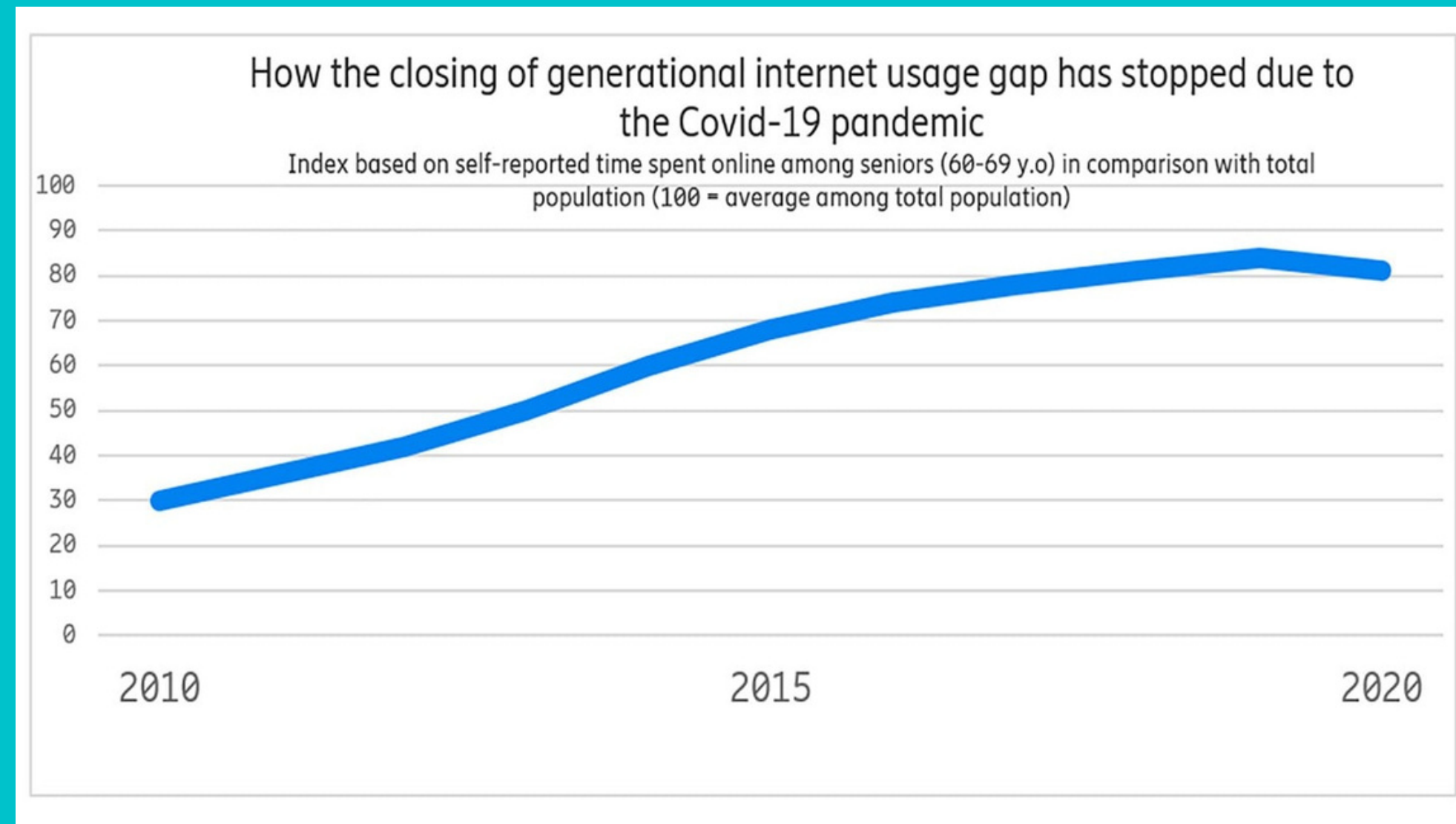
Because we shouldn't. They have seen so much change over their lifespan and they have always adapted.

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# GENERATION INTERNET USAGE GAP



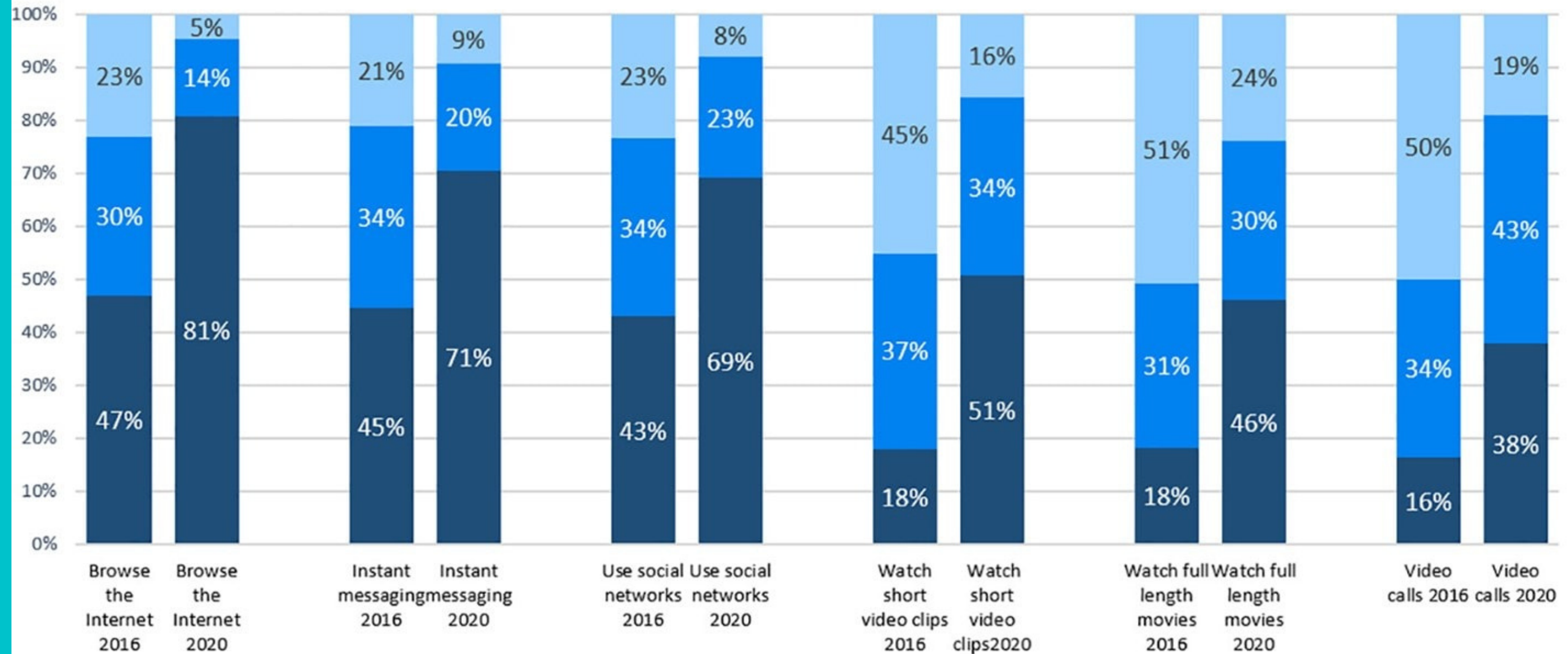
Above, shows how seniors aged 60-69 years old had been closing the digital gap (in the sense of time spent online) in comparison with the total population.

subheading

# Seniors have increased their usage of smartphones

Frequency of usage of the following internet activities on their smartphone  
in 2016 respectively during Covid-19 crisis 2020

■ Daily ■ Weekly ■ Monthly

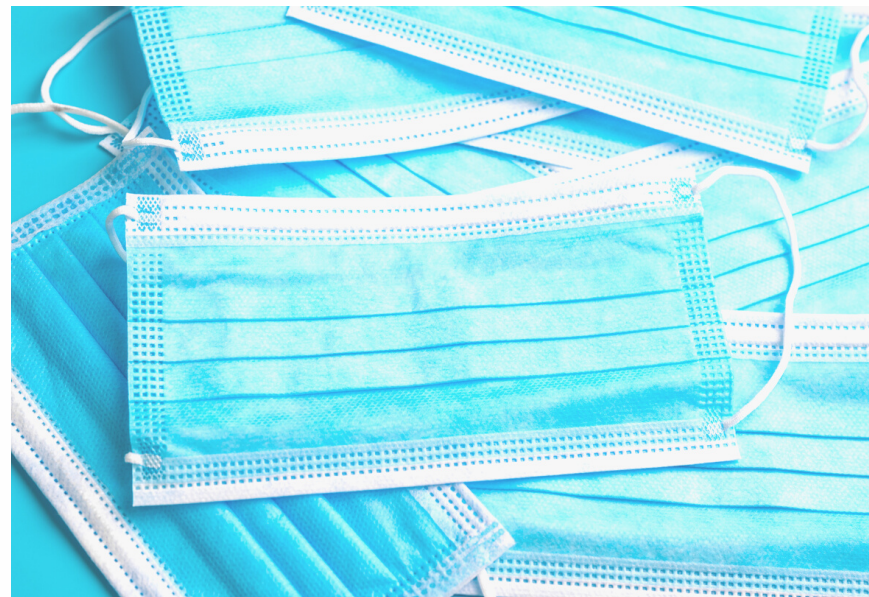


How seniors have increased their usage of smartphones. Source: Ericsson ConsumerLab Analytical platform. A comparison between 2016 and 2020 during the Corona crisis. Base: Population smartphone users using respective internet services aged 65-69 years within eight countries (Brazil, China, India, Italy, Spain, Germany, UK, and US).



# Closing the gap between urban and rural

## It's happening!



### COVID 19

#### Internet Boom

Since Covid 19, we've learned that so many things can be achieved through technology.



### COMMUNITY MEMBERS

#### Volunteers

Between Churches and Students (generational gap) are assisting individuals in their home with technology to bring innovative services to rural settings.



### TELE-MEDICINE

#### Conversations

The medical community has conformed to a better way of meeting patients and families where they are in the aging process.

# Closing the gap between urban and rural

## It's happening!



### SENIOR CHECKS

#### EMS Services

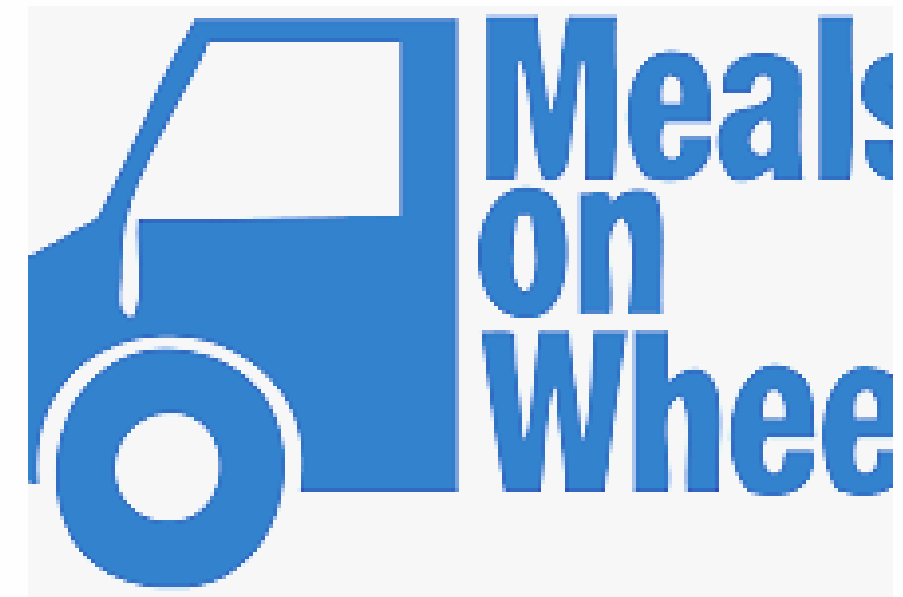
Using EMS to check on high risk patients living at home. Keeping them out of the hospitals and remaining within their home.



### HOME HEALTH

#### In-home "eyes"

How can we use services in a community to support services outside the patient's service area. Thinking out of the box to meet aging individuals in rural settings.



### MEALS ON WHEELS

#### Using Community Programs

Example: Using community programs to identify seniors at high risk for needing assistance prior to a medical event.



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# What happened to respecting our elders?

We must remember not to project the life or death we want onto other individuals. Sometimes safety is not the priority, **QUALITY IS!**

We must not define Quality for those we serve.

We must shut-up & LISTEN.

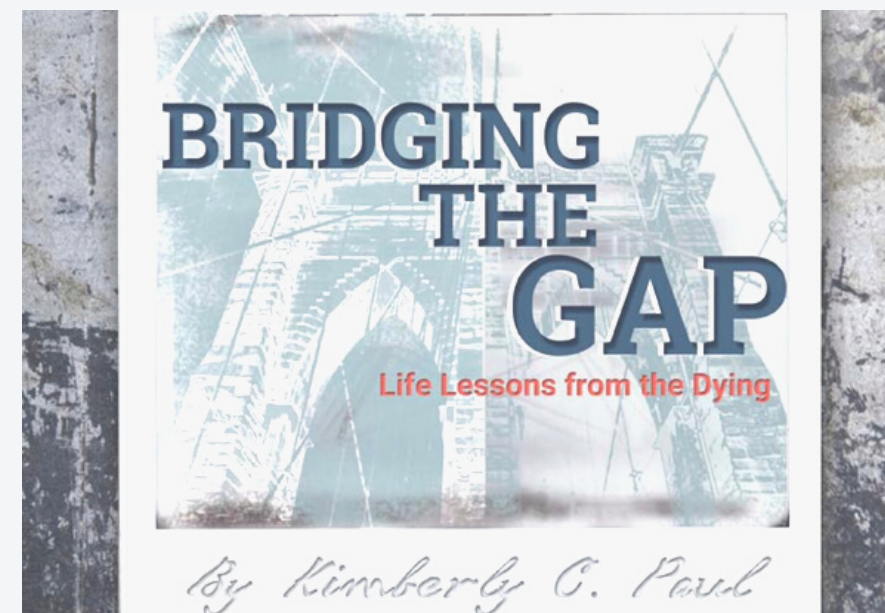
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# KCP PROJECTS



## PODCAST

<https://shows.acast.com/death-by-design>



## BOOK

Website:  
[www.deathbydesign.com](http://www.deathbydesign.com)

[Amazon](#)



## TED X TALK

<https://www.youtube.com/watch?v=QcauNT3x2k8&t=3s>



# KCP PROJECTS



## BOOK TOUR

A 49-State driving tour, RV, to visit every state and bring awareness to death - dying - Advance Care Planning.

Why Wait?  
Kimberly C. Paul

## POD-DOC-U-SERIES

New Podcast putting those facing end of life teaches us about how to LIVE BOLDLY.

Coming Jan 2022!



## JUMPING FOR A CAUSE

Eric is an ALS patient raising funds in an effort to end this disease.

[https://www.spotfund.com/story/3fb150fa-9c12-4c5f-9358-bced7f9263b9?created=true&fbclid=IwAR16iMvG9necqURri3TbeJJ8yS-vgzCeAWgJBHIQ4xPyg2DhY5bhz6hdJKo&referral\\_id=87df43bc-3b18-4243-926a-04491df537cb](https://www.spotfund.com/story/3fb150fa-9c12-4c5f-9358-bced7f9263b9?created=true&fbclid=IwAR16iMvG9necqURri3TbeJJ8yS-vgzCeAWgJBHIQ4xPyg2DhY5bhz6hdJKo&referral_id=87df43bc-3b18-4243-926a-04491df537cb)



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