

Anticip'action

Game rules

Introduction

Anticip'action is a card game designed to help you clarify your ideas, share your values and preferences, and plan concrete actions regarding your care and end-of-life decisions. You can play it alone, but we recommend that you play it with a loved one or with members of your healthcare team.

1. Prioritize

You have cards covering four main themes: 1. Illness and care choices – 2. Practical decisions and questions – 3. Respect and dignity – 4. Feelings and relationships. These cards address topics such as "Looking after my appearance" or "Expressing what I couldn't stand," etc. Each has explanations on the back. If an important topic is missing, create your own card.

According to their importance to you, rank the cards in the following four categories:

- ♥ Very important
- ♥ Important
- ♥ Not important
- ? Unsure (these are cards you want to rank later or want more information on).

Don't feel connected to certain cards? That's normal, as we are all different. Rank them as "Not important."

At any time during the game, you can reorganize your rankings.

Note! You cannot keep more than 10 cards in the "Very important" category. You'll need to narrow down your selection before moving on to phase 2.

2. Specify

Take the 10 cards you ranked as "Very important" and add personal details to them. If you printed the game for one-time use, feel free to write notes on the cards.

3. Act

Each card suggests actions. Take your "Very important" cards and plan specific steps: schedule an appointment with a healthcare provider, arrange a meeting with a loved one, etc. Write them down on a to-do list. Discuss these points with all the people involved: your loved ones, the healthcare team, etc.

Play with a partner

Complete the first two steps described above (Prioritize and Specify) without showing the results to your game partner. Meanwhile, your partner completes the same steps while imagining they are you: the idea is that they put themselves in your shoes and guess what you would have chosen. Then, compare and discuss your results. This version of the game helps reveal hidden aspects of your loved ones!

Where can I find Anticip'action?

Anticip'action is also available in an electronic format through the Concerto app (currently only in French!).

- ▶ Download Concerto
- ▶ Open the "Accordons-nous" module
- ▶ Go to the "J'en parle" section and select "jeu Anticip'action"



To download Concerto:



Free download available
through the App Store
and Google Play



To access the web version:



This is a translation of 'Anticip'action,' the original game in French. Its development was supported by the HUG Innovation Center.

How to create the cards

Print the file double-sided and cut out the cards.

1

Having accurate
information
about my **illness**

Anticip'action

2

Planning for the
scenario where I lose
my **decision-making**
capacity

Anticip'action

3

Having a trusted
healthcare provider

Anticip'action

4

Ensuring **my**
medical care choices
are **heard by the**
healthcare team

Anticip'action

Today, you can make important decisions (desired treatments, place of care and residence, etc.). However, you can temporarily lose this decision-making ability due to an accident, a psychological crisis, a physical or mental illness, etc. You can also lose this ability permanently.

In such situations, do your loved ones and the healthcare team know which treatments you would have wanted or refused? Appointing a surrogate decision maker and writing advance directives can help ensure your future care is managed according to your wishes.

Personal details

Possible actions

- ▶ I will talk with my loved ones and the healthcare team.
- ▶ I will write advance directives.
- ▶ Other ideas:

It may be important for you to receive clear and detailed information about your illness and the ensuing care.

Personal details

Possible actions

- ▶ I will talk to my doctor to get information and verify my sources.
- ▶ Other ideas:

To make sure your choices are heard by healthcare teams, it can be helpful to appoint your "surrogate decision maker" in advance. This person will speak on your behalf if you become too weak or unable to communicate. They can be a family member, a friend, a doctor, etc. Inform your surrogate of your choices!

Personal details

Possible actions

- ▶ I will ask someone to be my surrogate.
- ▶ I will explain what matters to me to the healthcare team and my surrogate.
- ▶ I will write advance directives.
- ▶ Other ideas:

A trusted healthcare provider is someone with whom you have, or would like to build, a close relationship. This person can advocate for your values and preferences when decisions are made by the healthcare team. They can be a doctor, nurse, or therapist.

Personal details

Possible actions

- ▶ I will strengthen my relationship with a trusted doctor or healthcare provider.
- ▶ I will inform my loved ones and the healthcare team.
- ▶ Other ideas:

5

Expressing my preferred **place of care** in case of illness

Anticip'action

6

Doing everything I can to **"get rid of"** my **illness**

Anticip'action

7

Improving how I **live day-to-day** with my illness

Anticip'action

8

Expressing my **fears** related to **physical pain** or other forms of **suffering**

Anticip'action

Your main concern might be to eliminate all signs of your illness.

Personal details

Possible actions

- ▶ I will discuss possible treatments with the healthcare team to weigh up the risks and benefits of each.
- ▶ I will talk to my loved ones about it.
- ▶ Other ideas:

It can be helpful to express your wish to be cared for in a specific place: at home, in residential care, in hospital, in a hospice, etc.

Personal details

Possible actions

- ▶ I will talk about it with the healthcare team, my loved ones and my surrogate.
- ▶ I will write advance directives.
- ▶ Other ideas:

Everyone reacts differently to pain. It can be important to express your fears about physical pain or about psychological, emotional, or spiritual suffering. You can specify how and when these fears manifest.

Personal details

Possible actions

- ▶ I will talk about it with the healthcare team, my loved ones, and my surrogate.
- ▶ I will detail my fears in advance directives.
- ▶ Other ideas:

There are strategies and resources you can use to help manage or better cope with your illness, the uncertainties it creates, and its impact on your life.

Personal details

Possible actions

- ▶ I will look for solutions by discussing the issue with the healthcare team and my loved ones.
- ▶ Other ideas:

PRACTICAL DECISIONS AND QUESTIONS

1

Ensuring **daily tasks**
are carried out

Anticip'action

PRACTICAL DECISIONS AND QUESTIONS

2

Ensuring the care
and well-being of
my young children

Anticip'action

PRACTICAL DECISIONS AND QUESTIONS

3

Entrusting someone
with the care of
my **pets**

Anticip'action

PRACTICAL DECISIONS AND QUESTIONS

4

Organising my
digital legacy

Anticip'action

In the event of temporary, prolonged, or permanent incapacity, or death, your children may be entrusted to others. In certain life situations, it may be necessary to plan who can care for and support them. You can ask trusted people in your circle or seek advice from social services to help with this process.

Personal details

Possible actions

- ▶ I will ask the individuals concerned if they can take care of my children.
- ▶ I will seek information from social services.
- ▶ Other ideas:

It may be helpful to plan with someone in your circle in case you are no longer able to carry out your daily tasks, such as collecting your post, watering plants, etc.

Personal details

Possible actions

- ▶ I have someone in mind, and I will talk to them about it.
- ▶ I will make sure we understand each other and that they are able to handle these tasks.
- ▶ Other ideas:

Your "digital life" includes things like your social media accounts, the content on your smartphone or private computer. It may be helpful to manage your "digital legacy." For example, you can centralize important information in a secure digital vault or create a digital will so that your access codes and data are available to trusted individuals.

Personal details

Possible actions

- ▶ I will take stock of my digital legacy.
- ▶ I will talk to someone close to me and grant them access rights.
- ▶ Other ideas:

In the event of temporary or permanent incapacity, or death, your pets may be entrusted to others. In certain life situations, it may be helpful to plan who will take care of them.

Personal details

Possible actions

- ▶ I will talk to people who could take over looking after my pets.
- ▶ I will find out about existing pet care networks.
- ▶ Other ideas:

PRACTICAL DECISIONS AND QUESTIONS

5

Ensuring the smooth running of my **financial and administrative matters**

Anticip'action

PRACTICAL DECISIONS AND QUESTIONS

6

Contemplating one or more **life projects**

Anticip'action

PRACTICAL DECISIONS AND QUESTIONS

7

Passing on **what I have learned**

Anticip'action

PRACTICAL DECISIONS AND QUESTIONS

8

Settling my **will**

Anticip'action

You may still want to fulfil a dream, or realise a project, whether personal, professional, family-related, educational, or social, etc. To support you in such a project, you can seek help from loved ones, your healthcare team, social workers, an association, etc.

Personal details

Possible actions

- ▶ I will explore the resources and skills I have to realise my projects.
- ▶ I will discuss it with my loved ones, the healthcare team, or others who could support me.
- ▶ Other ideas:

This includes tasks such as paying bills, filing tax returns, or managing contracts and subscriptions if you are no longer able to do so.

To handle these matters, you can appoint representatives or draw up a «lasting power of attorney». This is a legally binding document in which you appoint someone to take care of your affairs.

Personal details

Possible actions

- ▶ I will take stock of my financial and administrative matters.
- ▶ I will talk to someone close to me and grant them the necessary rights.
- ▶ Other ideas:

A will concerns the assets and items (letters, jewellery, paintings, etc.) you wish to bequeath after your death. A will must be dated and signed. It can be entrusted to a trusted person, a notary, or a lawyer.

Personal details

Possible actions

- ▶ I will draft and deposit my will.
- ▶ I will inform my loved ones about my decision and tell them where my will is located.
- ▶ Other ideas:

Over the years, you have acquired valuable knowledge. This could be expertise in your field, anecdotes, family information, life stories, etc. By passing on this knowledge, you allow others to benefit from your experience. There are various ways to do this (writing, recording, sharing it with a loved one).

Personal details

Possible actions

- ▶ I will reflect on what I want to pass on.
- ▶ I will choose a way to pass it on.
- ▶ Other ideas:

9

Giving someone something without waiting too long

Anticip'action

10

Donating (or not) my **organs** and consenting to the use of my **biological and medical data**

Anticip'action

11

Managing my **funeral arrangements**

Anticip'action

1

Ensuring that **my tastes and preferences are respected** in the environment where I am cared for

Anticip'action

Organ donation helps extend or save lives. You can express your choice to donate or not donate your organs in advance directives. Useful information can be found on the Swisstransplant website.

Donating medical data and samples (e.g., blood samples) can be done at any time during your life and helps advance scientific research. This consent is given through hospitals.

Donating organs does not imply consenting to the use of your medical data and samples, and vice versa.

Personal details

Possible actions

- ▶ I will seek information from Swisstransplant or my hospital.
- ▶ I will inform my loved ones of my decision and include it in advance directives.
- ▶ Other ideas:

This could be an object with sentimental value, a letter, a book, a photograph, an audio or video recording, etc.

Personal details

Possible actions

- ▶ I will give the gifts that are dear to me.
- ▶ Other ideas:

To enable a high degree of comfort in the place you are cared for, you can make sure that someone knows your tastes, values, and preferences. These can be simple things like what makes you feel good (listening to music, wearing perfume, physical contact, receiving certain types of care, etc.) or what bothers you (the radio being on, receiving certain visitors, etc.). You can also express your values: spirituality, autonomy, modesty, humour, etc.

Personal details

Possible actions

- ▶ I will make a list of what matters to me.
- ▶ I will talk about it with the healthcare team, my loved ones, and my surrogate.
- ▶ Other ideas:

You can plan and organize certain administrative formalities in advance or express specific preferences related to your funeral (cremation, burial, humusation, etc.) or to the ceremony (religious or not, location, music, texts to be read, the people to be invited, etc.).

Personal details

Possible actions

- ▶ I will discuss it with my loved ones.
- ▶ I will arrange what I deem to be necessary for my funeral.
- ▶ Other ideas:

RESPECT AND DIGNITY

2

Expressing
what I couldn't stand
or boundaries that
cannot be crossed

Anticip'action

RESPECT AND DIGNITY

3

Looking after
my **appearance**

Anticip'action

RESPECT AND DIGNITY

4

Reducing the **burden**
on my loved ones

Anticip'action

RESPECT AND DIGNITY

5

Feeling in harmony
with and respected
for my **spiritual or**
religious beliefs

Anticip'action

You can communicate to your loved ones and the healthcare team what matters to you in terms of clothing, hairstyle, makeup, etc.

Personal details

Possible actions

- ▶ I will inform the healthcare team, my loved ones and my surrogate.
- ▶ Other ideas:

You can express what would be unbearable and what you absolutely do not want to experience. For example, losing certain capacities, receiving certain invasive medical interventions, dying without support from others, etc.

Personal details

Possible actions

- ▶ I will inform the healthcare team, my loved ones and my surrogate.
- ▶ I will write it in my advance directives.
- ▶ Other ideas:

It may be important for you to achieve a state of inner peace or to be at peace with your beliefs. To do so, it can be helpful to talk about what is happening to you, about life, illness, or death. You may also wish for religious support or certain rituals related to your beliefs.

Personal details

Possible actions

- ▶ I will make an appointment to receive religious or spiritual support.
- ▶ I will discuss it with my loved ones and the healthcare team.
- ▶ Other ideas:

To maintain your autonomy and ease the burden on your loved ones, it can be helpful to adapt your environment, adjust family arrangements, or identify available resources (home assistance, etc.).

Personal details

Possible actions

- ▶ I will think about what I can do to ease the burden on my loved ones.
- ▶ I will discuss it with my loved ones.
- ▶ Other ideas:

RESPECT AND DIGNITY

6

Maintaining an **activity or hobby** that gives me a zest for life

Anticip'action

RESPECT AND DIGNITY

7

Leaving behind **good memories** of myself

Anticip'action

FEELINGS AND RELATIONSHIPS

1

Maintaining my **relationships with my loved ones**

Anticip'action

FEELINGS AND RELATIONSHIPS

2

Being able to connect with **people who have had or are going through the same illness** as me

Anticip'action

Your loved ones may see different aspects of your personality. It might be important to you that they hold on to the best memories.

Personal details

Possible actions

- ▶ I will think about what I could do to achieve this.
- ▶ I will discuss it with my loved ones.
- ▶ Other ideas:

It may be important for you to regularly engage in a physical, intellectual, or social activity that gives you a zest for life (sharing your professional expertise, playing a sport, reading or going out with friends, keeping a sense of humour, etc.). It can be helpful to clarify this with your loved ones and put measures in place to preserve this activity.

Personal details

Possible actions

- ▶ I will think about what I could do to maintain my activity.
- ▶ I will discuss it with my loved ones and the healthcare team.
- ▶ Other ideas:

Meeting with an experienced patient can help you better understand what you are feeling and accept your health condition. The healthcare team or patient associations can assist you in making contact.

Personal details

Possible actions

- ▶ I will express this wish to the healthcare team.
- ▶ I will inquire about patient associations related to my illness.
- ▶ Other ideas:

It may be important for you to preserve connections with your family, friends, or even neighbours, and to choose the people who will accompany you.

Personal details

Possible actions

- ▶ I will think about how I can maintain these relationships.
- ▶ I will discuss it with my loved ones and the medical care team.
- ▶ Other ideas:

FEELINGS AND RELATIONSHIPS

3

Receiving
**affectionate or
thoughtful gestures**

Anticip'action

FEELINGS AND RELATIONSHIPS

4

Maintaining one's
sexuality

Anticip'action

FEELINGS AND RELATIONSHIPS

5

Resolving
a **conflict**

Anticip'action

FEELINGS AND RELATIONSHIPS

6

Saying **goodbye**

Anticip'action

It may be helpful to express how important it is for you to retain a sense of sexuality at every stage of your life.

Personal details

Possible actions

- ▶ I will broach this topic with my partner or with the healthcare team.
- ▶ Other ideas:

It may be helpful to explain to your loved ones how important gestures of attention and affection are to you. You can express what this means to you.

Personal details

Possible actions

- ▶ I will identify what I expect and from whom I expect it.
- ▶ I will communicate these expectations to the healthcare team, my loved ones, and my surrogate.
- ▶ Other ideas:

It could be helpful to clarify how you would like to make contact with your loved ones for the last time.

Personal details

Possible actions

- ▶ I will arrange a way to say goodbye that suits me and discuss it with my loved ones.
- ▶ I will write farewell notes and ensure they are found.
- ▶ Other ideas:

There may be a conflict that is bothering you. Resolving the conflict might involve reconciling with someone, bringing together family members, addressing something unsaid, etc.

Personal details

Possible actions

- ▶ I will talk with the people involved.
- ▶ I will leave them a written note.
- ▶ Other ideas:



