

Advance Care Planning

for

Collaborative Research and Innovation Opportunities Program

Alberta Public Opinion Study – October 2017

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Advance Care Planning – CSRL 2017 Alberta Study

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Methodology

- Population: The province of Alberta has a total population of 4,286,134 residents (Alberta Economic Dashboard) approximately 78% of which are 18 years of age or older for an adult population of 3,343,200.
- Sample: Data were collected by Lethbridge College students in the fall of 2017. Students interviewed 1,481 adult Alberta residents by telephone from September 30 to October 5, 2017 under the supervision of principal investigator Dr. Faron Ellis, Research Chair, Citizen Society Research Lab. Landline telephone numbers were selected from a sample drawn from InfoGroup directories and supplemented with a selection of mobile numbers from CSRL lists. We sincerely thank all participants who took time out of their day to respond to our inquiries. Further results from this study and results from past studies can be accessed by visiting the CSRL web pages at: www.lethbridgecollege.ca/go/csrl
- Representativeness: Analysis of the demographic data indicates that, within acceptable limits, the sample accurately represents the demographic distribution of the adult population within the province of Alberta. The sample has been statistically weighted where necessary to even better reflect the demographic distribution of the population (gender and age).
- Confidence: The weighted sample yields a margin of error ± 2.55 percentage points, 19 times out of 20. The margin of error increases when analyzing sub-samples of the data (Calgary ± 4.9 percentage points, Edmonton and immediate area ± 5.1 percentage points, North ± 5.2 percentage points, South ± 4.9 percentage points 19 times out of 20).
- IB Commons Call Centre: Students conducted interviews using the facilities of the Lethbridge College IB Commons Call Centre. We thank members of Lethbridge College's ITS and AV teams for their support in helping maintain the IB Commons Call Center.
- Sponsorship: These data are part of a larger study of the opinions and attitudes of Alberta residents conducted by the Citizen Society Research Lab at Lethbridge College. These questions were sponsored by the Care Planning Collaborative Research and Innovation Opportunities Program funded by Alberta Innovates Health Solutions. We thank CRIO for their support of our research endeavors.

Executive Summary

Advance Care Planning – Albertans' Awareness and Preparation

This report analyzes Albertans' opinions concerning seven advance care planning awareness and preparation items. Levels of awareness and preparation are relatively low and where differences between sub-groups exist, they are mostly based on anticipated differences between age groups, education levels, and gender differences.

Seven advance care planning awareness/preparation items:

Awareness and preparedness was measured by asking respondents if they had ever heard of advance care planning (ACP), initially without defining ACP and then with a definition; if they had ever discussed ACP with family or with a healthcare professional; if they have a written ACP; if they have a personal directive; and if they had ever heard the term goals of care designations. Respondents were also asked to rate their personal health using a scale that ranged from zero (worst imaginable health) to 100 (best imaginable health).

- When asked to evaluate their health by using a scale that ranges from zero to 100, Albertans indicated they believe they are in good health with a mean rating of 79.0.
- Nearly one-third of Albertans (33.1%) have heard of advance care planning, prior to being provided a definition.
- When respondents were provided a definition that likened the term to a "living will," the vast majority of Albertans (81.9%) stated they were familiar with the term.
- A majority of Albertans (59.2%) have discussed their own advance care planning with a family member or close friend.
- However, very few (19.7%) have also had those discussions with a healthcare professional.
- Nearly one-third of Albertans (32.2%) have a written advance care plan.
- Nearly two of every five Albertans (39.4%) have a written personal directive.
- Almost one in five Albertans (18.9%) have heard the medical term "goals of care designations," nearly double the 11.1% who had heard the term in 2013.

Index and detailed tabular data:

A brief summary of a cumulative index of ACP awareness and preparation is presented below along with tabular data detailing the item-specific results. Individuals interested in further information can contact the author of this study directly. For further information about the project, please contact Dr. Jessica Simon, Scientific Office, Care Planning Collaborative Research and Innovation Opportunities Program, Room 3E44, TRW Building, 380 Hospital Drive, N.W. Calgary, AB T2N 4Z6.

Albertans' Self-evaluations of Personal Health

When asked to evaluate their own health by using a scale that ranges from zero, worst imaginable health, to 100, best imaginable health, Albertans indicated they believe they are in good health. The mean rating is 79.0, consistent with what was reported in previous years.

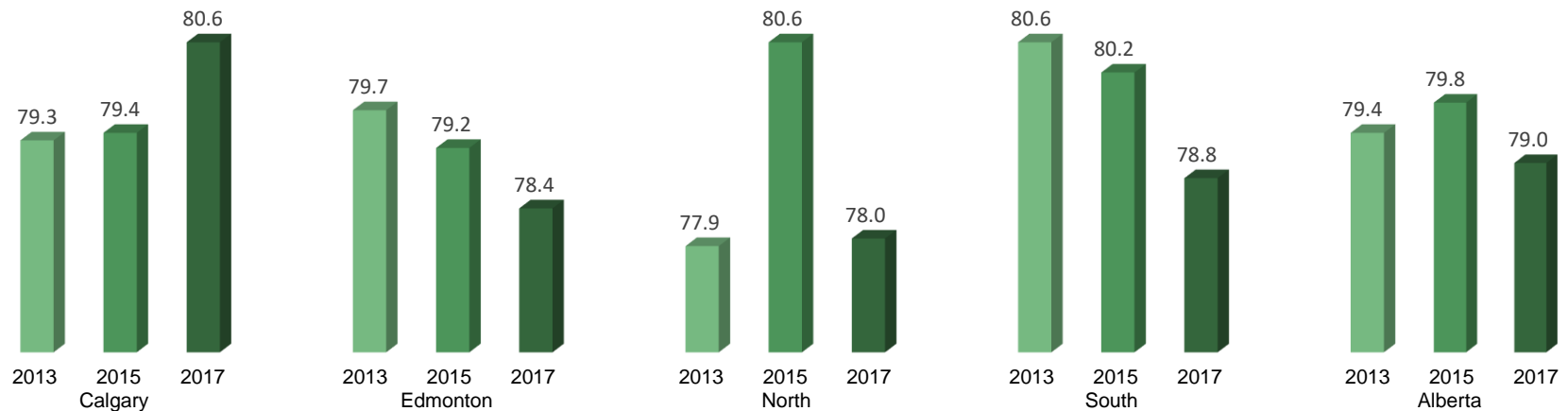
Only one in twenty (5.7%) rate their health as 40 or lower, while only one in ten (10.2%) rate their health as less than 50, the midpoint of the scale. More than four out of every five Albertans (84.2%) rate their health as 70 or better, with the Alberta mean (79.0) and median (80.0) falling clearly on the healthy side of the continuum. In fact, more than one-third of Albertans (36.9%) rate their health as 90 or better.

No significant regional differences are measured when Albertans self-evaluate their current state of health. Only 1.6% of our respondents refused to provide us with an evaluation of their overall health.

Health Self-evaluations by Region of Alberta

	Calgary			Edmonton			North			South			All Alberta		
	2013	2015	2017	2013	2015	2017	2013	2015	2017	2013	2015	2017	2013	2015	2017
Mean	79.3	79.4	80.6	79.7	79.2	78.4	77.9	80.6	78.0	80.6	80.2	78.8	79.4	79.8	79.0
Median	83.7	85.0	85.0	80.0	80.0	80.0	80.0	85.0	80.0	80.6	85.0	80.0	80.0	85.0	80.0
Std. Dev.	18.6	20.2	18.8	18.1	19.2	19.8	17.1	18.6	18.7	16.5	19.7	19.1	17.8	19.5	19.1

Range = 0 (worst health) to 100 (best health)



Seven Advance Care Planning Awareness and Preparation Items (%)

When queried about advance care planning, approximately one-third of Albertans (33.1%) are familiar with the term. Familiarity has increased considerably from 27.4% in 2015 and only 25.9% in 2013.

When ACP is associated with 'living wills' more than four out of every five Albertans (81.9%) recognize the term, a level consistent with previous years.

A majority has discussed ACP with family (59.2%), consistent with previous years.

However, only one of every five (19.1%) have discussed the issue with a healthcare professional, a level that has increased only marginally from 16.5% in 2013.

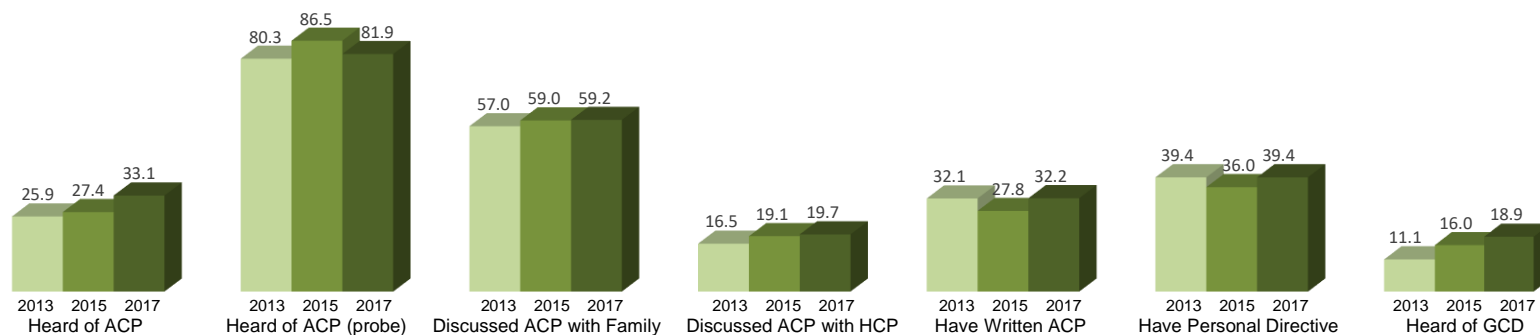
Approximately one-third of Albertans (32.2%) have a written ACP, a level consistent with previous years.

Nearly two of every five Albertans (39.4%) have a written personal directive, similar to levels measured in previous years.

Almost one in five Albertans (18.9%) are familiar with the term 'goals of care designation, considerably more than who were familiar with the term in 2013 (11.1%).

ACP Awareness and Preparation by Year (%)

	Heard of ACP	Heard of ACP (probe)	Discussed ACP with Family	Discussed ACP with HCP	Have Written ACP	Have Personal Directive	Heard of GCD
Alberta 2017	33.1	81.9	59.2	19.7	32.2	39.4	18.9
Alberta 2015	27.4	86.5	59.0	19.1	27.8	36.0	16.0
Alberta 2013	25.9	80.3	57.0	16.5	32.1	39.4	11.1



Seven Advance Care Planning Awareness and Preparation Items by Region of Alberta (%)

ACP Awareness and Preparation by Region of Alberta 2017 (%)

	Heard of ACP	Heard of ACP (probe)	Discussed ACP with Family	Discussed ACP with HCP	Have Written ACP*	Have Personal Directive*	Heard of GCD
All Alberta	33.1	81.9	59.2	19.7	32.2	39.4	18.9
Calgary	34.0	81.8	61.9	21.2	36.0	44.6	21.8
Edmonton	30.9	82.5	57.5	21.8	34.1	41.2	16.6
North	32.1	85.1	65.5	18.4	36.2	39.7	18.4
South	34.9	78.6	52.4	17.6	23.2	32.3	18.7

Note; * sig < 0.05

ACP Awareness and Preparation by Region of Alberta 2015 (%)

	Heard of ACP	Heard of ACP (probe)	Discussed ACP with Family	Discussed ACP with HCP	Have Written ACP	Have Personal Directive	Heard of GCD
All Alberta	27.4	86.5	59.0	19.1	27.8	36.0	16.0
Calgary	29.2	88.6	56.1	18.5	24.1	31.5	17.3
Edmonton	22.4	86.9	71.6	22.0	34.8	44.5	17.7
North	28.6	86.5	54.1	18.1	26.0	33.8	13.2
South	29.6	83.5	54.3	17.3	26.9	34.7	15.4

Note; * sig < 0.05

ACP Awareness and Preparation by Region of Alberta 2013 (%)

	Heard of ACP	Heard of ACP (probe)	Discussed ACP with Family	Discussed ACP with HCP	Have Written ACP	Have Personal Directive	Heard of GCD
All Alberta	25.9	80.3	57.0	16.5	32.1	39.4	11.1
Calgary	26.1	82.0	55.5	17.9	33.6	38.4	10.0
Edmonton	27.7	76.1	59.5	16.5	29.9	38.6	12.2
North	21.6	85.8	60.1	17.5	39.0	48.4	7.9
South	26.6	79.8	53.3	13.2	26.9	34.8	13.3

Note; * sig < 0.05

Index of Advance Care Planning Awareness-Preparation

An index of ACP awareness was created by summing the affirmative responses to the seven questions thereby allowing for easier regional and demographic comparisons. The index scores range from a possible “0.0” for the least aware/prepared Albertans, to “7.0” for the most aware/prepared. The mean score for the province as a whole is 2.8, clearly less awareness/preparedness than the midpoint of the range (4.0).

As was partially indicated above, few regional differences on the items are measured. When combined, some minor differences emerge with Calgarians (2.9) and northern Albertans (2.9) slightly more aware than are Edmontonians (2.8) and southern Albertans, who are the least aware (2.5).

Gender has a significant impact on awareness/preparedness with women (3.2) more aware/prepared than men (2.4). Education impacts awareness/preparedness in that as education levels rise so too does awareness/preparedness. Religious Albertans (3.1) are more aware/prepared than are less religious Albertans (2.7). Age is the most significant predictor of awareness and preparation. As age increases so too does awareness/preparedness, from a low of 1.7 among the youth to 3.7 for seniors.

For further explanation concerning the construction of the index or for a more extensive analysis, please contact the author.

Advance Care Planning Awareness-Preparation Index 2017 (mean scores)

Region*	<u>Calgary</u>	<u>Edmonton</u>	<u>North</u>	<u>South</u>	<u>All Residents</u>
	2.9	2.8	2.9	2.5	2.8
Gender*	<u>Male</u>	<u>Female</u>			
	2.4	3.2			
Income*	<u>Under \$60,000</u>	<u>\$60-\$120,000</u>	<u>Over \$120,000</u>		
	2.4	3.0	3.0		
Religious Participation*	<u>2-3 per month/more</u>	<u>Several per year</u>	<u>Rarely/never</u>		
	3.1	2.7	2.7		
Education*	<u>High School or Less</u>	<u>Some Post-secondary</u>	<u>College-Tech-Trade</u>	<u>University Grad</u>	
	2.5	2.4	2.8	3.3	
Age*	<u>18-29</u>	<u>30-44</u>	<u>45-64</u>	<u>65 and older</u>	
	1.7	2.5	3.2	3.7	

* sig < 0.05

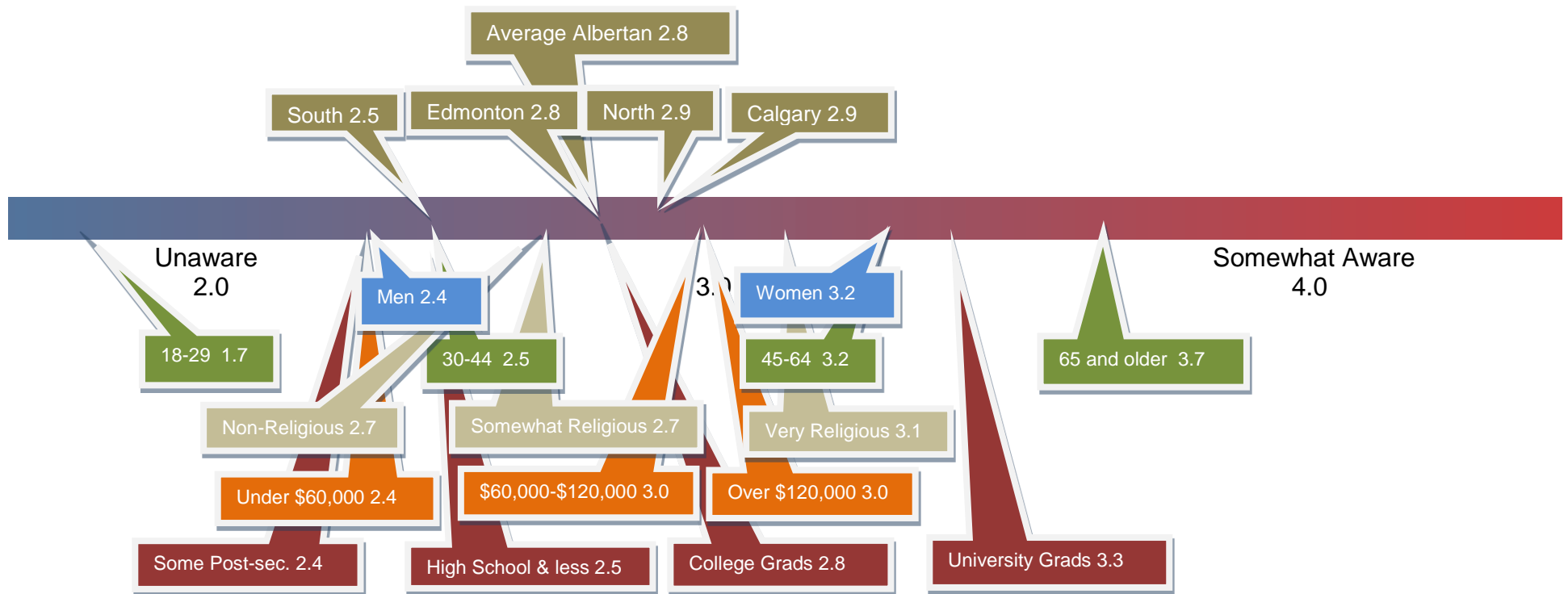
Range = 0 (uninformed-prepared) to 7 (informed-prepared)

Index of Advance Care Planning Awareness-Preparation

The graphic below provides a visual representation of the data presented on the previous page and indicates how Albertans place themselves on the awareness-preparation continuum.

The graph is organized with the provincial average (mean) and the regional averages above the bar, while various demographic groups are found below the bar.

Typical patterns of opinion divergence are measured between demographic sub-groups. For example, as expected, older, better educated, and female Albertans are more aware/prepared than are other groups.



Albertans' Self-evaluation of Personal Health by Demographic Group (2017)

When asked to rate their own health using a scale that ranges from zero, worst imaginable health, to 100, best imaginable health, Albertans believe that they are in good health, on average scoring themselves at 79.0 out of 100.

Only minor statistically significant differences in personal health self-evaluations are measured between the regions of the province or between most demographic groups. Upper-income and highly educated Albertans evaluate their health better than do poorer and less well educated Albertans. As is to be expected, seniors (75.8) evaluate their health as slightly worse than do other Albertans.

Personal Health Rankings

Region of Province*	Calgary	Edmonton	North	South	All Alberta
Mean	80.6	78.4	78.0	78.8	79.0
Median	85.0	80.0	80.0	80.0	80.0
Std. Dev.	18.8	19.8	18.7	19.1	19.1

Gender	Male	Female
Mean	79.1	79.0
Median	80.0	84.5
Std. Dev.	18.8	19.3

Household Income*	Under \$60,000	\$60,000 to \$120,000	Over \$120,000
Mean	76.5	80.0	83.3
Median	80.0	83.0	86.2
Std. Dev.	19.8	17.7	17.2

Religious Participation	2-3 times/month-	Several times/year	Rarely-never
Mean	80.1	79.1	78.3
Median	85.0	85.0	80.0
Std. Dev.	17.4	19.1	19.8

Education*	High School or	Some Post-secondary	College-Tech-Trade	University Grad
Mean	76.6	77.6	80.5	80.1
Median	80.0	80.0	85.0	85.0
Std. Dev.	19.9	20.0	17.6	19.0

Age*	18-29	30-44	45-64	65 and older
Mean	79.5	82.7	78.2	75.8
Median	82.2	85.0	80.0	80.0
Std. Dev.	18.2	16.5	19.6	20.8

Note: * sig <0.05

Heard of Advance Care Plan by Demographic Group (2017) (%)

When not provided with a definition, approximately one-third of Albertans (33.1%) recall having heard the term advance care planning (ACP).

No significant regional variations are evident although Edmontonians (30.9%) report being slightly less familiar with the term than are other Albertans.

Women (39.4%) are more familiar with ACP than are men (26.7%). Seniors (41.9%), middle and upper-income, and well-educated Albertans are more familiar than are the youth (21.3%), lower-income (26.9%) and less well-educated Albertans.

Region of Province	Calgary	Edmonton	North	South	All Alberta
Yes	34.0	30.9	32.1	34.9	33.1
No	66.0	69.1	67.9	65.1	66.9

Gender*	Male	Female
Yes	26.7	39.4
No	73.3	60.6

Household Income*	Under \$60,000	\$60,000 to \$120,000	Over \$120,000
Yes	26.9	36.3	35.2
No	73.1	63.7	64.8

Religious	2-3 times/month-more	Several times/year	Rarely-never
Yes	34.4	33.8	32.0
No	65.6	66.2	68.0

Education*	High School or less	Some Post-secondary	College-Tech-Trade	University Grad
Yes	26.2	28.5	34.4	39.9
No	73.8	71.5	65.6	60.1

Age	18-29	30-44	45-64	65 and older
Yes	21.3	27.7	39.9	41.9
No	78.7	72.3	60.1	58.1

Notes: Due to rounding, proportions may not total exactly 100%; * sig <0.05

Heard of Advance Care Plan by Demographic Group (2017) (%) – Probe with Definition

When provided a definition that likened advance care plans to ‘living wills’, more than four out of five Albertans (81.9%) indicated they were familiar with the term ACP.

Gender, income, education and age impact awareness of ACP with the youth (70.7%) and poorer Albertans (74.9%) the least aware.

Women (88.2%) are more familiar with ACP than are men (75.8%), while university and college graduates are more familiar than are those without a post-secondary credential.

Non-religious Albertans (84.8%) are more familiar with ACP than are somewhat (78.0%) and very (79.7%) religious Albertans.

Region of Province	Calgary	Edmonton	North	South	All Alberta
Yes	81.8	82.5	85.1	78.6	81.9
No	18.2	17.5	14.9	21.4	18.1

Gender*	Male	Female
Yes	75.8	88.2
No	24.2	11.8

Household Income*	Under \$60,000	\$60,000 to \$120,000	Over \$120,000
Yes	74.9	83.2	91.3
No	25.1	16.8	8.7

Religious Participation*	2-3 times/month-more	Several times/year	Rarely-never
Yes	79.7	78.0	84.8
No	20.3	22.0	15.2

Education*	High School or less	Some Post-secondary	College-Tech-Trade	University Grad
Yes	76.0	80.4	85.0	85.3
No	24.0	19.6	15.0	14.7

Age*	18-29	30-44	45-64	65 and older
Yes	70.7	77.3	88.7	89.5
No	29.3	22.7	11.3	10.5

Notes: Due to rounding, proportions may not total exactly 100%; * sig < 0.05

Discussed Advance Care Planning with Family by Demographic Group (2017) (%)

A clear majority of Albertans (59.2%) have discussed advance care plans with family members or a close friend. Edmontonians (57.5%) and southern Albertans (52.4%) are less likely to have discussed ACP with family and friends than are Calgarians (61.9%) and northern Albertans (65.5%).

Women (68.0%) are much more likely than are men (50.4%) to have had an ACP discussion with family or friends. Middle-income (64.4%) and upper-income (63.3%) Albertans are more likely to have had an ACP discussion than are lower-income Albertans (50.0%). Highly-religious Albertans (65.4%) and better-educated Albertans are more likely to have had an ACP discussion than are less religious and less well-educated Albertans.

Most significantly, seniors (75.5%) are most likely to have had an ACP discussion. Likelihood of having had a discussion decreases with age, to a low of only one-third (34.0%) of youth having had an ACP discussion with family or friends.

Region of Province*	Calgary	Edmonton	North	South	All Alberta
Yes	61.9	57.5	65.5	52.4	59.2
No	38.1	42.5	34.5	47.6	40.8

Gender*	Male	Female
Yes	50.4	68.0
No	49.6	32.0

Household Income*	Under \$60,000	\$60,000 to \$120,000	Over \$120,000
Yes	50.0	64.4	63.3
No	50.0	35.6	36.7

Religious Participation*	2-3 times/month-more	Several times/year	Rarely-never
Yes	65.4	55.0	56.8
No	34.6	45.0	43.2

Education*	High School	Some Post-secondary	College-Tech-Trade	University Grad
Yes	53.8	52.6	61.3	66.4
No	46.2	47.4	38.7	33.6

Age*	18-29	30-44	45-64	65 and older
Yes	34.0	55.1	69.3	75.5
No	66.0	44.9	30.7	24.5

Notes: Due to rounding, proportions may not total exactly 100%; * sig < 0.05

Discussed Advance Care Plan with Healthcare Professional by Demographic Group (2017) (%)

Despite their willingness to discuss advance care planning with family and friends, only about one of every five Albertans (19.7%) have had a similar discussion with their physician or other healthcare professionals.

No significant regional variations are evident although Albertans living outside of the province's two major metropolitan centers are more likely to have had an ACP discussion than have other Albertans.

Women (21.7%) are slightly more likely than are men (17.5%) to have had an ACP discussion with a healthcare professional.

Highly-religious Albertans (26.5%), university grads (24.6%) and seniors (33.6%) are more likely to have had an ACP discussion with a healthcare professional than are less religious, less well-educated and younger Albertans.

Region of Province	Calgary	Edmonton	North	South	All Alberta
Yes	21.2	21.8	18.4	17.6	19.7
No	78.8	78.2	81.6	82.4	80.3

Gender*	Male	Female
Yes	17.5	21.7
No	82.5	78.3

Household Income	Under \$60,000	\$60,000 to \$120,000	Over \$120,000
Yes	19.8	19.7	14.0
No	80.2	80.3	86.0

Religious Participation*	2-3 times/month-more	Several times/year	Rarely-never
Yes	26.5	18.7	15.9
No	73.5	81.3	84.1

Education*	High School or less	Some Post-secondary	College-Tech-Trade	University Grad
Yes	18.8	15.0	18.2	24.6
No	81.2	85.0	81.8	75.4

Age	18-29	30-44	45-64	65 and older
Yes	11.9	16.4	17.5	33.6
No	88.1	83.6	82.5	66.4

Notes: Due to rounding, proportions may not total exactly 100%; * sig < 0.05

Have a Written Advance Care Plan by Demographic Group (2017) (%)

Nearly one-third of Albertans (32.2%) currently have a written advance care plan. Only minor significant regional variations are evident although southern Albertans (23.2%) are less likely than other Albertans to have a written plan.

Women (38.4%) are more likely than are men (25.9%) to have a written ACP. Middle-income (37.1%) and upper-income (32.6%) Albertans are more likely than are lower-income Albertans (23.8%) to have a written plan. University graduates (40.3%) are more likely than are other Albertans to have written plans. Highly-religious Albertans (40.1%) are more likely than are other Albertans to have a written ACP.

As age increases, so too does likelihood of having a written ACP. A majority of seniors (55.0%) have a written plan, while very few young Albertans (9.4%) have written advance care plans.

Region of Province*	Calgary	Edmonton	North	South	All Alberta
Yes	36.0	34.1	36.2	23.2	32.2
No	64.0	65.9	63.8	76.8	67.8

Gender*	Male	Female
Yes	25.9	38.4
No	74.1	61.6

Household Income*	Under \$60,000	\$60,000 to \$120,000	Over \$120,000
Yes	23.8	37.1	32.6
No	76.2	62.9	67.4

Religious Participation*	2-3 times/month-more	Several times/year	Rarely-never
Yes	40.1	32.3	27.2
No	59.9	67.7	72.8

Education*	High School or less	Some Post-secondary	College-Tech-Trade	University Grad
Yes	28.9	23.0	32.5	40.3
No	71.1	77.0	67.5	59.7

Age*	18-29	30-44	45-64	65 and older
Yes	9.4	21.5	40.4	55.0
No	90.6	78.5	59.6	45.0

Notes: Due to rounding, proportions may not total exactly 100%; * sig < 0.05

Have a Written Personal Directive by Demographic Group (2015) (%)

Nearly two of every five Albertans (39.4%) currently have a written personal directive (PD). Few significant regional variations are evident although Albertans living in the province's two major metropolitan centers are more likely to have a written PD than are other Albertans.

Women (43.5%) are more likely than are men (35.1%) to have a written PD. Middle-income (43.3%) and upper-income (40.8%) Albertans are more likely to have a written PD than are lower-income Albertans (30.2%).

Highly-religious Albertans (47.4%) are more likely to have a written PD than are moderately-religious (39.6%) and non-religious (33.3%) Albertans. University graduates (49.0%) are more likely than are other Albertans to have a written PD.

A substantial majority of Alberta seniors (65.7%) have a written PD. Likelihood of having a written PD decreases with age, to a low of only 13.4% among the youth.

Region of Province*	Calgary	Edmonton	North	South	All Alberta
Yes	44.6	41.2	39.7	32.3	39.4
No	55.4	58.8	60.3	67.7	60.6

Gender*	Male	Female
Yes	35.1	43.5
No	64.9	56.5

Household Income*	Under \$60,000	\$60,000 to \$120,000	Over \$120,000
Yes	30.2	43.3	40.8
No	69.8	56.7	59.2

Religious Participation*	2-3 times/month-more	Several times/year	Rarely-never
Yes	47.4	39.6	33.3
No	52.6	60.4	66.7

Education*	High School or less	Some Post-secondary	College-Tech-Trade	University Grad
Yes	35.6	30.5	37.8	49.0
No	64.4	69.5	62.2	51.0

Age*	18-29	30-44	45-64	65 and older
Yes	13.4	27.7	47.2	65.7
No	86.6	72.3	52.8	34.3

Notes: Due to rounding, proportions may not total exactly 100%; * sig < 0.05

Heard of Goals of Care Designation by Demographic Group (2015) (%)

Only about one in five Albertans (18.9%) have heard the term goals of care designation (GCD).

No significant regional variations are evident although Calgarians are slightly more likely to have heard the term than are other Albertans

Women (24.9%) are more likely to have heard the term GCD than are men (13.1%). Upper-income (21.9%) and middle-income (19.5%) Albertans are more likely to have heard the term GCD than are lower-income Albertans (15.4%). University graduates (26.2%) are more likely to have heard the term GCD than are other Albertans.

Interesting, age does not have a significant impact on awareness of the term GCD, although middle-aged Albertans are slightly more likely to have heard the term than are the youth (14.5%) or seniors (16.0%).

Region of Province	Calgary	Edmonton	North	South	All
Yes	21.8	16.6	18.4	18.7	18.9
No	78.2	83.4	81.6	81.3	81.1

Gender*	Male	Female
Yes	13.1	24.9
No	86.9	75.1

Household Income*	Under \$60,000	\$60,000 to \$120,000	Over \$120,000
Yes	15.4	19.5	21.9
No	84.6	80.5	78.1

Religious Participation	2-3 times/month-more	Several times/year	Rarely-never
Yes	17.0	21.8	19.2
No	83.0	78.2	80.8

Education*	High School or less	Some Post-secondary	College-Tech-Trade	University Grad
Yes	12.8	15.1	19.0	26.2
No	87.2	84.9	81.0	73.8

Age	18-29	30-44	45-64	65 and older
Yes	14.5	22.8	22.0	16.0
No	85.5	77.2	78.0	84.0

Notes: Due to rounding, proportions may not total exactly 100%; * sig < 0.05

Demographics (%)

Area of Province		Gender		Income		Education		Age	
Calgary	26.2	Male	49.8	Under \$60,000	37.5	H-School/less	19.8	18-29	22.9
Edmonton	24.1	Female	49.5	\$60-\$120,000	39.1	Some P-Sec.	21.1	30-44	23.2
North	23.4	Other	0.7	Over \$120,000	23.5	Col-Tech-Grad	28.8	45-64	31.0
South	26.4					University Grad	30.3	65 or older	22.9

Mean age = 48 years old

Religious Participation

2-3/month-more	26.1
Several/year	19.4
Rarely-never	54.5

Note: Due to rounding, proportions may not total exactly 100%

Questions

- 1) We would like to know how good or bad your health is today. Imagine a scale from 0 to 100 where 0 is the worst imaginable health and 100 is the best. What number would you use to describe your health today?
- 2) Have you ever heard of advance care planning?
- 3) Advance care plans are verbal or written instructions that make your wishes known about the kind of health care you want, or do not want, if you become very ill or injured and are unable to speak for yourself. These are sometimes also called "living wills." Based on this definition have you heard of advance care planning?
- 4) Have you had a discussion with family or a close friend about what healthcare treatment you want, or do not want, if you become very ill or injured and you cannot speak for yourself?
- 5) Have you ever had a discussion with a health care professional (e.g. doctor, nurse, social worker, or other healthcare team member) about what healthcare treatment you want or do not want if you become very ill or injured and you cannot speak for yourself?
- 6) Do you have an Advance Care Plan written down in any form or format?
- 7) Now we are going to ask you a question about personal directives. Personal directives are the legal documents in Alberta which allow you to name a decision maker and provide written instructions to guide your medical care, if due to illness or injury, you no longer have the capacity to make such decisions. Do you have a written Personal Directive?
- 8) Have you heard of the medical term "goals of care designations"?
 - o Yes
 - o No
 - o don't know (unprompted)
 - o refused (unprompted)