



Advance Care Planning

for

Advance Care Planning Collaborative Research and Innovation
Opportunities Program

Alberta Public Opinion Study – Fall 2015

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Advance Care Planning – Awareness and Preparation

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Methodology


-  **Population** The province of Alberta has a total population of 4,196,457 residents (Statistics Canada, July 1, 2015) approximately 78% of which are 18 years of age or older for an adult population of 3,283,067.
-  **Sample** Data were collected by Lethbridge College students in the fall of 2015. Students interviewed 961 adult Alberta residents by telephone from October 3 to 8, 2015 under the supervision of principal investigator Faron Ellis PhD. 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, region of province and age).
-  **Confidence** The weighted sample yields a margin of error 3.16 percentage points, 19 times out of 20. The margin of error increases when analyzing sub-samples of the data (Calgary 6.2 percentage points, Edmonton and immediate area 6.3 percentage points, North 6.7 percentage points, South 6.3 percentage points 19 times out of 20).
-  **IB Commons Call Centre** Students conducted interviews using the facilities of the Lethbridge College IB Commons Call Center. We thank members of Lethbridge College's IT team 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. This particular set of questions was 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.

Advance Care Planning – Albertans' Awareness and Preparation

 **Introduction:** 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).

- Slightly more than one-quarter of Albertans (27.4%) stated they had heard of advance care planning when asked without being provided with a definition.
- When respondents were provided a definition that likened the term to a “living will,” the vast majority of Albertans (86.5%) stated they were familiar with the term.
- A majority of Albertans (59.0%) have discussed their own advance care planning with a family member or close friend.
- However, very few (19.1%) have also had those discussions with a healthcare professional.
- Slightly more than one-quarter of all Albertans (27.8%) have a written advance care plan.
- More than one-third of Albertans (36.0%) have a written personal directive.
- Very few Albertans (16.0%) have ever heard the medical term “goals of care designations.”

 **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. Only one in twenty (5.3%) rate their health as 40 or lower, while only one in ten (9.5%) rate their health as less than 50, the midpoint of the scale. More than four out of every five (80.5%) rate their health as 70 or better, with the Alberta mean (79.8) and median (85.8) falling clearly on the healthy side of the continuum. In fact, two of every five (39.6%) Albertans rate their health as 90 or better.

No significant regional differences are measured when Albertans self-evaluate their current state of health.

Health Self-evaluations by Region of Alberta

	Calgary		Edmonton		North		South		All Alberta	
	2013	2015	2013	2015	2013	2015	2013	2015	2013	2015
Mean	79.3	79.4	79.7	79.2	77.9	80.6	80.6	80.2	79.4	79.8
Median	83.7	85.0	80.0	80.0	80.0	85.0	80.6	85.0	80.0	85.0
Std. Dev.	18.6	20.2	18.1	19.2	17.1	18.6	16.5	19.7	17.8	19.5

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

Seven Advance Care Planning Awareness and Preparation Items (%)

When queried about advance care planning, slightly more than one-quarter of Albertans (27.4%) are familiar with the term. When ACP is associated with 'living wills' more than four out of every five Albertans (86.5%) recognize the term. A majority has discussed ACP with family (59.0%), but only one of every five (19.1%) have discussed the issue with a healthcare professional. Slightly more than one-quarter (27.8%) have a written ACP, while slightly more than that (36.0%) have a written personal directive. Very few Albertans (16.0%) are familiar with the term 'goals of care designation.'

No significant regional differences were measured on any of the items.

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




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

Advance Care Planning Awareness and Preparation Index (2015)

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 2.7, clearly less aware/prepared than the midpoint of the range (4.0).

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 As was partially indicated above, few regional differences on the items are measured. When combined, some minor differences emerge with Edmontonians most aware/prepared (2.9), followed by Calgarians (2.6) and Southern Albertans (2.6). Northern Albertans are slightly less aware/prepared (2.5) but these aggregate regional differences are not statistically significant.
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 Gender has a significant impact on awareness-preparedness with women (2.8) more aware/prepared than men (2.5). Education impacts awareness/preparation in that as education levels rise so too does awareness/preparedness. Religious Albertans (3.0) are more aware/prepared than are the non-religious (2.5). Age is the most significant predictor of awareness/preparation. As age increases so too does awareness/preparedness.
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 For those interested in further explanation concerning the construction of the index or for a more extensive analysis, please contact the author.

Advance Care Planning Awareness-Preparation Index (mean scores)

Region	<u>Calgary</u>	<u>Edmonton</u>	<u>North</u>	<u>South</u>	<u>All Residents</u>
	2.6	2.9	2.5	2.6	2.7
Gender*	<u>Male</u>	<u>Female</u>			
	2.5	2.8			
Income	<u>Under \$60,000</u>	<u>\$60-\$120,000</u>	<u>Over \$120,000</u>		
	2.5	2.7	2.7		
Religious Participation*	<u>2-3 per month/more</u>	<u>Several per year</u>	<u>Rarely/never</u>		
	3.0	2.7	2.5		
Education*	<u>High School or Less</u>	<u>Some Post-secondary</u>	<u>College-Tech-Trade</u>	<u>University Grad</u>	
	2.7	2.3	2.7	2.9	
Age*	<u>18-29</u>	<u>30-44</u>	<u>45-64</u>	<u>65 and older</u>	
	1.9	2.6	2.9	3.4	

* sig < 0.05

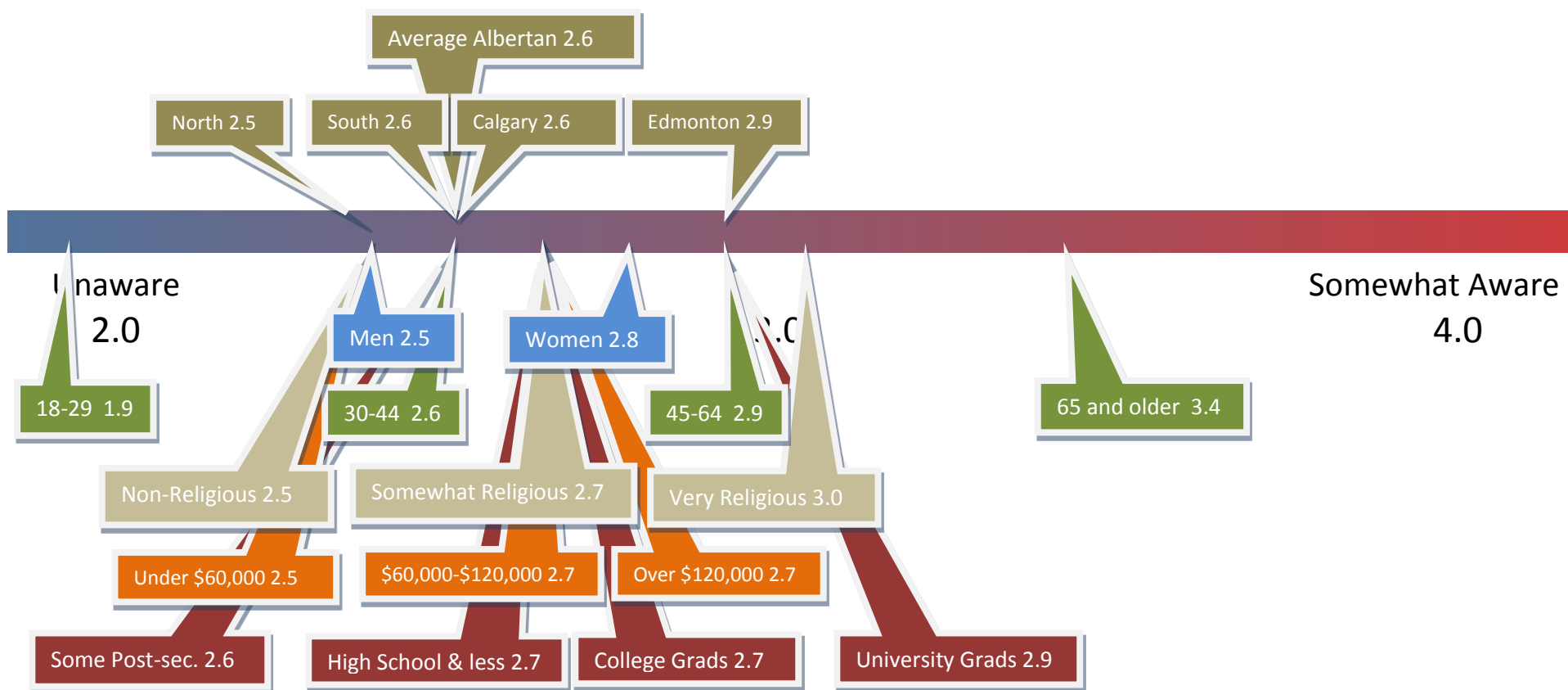
Range = 0 (uninformed-prepared) to 7 (informed-prepared)

Advance Care Planning Awareness and Preparation Index (2015)

This graphical presentation below is based on the tabular data that appears on the previous page and demonstrates where various groups of 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 prepared/aware than are other groups.



Albertans' Self-evaluation of Personal Health by Demographic Group (2015)

- 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.
- Only minor statistically significant differences in personal health self-evaluations are measured between the different regions of the province or between various demographic groups. Wealthier Albertans consider themselves healthier than poorer Albertans consider themselves to be. The highly religious consider themselves to be healthier than do the non-religious, and highly educated Albertans believe they are in better health than do poorer Albertans.

Region of Province	Calgary	Edmonton	North	South	All Alberta
Mean	79.4	79.2	80.6	80.2	79.8
Median	85.0	80.0	85.0	85.0	85.0
Std. Dev.	20.20	19.21	18.61	19.70	19.46

Gender	Male	Female
Mean	79.7	80.0
Median	85.0	85.0
Std. Dev.	20.12	18.77

Household Income*	Under \$60,000	\$60,000 to \$120,000	Over \$120,000
Mean	77.7	79.1	83.0
Median	85.0	80.0	85.0
Std. Dev.	22.23	19.63	16.74

Religious Participation*	2-3 times/month-more	Several times/year	Rarely-never
Mean	81.4	80.5	79.3
Median	85.0	85.0	85.0
Std. Dev.	19.40	18.9	19.0

Education*	High School or less	Some Post-secondary	College-Tech-Trade	University Grad
Mean	76.49	78.38	80.90	81.53
Median	80.00	80.00	85.00	85.00
Std. Dev.	22.227	19.235	18.251	19.062

Age*	18-29	30-44	45-64	65 and older
Mean	80.5	81.9	79.5	74.8
Median	85.0	85.0	82.0	80.0
Std. Dev.	20.72	16.60	19.54	21.98

* sig <0.05

Heard of Advance Care Plan by Demographic Group (2015) (%)

- When not provided with a definition, only slightly more than one-quarter of all Albertans (27.4%) recall having heard the term advance care planning (ACP).
- No significant regional variations are evident although Edmontonians (22.4%) are less familiar with the term than are other Albertans.

Region of Province	Calgary	Edmonton	North	South	All Alberta
Yes	29.2	22.4	28.6	29.6	27.4
No	70.8	77.6	71.4	70.4	72.6

Gender	Male	Female
Yes	26.9	27.9
No	73.1	72.1

Household Income	Under \$60,000	\$60,000 to \$120,000	Over \$120,000
Yes	22.9	34.6	25.1
No	77.1	65.4	74.9

Religious Participation	2-3 times/month-more	Several times/year	Rarely-never
Yes	30.3	27.4	25.2
No	69.7	72.6	74.8

Education	High School or less	Some Post-secondary	College-Tech-Trade	University Grad
Yes	25.7	24.8	26.2	31.0
No	74.3	75.2	73.8	69.0

Age	18-29	30-44	45-64	65 and older
Yes	27.8	21.2	32.3	29.6
No	72.2	78.8	67.7	70.4

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

Heard of Advance Care Plan by Demographic Group (2015) (%) – Probe with Definition

- When provided a definition that likened advance care plans to 'living wills', more than four out of every five Albertans (86.5%) indicated they were familiar with the term ACP.
- No significant regional variations are evident although Calgaryans (88.6%) are slightly more familiar with the term than are other Albertans.
- Gender, income, education and age impact awareness of the term ACP with the youth (71.4%) and poorer (78.1%) Albertans the least aware. Women (89.4%) are slightly more familiar than are men (83.9%), while university and college graduates are more familiar with the term ACP than are those without a post-secondary credential.

Region of Province	Calgary	Edmonton	North	South	All Alberta
Yes	88.6	86.9	86.5	83.5	86.5
No	11.4	13.1	13.5	16.5	13.5

Gender*	Male	Female
Yes	83.9	89.4
No	16.1	10.6

Household Income*	Under \$60,000	\$60,000 to \$120,000	Over \$120,000
Yes	78.1	90.5	89.8
No	21.9	9.5	10.2

Religious Participation	2-3 times/month-more	Several times/year	Rarely-never
Yes	86.0	85.5	86.7
No	14.0	14.5	13.3

Education*	High School or less	Some Post-secondary	College-Tech-Trade	University Grad
Yes	81.5	83.3	86.8	91.6
No	18.5	16.7	13.2	8.4

Age*	18-29	30-44	45-64	65 and older
Yes	71.4	90.6	92.8	87.2
No	28.6	9.4	7.2	12.8

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

Discussed Advance Care Planning with Family by Demographic Group (2015)(%)

- A clear majority of Albertans (59.0%) have discussed advance care plans with family members or a close friend.
- No significant regional variations are evident although Edmontonians are more likely to have discussed ACP with family and friends than are other Albertans.
- Gender, income, education and age impact likelihood of having discussed ACP with family or friends. Seniors (74.5%), women (65.6%), upper income earners (62.5%) and university graduates (65.2%) are most likely to have had those discussions. The youth (38.6%), men (52.1%), lower income earners (52.1%), and those without post-secondary credentials are the least likely to have discussed ACP with family or friends.

Region of Province	Calgary	Edmonton	North	South	All Alberta
Yes	56.1	71.6	54.1	54.3	59.0
No	43.9	28.4	45.9	45.7	41.0

Gender*	Male	Female
Yes	52.4	65.6
No	47.6	34.4

Household Income*	Under \$60,000	\$60,000 to \$120,000	Over \$120,000
Yes	52.1	60.4	62.5
No	47.9	39.6	37.5

Religious Participation	2-3 times/month-more	Several times/year	Rarely-never
Yes	61.8	55.6	57.7
No	38.2	44.4	42.3

Education*	High School	Some Post-secondary	College-Tech-Trade	University Grad
Yes	57.2	50.5	59.3	65.2
No	42.8	49.5	40.7	34.8

Age*	18-29	30-44	45-64	65 and older
Yes	38.6	59.5	65.7	74.5
No	61.4	40.5	34.3	25.5

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

Discussed Advance Care Plan with Healthcare Professional by Demographic Group (2015) (%)

- Despite their willingness to discuss advance care planning with family and friends, only about one of every five Albertans (19.1%) have taken the next step and had similar discussions with their physicians or other healthcare professionals.
- No significant regional variations are evident although Edmontonians (22.0%) are slightly more likely than are other Albertans to have discussed advance care planning with a healthcare professional.
- Only religious participation and age significantly impact likelihood of discussing ACP with a healthcare professional, and primarily for seniors (33.3%) who are twice as likely to have done so as are other age groups.

Region of Province	Calgary	Edmonton	North	South	All Alberta
Yes	18.5	22.0	18.1	17.3	19.1
No	81.5	78.0	81.9	82.7	80.9

Gender	Male	Female
Yes	20.6	17.6
No	79.4	82.4

Household Income*	Under \$60,000	\$60,000 to \$120,000	Over \$120,000
Yes	23.9	18.4	14.1
No	76.1	81.6	85.9

Religious Participation*	2-3 times/month-more	Several times/year	Rarely-never
Yes	24.5	18.5	16.5
No	75.5	81.5	83.5

Education	High School or less	Some Post-secondary	College-Tech-Trade	University Grad
Yes	27.4	12.7	20.6	17.9
No	72.6	87.3	79.4	82.1

Age*	18-29	30-44	45-64	65 and older
Yes	16.1	18.3	15.5	33.3
No	83.9	81.7	84.5	66.7

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

Have a Written Advance Care Plan by Demographic Group (2015) (%)

- Slightly more than one-quarter of Albertans (27.8%) currently have a written advance care plan.
- No significant regional variations are evident although Edmontonians are more likely than other Albertans to have a written plan.
- Gender, religious participation and age significantly impact the likelihood of having a written ACP. Likelihood of having a written ACP increases significantly with age, from less than one in ten young Albertans (8.8%) having a written ACP, to over half of all seniors (53.2%) having one. Women (32.2%) are somewhat more likely to have a written ACP than are men (23.5%). Highly religious Albertans (34.0%) are considerably more likely to have a written plan than are non-religious Albertans (22.1%).

Region of Province	Calgary	Edmonton	North	South	All Alberta
Yes	24.1	34.8	26.0	26.9	27.8
No	75.9	65.2	74.0	73.1	72.2

Gender*	Male	Female
Yes	23.5	32.2
No	76.5	67.8

Household Income	Under \$60,000	\$60,000 to \$120,000	Over \$120,000
Yes	24.4	24.8	29.5
No	75.6	75.2	70.5

Religious Participation*	2-3 times/month-more	Several times/year	Rarely-never
Yes	34.0	30.7	22.1
No	66.0	69.3	77.9

Education	High School or less	Some Post-secondary	College-Tech-Trade	University Grad
Yes	32.7	21.4	26.2	31.1
No	67.3	78.6	73.8	68.9

Age*	18-29	30-44	45-64	65 and older
Yes	8.8	25.3	31.4	53.2
No	91.2	74.7	68.6	46.8

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

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

- More than one-third of Albertans (36.0%) currently have a written personal directive (PD).
- No significant regional variations are evident although Edmontonians are more likely to have a written PD than are other Albertans.
- Gender, religion and age significantly impact the likelihood of having a written PD. Likelihood of having a written PD increases with age, from only one of every six young Albertans (16.0%) having a written PD, to almost three of every five seniors (59.9%) having one. Religious Albertans (44.6%) are considerably more likely to have a written PD than are non-religious Albertans (27.2%).

Region of Province	Calgary	Edmonton	North	South	All
Yes	31.5	44.5	33.8	34.7	36.0
No	68.5	55.5	66.2	65.3	64.0

Gender	Male	Femal
Yes	36.3	35.6
No	63.7	64.4

Household Income	Under \$60,000	\$60,000 to \$120,000	Over \$120,000
Yes	34.6	31.2	37.9
No	65.4	68.8	62.1

Religious Participation*	2-3 times/month-more	Several times/year	Rarely-never
Yes	44.6	41.8	27.2
No	55.4	58.2	72.8

Education	High School or less	Some Post-secondary	College-Tech-Trade	University Grad
Yes	39.9	30.0	39.0	35.5
No	60.1	70.0	61.0	64.5

Age*	18-29	30-44	45-64	65 and older
Yes	16.0	34.6	39.7	59.9
No	84.0	65.4	60.3	40.1

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 six Albertans (16.0%) have heard of the term goals of care designation (GCD).
- No significant regional variations are evident although Albertans residing in the province's two largest cities are slightly more likely to have heard the term than are other Albertans.
- No statistically significant differences between demographic groups are evident, although it is interesting to note that seniors (9.8%) are the least likely to have heard the term goals of care designation.

Region of Province	Calgary	Edmonton	North	South	All
Yes	17.3	17.7	13.2	15.4	16.0
No	82.7	82.3	86.8	84.6	84.0

Gender	Male	Female
Agree	15.1	17.0
Disagree	84.9	83.0

Household Income	Under \$60,000	\$60,000 to \$120,000	Over \$120,000
Agree	17.0	15.2	16.0
Disagree	83.0	84.8	84.0

Religious Participation	2-3 times/month-more	Several times/year	Rarely-never
Agree	21.2	12.9	15.0
Disagree	78.8	87.1	85.0

Education	High School or less	Some Post-secondary	College-Tech-Trade	University Grad
Agree	17.0	14.5	13.0	19.4
Disagree	83.0	85.5	87.0	80.6

Age	18-29	30-44	45-64	65 and older
Agree	18.2	14.4	18.8	9.8
Disagree	81.8	85.6	81.2	90.2

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

Demographics (2015) (%)

Area of Province (%)		Gender (%)		Income (%)		Education (%)		Age (%)	
Calgary	28.7	Male	50.8	Under \$60,000	34.2	H-School/less	16.3	18-29	22.7
Edmonton	24.8	Female	49.2	\$60-\$120,000	34.8	Some P-Sec.	22.3	30-44	30.7
North	23.0			Over \$120,000	31.0	Col-Tech-Grad	28.6	45-64	31.9
South	23.5					University Grad	32.8	65 or older	14.8

Mean age = 45 years old

Religious Participation (%)	
2-3/month-more	29.3
Several/year	24.0
Rarely-never	46.7

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

Questions

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?

Have you ever heard of advance care planning?

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?

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?

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?

Do you have an Advance Care Plan written down in any form or format?

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?

Have you heard of the medical term “goals of care designations”?