

Eligibility and Planning

Deciding to move forward

If you have explored information about medical assistance in dying and you feel it may be the right choice for you, you can move to the determination phase.

In this phase, you will:

- have two assessments of your medical condition completed;
- make the formal request for medical assistance in dying;
- observe a waiting period to give you time to think about your decision.

You'll also have the option of talking about changes to your current treatment plan to make sure any pain or other symptoms are being managed. You can change your mind about medical assistance in dying at any time.

The formal request

If you are eligible for medical assistance in dying, you can complete the Record of Request for Medical Assistance in Dying form. This formal request can be made before or after the first assessment for eligibility. It is needed to do the second assessment. The form can be found under "[How do I access medical assistance in dying?](#)" at ahs.ca/maid.

First assessment for eligibility

You will need to be assessed by two doctors or nurse practitioners to see whether you are eligible for medical assistance in dying. Your family doctor can complete the first assessment. If your doctor does not, the Care Coordination Service can arrange for a doctor or nurse practitioner to meet with you and complete the required assessments.

Second assessment

Once the Record of Request for Medical Assistance in Dying form and first assessment are completed, a different doctor or nurse practitioner will do the second assessment. They will meet with you to talk about the results. You can include your family and loved ones in either assessment meeting. They might have questions for you and the healthcare team. If you choose not to include them, AHS will respect this decision.

This information sheet is the third in a series of three about medical assistance in dying. It talks about requesting medical assistance in dying.

Information about end-of-life options can be found in the first resource titled

- *Medical Assistance in Dying—What Are My Options?*

Eligibility criteria are listed in

- *Medical Assistance in Dying—Getting More Information.*



Period of reflection

A ten-day waiting period (called the period of reflection) starts on the day after you sign the Record of Request for Medical Assistance in Dying form. This gives you time to think about your decision. By law, the earliest that the final steps of medical assistance in dying can take place are on the 11th day. If you are expected to lose your decision-making ability or die before this waiting period is up, a shorter period of time can be agreed upon with your healthcare team.

You are protected

The law protects you if you are thinking about medical assistance in dying. AHS supports you and the law by:

- making sure you complete a written, signed, and witnessed form called the Record of Request for Medical Assistance in Dying;
- having two independent doctors or nurse practitioners agree that all of the mandatory eligibility criteria are met;
- letting you know that you can change your mind at any time;
- having a waiting period before continuing with medical assistance in dying;
- telling you that you can withdraw the formal request any time before the medicine that will cause your death is given to you. If you don't withdraw the request, you must give express consent one more time right before the medicine is given;
- having the doctor or nurse practitioner make sure that you are still able to make healthcare decisions right before the final steps of medical assistance in dying are provided.

What happens if I am eligible?

If both assessments show you are eligible, you can decide whether to move to the action phase. All other available end-of-life choices will be discussed. You will still be able to withdraw your formal request to receive medical assistance in dying at any time in the process. AHS will continue to assist and support you with any referrals to other end-of-life services.



What happens if I am **not** eligible?

If the doctors or nurse practitioners who completed the assessments find you are not eligible, you won't move to the action phase. You will continue to be supported with any other end-of-life services you are using or need.

If you don't agree with the results of the assessment, you are free to seek another opinion.

Planning medical assistance in dying

After two assessments show you are eligible and you have followed the required waiting period, you can choose to move to the action phase. This means your doctor or nurse practitioner will help you to make the detailed plan needed for you to receive the medical assistance in dying procedure. You will be required to sign an informed consent in order to proceed. The Care Coordination Service will be involved as needed.

As a part of your detailed plan, you need to discuss the chosen location, date and method of medication administration. Your healthcare team can help you with all of these matters. You may also wish to consider other matters that require organization.

Respect and dignity

You can change your mind about your end-of-life choices including medical assistance in dying at any time. AHS is committed to supporting your informed healthcare decisions. This means your right to consent to, withdraw from, and refuse healthcare will be respected. AHS is also committed to ensuring your dignity is maintained regardless of your choices, and providing you with our support through your journey.

For further information

Care Coordination Service:

MAID.CareTeam@ahs.ca

Web: ahs.ca/maid



For 24/7 nurse advice and general health information, call Health Link at 811.



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