2. Be assessed.
   We require 2 different doctors or nurse practitioners to assess you separately. This is to make sure you are eligible for MAiD.
   Your family doctor or nurse practitioner might be asked to complete 1 of the 2 assessments. Our central MAiD office arranges the other assessment. The person who does the second assessment is the person who provides MAiD. If needed, we can arrange for both the assessments.
   The 2 people assessing you must agree that you meet all the criteria. If either is not sure, they could ask another doctor to see you. If one or both of these people don’t think you are eligible, we might refer you to another doctor or nurse practitioner.

3. Take time to reflect.
   If you are eligible, you must, by law, wait at least 10 days before MAiD can take place. This time starts from the date you signed the Patient Request Record.
   This waiting period could be shorter in certain situations. Both people who assessed you must agree to shorten the time.

Where can MAiD take place?
MAiD can take place in your own home or in a hospital, hospice, care home, or any place that is meaningful to you.
A small number of care settings do not permit MAiD activities to take place. We work with you and your care setting to support your wishes.

Can I change my mind?
Yes, you can change your mind at any point in the process.

For more Information
- MAiD Care Coordination Centre
  If you have any questions about MAiD or want the Patient Request Record:
  📞 Call: 604-587-7878
  📧 Email: mccc@fraserhealth.ca
- Go to these web sites and search ‘medical assistance in dying’ (or scan the QR code)
  www.fraserhealth.ca    www2.gov.bc.ca
  (tinyurl.com/y54oqbay)   (tinyurl.com/yxht7f49)

If you live outside of Fraser Health, there are MAiD Care Coordination Centres in other BC Health Authorities (Vancouver Island, Vancouver Coastal Health, Interior Health, Northern Health). Visit their website for contact information, or contact us and we can re-direct you.
‘Medical Assistance in Dying’ (commonly called MAiD) is available along with other options for people who are approaching the end of their life. Other care can include keeping the person comfortable, controlling pain, and improving quality of life.

This brochure gives you basic information about MAiD. We encourage you to talk with your loved ones about your wishes. Whatever you decide, we are here to give you the care you need and honour your wishes.

What is ‘Medical Assistance in Dying’?  
This is a legal way of ending a person’s life with medicine given by a MAiD doctor or nurse practitioner.

What if I want MAiD?  
If you think you are eligible and would like to consider MAiD, we suggest you talk to the doctor or nurse practitioner most responsible for your care. You are not required to talk to them. If you prefer, you can contact our central MAiD office directly.

The law allows a healthcare provider to not take part in MAiD. Even if no one on your care team agrees with MAiD, they should give your request to someone who can respond to you.

Who could be eligible for MAiD?  
You could be eligible for MAiD if:

- You have a serious and incurable illness, disease, or disability (‘a grievous and irremediable medical condition’).
- Your medical condition has advanced or declined to the point where it cannot be reversed.
- You suffer unbearably from your medical condition.
- You are able to make your own decisions about your health.
- Your doctors have told you that you can expect to die in the near future.
- No one at any time is pressuring your or influencing you to choose to die.
- You understand what assisted dying means to you and your family.
- You are able to express what you want right up until the time you are assisted to die.
- You have a valid BC CareCard or BC Services Card.
- You are 18 years or older.

A person must meet all the criteria set out in Canada’s law for MAiD.

How do I ask for MAiD?  
If you wish to proceed with MAiD:

1. Complete a Patient Request Record.

Get the form from one of these places:  
- your nurse, doctor, nurse practitioner, or social worker  
- our central MAiD office  
- the B.C. Ministry of Health

Go to tinyurl.com/y5z3grln or scan this QR code to download the PDF file

Ask 2 independent people to witness you signing the form. You and the witnesses must sign the form at the same time on the same day. These people cannot be a direct care provider or identified in your will. If you need someone to act as a witness, please contact our central MAiD office.

Send your completed form to our central MAiD office by secure fax, by Canada Post, or email (less secure).