

## Medical Assistance in Dying

'Medical Assistance in Dying' (commonly called MAiD) is available for people with advanced and progressing illnesses. Other care, along with MAiD, can include keeping the person comfortable, improving quality of life, and talking about their plans for care.

This factsheet 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 choices.

### What is 'Medical Assistance in Dying'?

This is a legal way of ending a person's life. It happens when a doctor or nurse practitioner supplies or gives medicine that intentionally ends a person's life, at that person's request. Only certain doctors and nurse practitioners are allowed to carry out the MAiD procedure.

### What if I want MAiD?

If you are considering MAiD, we suggest you talk to the doctor or nurse practitioner who is 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 must find someone to help you with the request process.

### Who could be eligible for MAiD?

You could be eligible for MAiD if:

- ✓ You have a serious and incurable illness, disease, or disability.
- ✓ Your medical condition has advanced or has 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.
- ✓ No one at any time is pressuring you or influencing you to proceed with MAiD.
- ✓ You understand what assisted dying means to you and your family.
- ✓ You are able to express what you want at the time of both assessments.
- ✓ You are able to express what you want at the time of the procedure.\*
- ✓ You have a valid BC Services Card or are eligible to receive health care in Canada.
- ✓ You are 18 years or older.

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

\*In specific situations, a person can proceed even if they have lost the ability to give final consent.

---

If you live outside of Fraser Health, there are MAiD Care Coordination Centres in BC Health Authorities (Island Health, Vancouver Coastal Health, Interior Health, Northern Health). Visit their website for contact information, or contact us and we can re-direct you.

## How do I ask for MAiD?

### 1. Complete a MAiD Request form.

Get the form from one of these places:

- your nurse, doctor, nurse practitioner, or social worker
- our MAiD office
- the B.C. Ministry of Health

Go to [tinyurl.com/y5z3grln](https://tinyurl.com/y5z3grln) or

scan this QR code to download the PDF file



Ask one person to witness you signing the form. You and the witness must sign the form at the same time on the same day. The witness must be 18 years or older and understand what it means to ask for MAiD. The witness can be a paid professional care provider. Read the form carefully. Contact our MAiD office if you have questions or need help finding someone to act as a witness.

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

### 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. We call each an “assessor”.

Your family doctor or nurse practitioner might be asked to be one of the assessors. Our MAiD office arranges for your second assessment. This assessor is the one who provides MAiD. If needed, we can arrange for both assessors if none of the care providers already known to you are willing to complete an assessment.

The 2 assessors must agree that you meet all the criteria. If either assessor is not sure you are eligible, we could ask another doctor or nurse practitioner to see you.

## What happens next?

Your assessors determine if your natural death is expected in the near future or not. If they agree it is expected soon, there is no waiting period before the procedure can happen. If they agree your natural death is not expected soon, an expert in your illness must be consulted. If approved, you must then wait 90 days before MAiD can happen. The wait starts from the date of your first medical assessment.

## Where can MAiD take place?

The procedure can take place in your own home or in a hospital, hospice, long-term 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 others involved in your care to arrange for you to move to another location, if needed.

## Can I change my mind?

Yes, you can change your mind at any point in the process – even right before the procedure.

---

## For more Information

### MAiD Care Coordination Centre

If you have any questions about MAiD or want the MAiD Request form:

 Call: **604-587-7878**

 Email: **mccc@fraserhealth.ca**

Go to these web sites and search ‘medical assistance in dying’, use the shortened web addresses, or scan the QR code

[www.fraserhealth.ca](http://www.fraserhealth.ca)  
([tinyurl.com/y54oqbay](https://tinyurl.com/y54oqbay))

[www2.gov.bc.ca](http://www2.gov.bc.ca)  
([tinyurl.com/yxht7f49](https://tinyurl.com/yxht7f49))

