

## Period of reflection

If the assessments determine you are eligible for Medical Assistance in Dying, federal law requires a 10-day 'period of reflection' before Medical Assistance in Dying can take place. This period begins when you complete the Patient Request Record form. The waiting period can be shortened in certain circumstances. You and your doctor or nurse practitioner make this decision together.

You are not required to proceed with MAiD on your first eligible date.

## Where can Medical Assistance in Dying take place?

During the period of reflection your health-care team will work with you to decide where MAiD will take place. The team will help you arrange support or other services to make you as comfortable as possible. You can choose to receive Medical Assistance in Dying in your own home, or in an Interior Health facility. You can also decide if you would like anyone with you when MAiD is administered. MAiD is administered with medications that can be taken by mouth or given intravenously.

## How can I learn more about Medical Assistance in Dying?

Please talk to the doctor or nurse practitioner who is most responsible for your care.

Please understand that doctors and nurse practitioners are not obligated to participate with this process if they do not personally agree with it. However, **they must connect you with other care providers who can help you.**

In addition, you can ask any member of your care team to bring your request to the attention of your doctor or nurse practitioner.

**If you have questions or difficulty accessing information or services related to Medical Assistance in Dying, please contact Interior Health at:**

Phone: **250-469-7073** (Kelowna area)  
**1-844-469-7073** (toll free)

Fax: **250-469-7066**

Email: **MAiD@interiorhealth.ca**

For more information, please visit  
[www.interiorhealth.ca/yourcare/maid](http://www.interiorhealth.ca/yourcare/maid)



**Interior Health**  
*Every person matters*

# Medical Assistance in Dying (MAiD)



Information for  
Individuals and Families

Content adapted from Island Health

## What is Medical Assistance in Dying?

Medical Assistance in Dying is a process in which a doctor or nurse practitioner helps a person who wants to voluntarily and intentionally end their life.

Medical Assistance in Dying has been legal in Canada since June 2016 and is governed under federal law. This law sets out the eligibility requirements and processes under which Medical Assistance in Dying can be provided to an individual.

Seeking Medical Assistance in Dying is a deeply personal decision. It is very important to discuss your wishes with your family members and loved ones, as well as anyone else who can support you.

It is normal to have questions and it is important to know that not every person who inquires about Medical Assistance in Dying will be eligible.

Whatever you decide, your health-care team is here to honour and respect your wishes.



## Who is eligible to receive Medical Assistance in Dying?

To receive Medical Assistance in Dying, you must meet all of the following criteria:

- Have a grievous and irremediable medical condition (illness, disease or disability)
- Be suffering intolerably from this condition
- Be in an advanced state of decline that cannot be reversed
- Be at the point in your condition where natural death is reasonably foreseeable
- Be at least 18 years old
- Be eligible for publicly-funded health services in Canada
- Request assistance without pressure or influence from anyone else
- Give informed consent throughout the process, including at the final moment prior to the provision of MAiD

## How does the process work?

Your doctor or nurse practitioner will discuss your medical condition with you. They will make sure you have considered all the services or treatments that are available to you. These may include comfort care, pain control, hospice care, palliative care or other options.

You do not have to accept any of these services, but it is important you know about them before you pursue MAiD.

## Patient Request Record

When you are ready to submit a formal request for MAiD you can find the Ministry of Health Patient Request Record, as well as additional information about MAiD, at the following internet address:

[www.interiorhealth.ca/yourcare/maid](http://www.interiorhealth.ca/yourcare/maid)

You can submit your fully completed Patient Request Record to your physician or nurse practitioner, or you can fax it directly to the MAiD Coordination Centre using the fax number listed in this brochure.

## Assessment

Once your formal request is received by the MAiD Coordination Centre, two independent physicians and/or nurse practitioners will be coordinated to complete the two required assessments. Once of these assessors may be your physician or nurse practitioner if they choose to participate in MAiD.