



What is Medical Assistance in Dying (MAiD)?

Medical assistance in dying (MAiD) is a procedure in which a patient is given medications to intentionally and safely end their life. MAiD is intended to relieve suffering and ensure quality of living and dying. MAiD is only available at the person's request. There are strict legal criteria to meet.

What are the requirements for a person to receive MAiD?

As of March 17, 2021, the person must:

- Be 18 years of age or older and eligible for publicly-funded health care in Canada.
- Have a serious and incurable illness, disease or disability.
- Be in an advanced state of decline that cannot be reversed.
- Be capable of making your own health-care decisions.
- Have all the information you need to make informed decisions about:
 - your medical diagnoses
 - available forms of treatment, and
 - available options to relieve suffering, including palliative care.
- Must be experiencing physical or mental pain from your condition that is unbearable and cannot be helped in a way that is acceptable to you, and
- Must make a voluntary, written request for MAiD. You must do this willingly, without pressure or influence from other people.

What is important to know?

- A request for MAiD must be in writing.
- The request must be signed by an independent witness. This witness must:
 - Be a paid professional health care worker or personal care worker.
 - Not be a person who will benefit from the person's death.
 - Not be an owner or operator of a health care facility where you live or receive care.
- Two independent doctors or nurse practitioners must assess the person. These assessments are to determine if the person meets the above criteria



How the eligibility assessment for MAiD is performed?

You will have at least two independent assessments to see if you meet the legal criteria for MAiD. The doctor or nurse who usually looks after you may be able to do one of the assessments. You may need assessments by other health-care professionals to help determine if you meet the eligibility requirements for MAiD.

Both assessors must agree that you are eligible to receive MAiD. Each assessment can take up to 1 to 2 hours. The assessment includes:

- a review of your medical history and your current medical situation
- a discussion about treatment options and community supports available to you, including palliative care
- an assessment of your ability to make decisions
- a limited physical examination
- a detailed explanation of the MAiD process including which pathway you will follow based on whether your death is reasonably foreseeable, and
- an opportunity to answer any questions or concerns you or your loved ones may have

What does it mean to be capable of making your own health-care decisions?

To be capable of making decisions about your health you must:

- Be able to understand and remember information
- Appreciate what could happen because of your decisions

Your medical condition can change very quickly. This can cause you to lose your ability to make decisions. If you are at risk of losing capacity because of your condition, your MAiD assessor will discuss what options may be available to you.

Is MAiD appropriate for someone living with dementia?

MAiD is a complex and very personal issue. It is difficult to predict how dementia might progress. Many people continue to live well with dementia. Speak to a healthcare provider and members of your care team about options and wishes. Reach out to people in your life who are supportive and caring. No one should face these decisions alone.

How can I find out if I am eligible for MAiD?

Talk to your healthcare provider. Usually, this would be your family doctor. If you do not have a family doctor, you may speak to the physician or nurse practitioner who is most responsible for your care. You may also self-refer to The Champlain Regional MAiD Network: maid@toh.ca.

Can I change my mind about receiving MAiD?

Yes. You can change your mind at any time, for any reason. Simply tell your doctor, nurse, or a member of the Champlain MAiD Network that you do not wish to continue with MAiD.

What if I am not eligible for MAiD?

If you are not eligible for MAiD, you will continue to be supported with the compassionate care that you require.

Questions?

For more information about MAiD, contact The Champlain Regional MAiD Network: maid@toh.ca. Reach out to the Dementia Society of Ottawa and Renfrew County for guidance and support.

MAiD Resources

- [Government of Canada – MAiD](#)
- [Ministry of Health and Long-Term Care – MAiD](#)
- [Bill C-14](#)
- [The Ottawa Hospital-MAiD](#)
- [Canadian Association of MAiD Assessors and Providers](#)
- [Bereaved Families of Ontario, Ottawa Region](#)
- [Canadian Hospice Palliative Care Association](#)
- [Canadian Virtual Hospice](#)
- [Champlain Hospice Palliative Care Program](#)
- [Information for patients who are not eligible](#)
- [MAiD Grief and Bereavement Resource](#)

References

1. Alzheimer Society of Canada. Medical Assistance in Dying. Retrieved June 8, 2021, <https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/end-life-care/medical-assistance-dying>
2. Government of Canada. Medical Assistance in Dying. Retrieved May 31, 2021, <https://www.canada.ca/en/health-canada/services/medical-assistance-dying.html>
3. The Ottawa Hospital. Medical Assistance in Dying information. Retrieved May 31, 2021. <http://www.ottawahospital.on.ca/en/clinical-services/deptpgrmcs/departments/medical-assistance-in-dying-maid/information-for-patients-and-loved-ones/>
4. Ontario Ministry of Health. Medical Assistance in Dying information. Retrieved June 5, 2021. <https://www.health.gov.on.ca/en/pro/programs/maid/>
5. Canadian Association of MAiD Assessors and Providers. Medical Assistance in Dying (MAiD) in Dementia. Retrieved June 1, 2021. <https://camapcanada.ca/wp-content/uploads/2019/05/Assessing-MAiD-in-Dementia-FINAL-Formatted.pdf>