

# Medical Assistance in Dying (MAID)

## Information for Patients and Families

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The term medical assistance in dying, or MAID for short, describes the situation in which a doctor or nurse practitioner provides or gives a substance to a person, at their request, that causes their death.

**MAID** is legal in Ontario for individuals who meet the eligibility criteria. You need to meet all of the following requirements:

- You have a provincial health card.
- You are at least 18 years of age.
- You understand the information and appreciate the consequences of making decisions about your health (this is referred to as being capable).
- You have a serious and incurable illness, disease or disability (legally referred to as a grievous and irremediable medical condition).
- Your request is voluntary and not being made as a result of external pressure.
- You give informed consent after being informed of methods to relieve your suffering, including palliative care.
- You are in an advanced state of irreversible decline in capabilities.
- Your natural death is reasonably foreseeable.
- You are experiencing physical or psychological suffering that is enduring

and intolerable, and it cannot be relieved under conditions that you consider acceptable.

### Things you should know

- Only you can consent to MAID. If you are not capable, someone else cannot make this decision for you.
- You cannot write down your wishes for MAID in advance. You need to be capable of consenting on the day you wish to die with MAID.
- Another person can sign the written request for MAID if you meet the eligibility criteria and are unable to sign.
- Your written request for MAID needs to be witnessed and signed by two people who are neither members of your care team nor any person who is considered to benefit from your death (such as a benefactor in your will).
- Two separate assessors must meet with you independently to confirm that you meet eligibility criteria.
- If your request for MAID is declined, you can ask for another assessment.
- You can have family and friends present for MAID. The health care team will help prepare you and them.

- There is a 10 day waiting period between the day you sign the request and when you become eligible to receive MAID. This may be reduced in cases where death or loss of capacity is imminent. Your health care team will coordinate the date of the MAID procedure collaboratively with you, your assessor and your family.
- You can change your mind at any time, for any reason.
- MAID does not change your access to other medical treatments, including palliative care. If you pursue medical assistance in dying you will still receive palliative care and other treatments in accordance with your goals of care.

Talk to your doctor, nurse practitioner, or care provider about your options for medical treatment and care, including medical assistance in dying. If you do not have a doctor, you can call **310-2222** (no area code required) for a referral.

If your health care provider does not provide MAID information or services, it is their responsibility to refer you to a doctor or nurse practitioner who is available and willing to assess your eligibility.



### Questions?

- Talk to your physician, nurse practitioner or care provider
- For residents of Waterloo Wellington, call the Regional MAID Care Coordination Service at 310-2222 (no area code required).
- Any Ontario resident can call the Provincial MAID Care Coordination Service at: **1-866-286-4023**

### Contact Information

If you have any questions regarding this service, please contact: **310-2222** • [ontariohealthathome.ca](https://ontariohealthathome.ca)