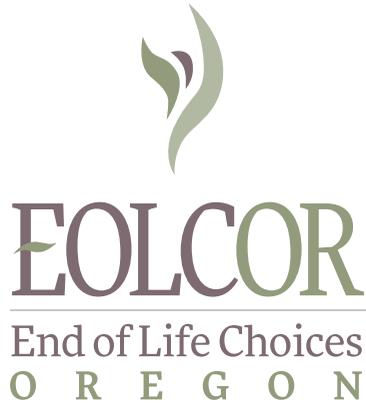


Client Packet

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End of Life Choices Oregon
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All Conversations, Requests and Records are Confidential

End of Life Choices Oregon (EOLCOR) is a non-profit organization that counsels and supports people as they explore end-of-life options. Our guiding principles are patient autonomy and choice in end-of-life care. We provide information to terminally ill Oregonians regarding end-of-life choices, including Oregon's Death With Dignity Act (DWD), hospice and palliative care (symptom management), refusal or withdrawal of medical treatment, and voluntarily stopping eating and drinking (VSED).

We offer the following:

- Experienced volunteers to answer your questions in person and provide detailed information on end-of-life choices in person or by phone;
- Suggestions for conversations with physicians and other healthcare providers. If your physician is unwilling to support your choices, let your volunteer know;
- Information on end-of-life choices for all of your health care providers;
- Information on pharmacies that will fill the life-ending prescription, if you choose to use DWD;
- Experienced volunteers who can be with you and your support circle if you take medication for a planned death.



EXPLAINING OREGON'S DEATH WITH DIGNITY ACT (DWD)

What are the eligibility requirements?

DWD allows physicians to prescribe life-ending medication for terminally patients. To be eligible to use Oregon's law, you must:

- Be 18 years or older;
- Be a resident of Oregon;
- Have been diagnosed by two doctors with a terminal illness, i.e., it is more than likely to end your life within 6 months;
- Be capable of making your own healthcare decisions when requesting the medication and when taking the medication;
- Be capable of ingesting the medication without assistance.

Two Oregon physicians must agree that you are eligible to use the law. One physician prescribes the medication, and the other physician gives a consulting opinion. If either physician questions your judgment in making the request, a psychiatrist or psychologist must evaluate your mental capability.

If I'm eligible for hospice, do I qualify for the law?

Eligibility to use the law is not always the same as eligibility for hospice.

What if I change my mind about using the law?

You may change your mind any time; this option is always your choice.

What is the process for aid in dying?

You must make 3 requests to your physician, i.e., 2 verbal and 1 written. The written request is the "Request for Medication" and must be dated after you have seen both doctors. Only you can make these requests; they cannot be made by anyone else, nor through an Advance Directive.



EXPLAINING OREGON'S DEATH WITH DIGNITY ACT (DWD)

What about the medication?

There are several medications that your prescribing physician will discuss with you.

- You must be able to self-administer the medication either by swallowing or by using a feeding tube;
- Your physician must mail or hand-carry the prescription to the pharmacy;
- A person you designate may pick up the medications;
- Depending on your insurance policy, the cost of the medication and / or physician visits may or may not be covered;
- There is NO obligation to fill the prescription or take the medication.

How is End of Life Choices Oregon involved?

Experienced volunteers are available to meet with you or talk with you by phone. Our volunteers can answer questions and address concerns about DWD. Although it is your choice, we recommend that your volunteer be present at the time you to take the medication.

EOLCOR medical directors are available to talk with physicians and healthcare providers to explain the requirements of the law. If your current healthcare providers are not able or willing to participate in the law, let us know.

How do I talk with my physician about using the DWD?

Many people feel anxious about talking to their physician about aid-in-dying. By discussing your choices early in your illness, you are more likely to have time to ensure that your end-of- life wishes are honored. Suggestions for discussions with your physicians:

“I would like to have the option of using Oregon’s DWD Act. Am I eligible?”

- If yes, “Will you be one of the two participating physicians? Will you record that I asked on this date to use the DWD Act and that I’m eligible?”
- If no, “Will you record that I asked to use the DWD Act and that I’m eligible? Will you refer me to a doctor who will participate?”



TIMELINE: DEATH WITH DIGNITY ACT (DWD)

During the 15 day minimum waiting period (usually takes longer)...

1st Oral Request:

Begins the 15 day waiting period; count from the following day.

- Must be a definite request for life-ending medication;
- Must be recorded in the medical record;
- Can be made to either the prescribing or consulting physician, as long as the prescribing physician accepts it as valid.

Prescribing Physician (MD or DO)

- Certifies eligibility to use the law;
- Collects consulting physician form and client's Request for Medication form;
- Writes prescription after 2nd Oral Request and 48 hours after the date on the Request for Medication form;
- Mails or hand-carries prescription to pharmacy.

Consulting Physician (MD or DO)

- Certifies eligibility to use the law;
- Sends Consulting Physician form to prescribing physician.

Client (Patient)

- Completes the Request for Medication form after having seen both physicians; read instructions on form carefully;
- Submit this form to the prescribing physician;
- Prescription may be written 48 hours after the date on the Request for Medication form; if possible, complete it at least 48 hours before the 2nd oral request, so prescription can be written the day of the 2nd Oral Request.



TIMELINE: DEATH WITH DIGNITY ACT (DWD)

2nd Oral Request

- Made to the prescribing physician at least 15 days after 1st oral request;
- If prescribing physician agrees, 2nd oral request may be made by phone;
- Prescription can be written the day of the 2nd oral request if the Request for Medication form is dated at least 48 hours before the 2nd Oral Request.

Psychiatric Evaluation

If either physician questions the client's judgment in making a request for DWD, a psychiatrist or psychologist must ascertain that their patient's judgment is intact.

Pharmacy

- Prescription can be filled immediately or left at the pharmacy until requested;
- Prescription expires after six months;
- Medication must be ordered in advance and is usually available within a few days;
- Not all pharmacies fill the prescription;
- Not all pharmacists within a pharmacy participate;
- Medication prices vary;
- Check with your insurance company for coverage;
- Pharmacist must complete a form that goes to Oregon Health Authority.

The minimum legal time for the DWD process is 15 days. Realistically, it can take up to four to six weeks to complete.

YOU MAY WITHDRAW YOUR REQUEST AT ANY TIME

For Your Records

Prescribing physician: _____

Consulting physician: _____

Date of 1st verbal request: _____

Date of 2nd verbal request: _____

Date Request for Medication was signed and witnessed: _____



CHECKLIST: END OF LIFE PLANNING

Planning for the end of life allows individuals to spend their final days with friends and loved ones, focusing on the present. Informing family and friends of your wishes ahead of time relieves them of the possible burden of making decisions about your final arrangements.

Consider whether the following common tasks are appropriate for your situation:

- Advance Directive
- POLST (Physician Orders for Life-Sustaining Treatment)
- Last will and testament or living trust
- Life insurance policies
- Durable Power of Attorney
- Health Care Power of Attorney
- Memorial service, Celebration of life and / or funeral arrangements
- Detailed instruction regarding finances (bank accts., passwords, pensions, investments, property, etc.)

EOLCOR volunteers support you through your end-of-life choices.

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