



Thank you for contacting End of Life Washington. Whether you reached out to us to be connected with a volunteer, or to request information, we hope that you find the enclosed documents helpful.

End of Life Washington envisions a world where people understand their end-of-life choices and can die on their own terms, without barriers. There is never a fee for any service we provide.

Our volunteers are trained and educated to be a resource for you regarding:

- End of Life options in Washington State
- Steps to access the Death with Dignity Act
 - Help with discussing medical aid in dying with those important to you
 - Locating physicians and pharmacists who will support your rights
 - Preparing the life-ending medication
 - Being present with you and your support team on the day of ingestion
 - Discussing ways to control the manner and timing of death

Please visit our website: www.endoflifewa.org. It contains client resources, links to related websites, and other documents you might find useful.

If you have any questions, please contact our office at 206.256.1636. We maintain strict confidentiality with all contacts and information.

Death with Dignity Checklist

Do you qualify? You must be...

- A resident** of Washington (contact us for more information if you are outside the state)
- 18 years** of age or older
- Mentally competent to make an informed decision** at the time of your request
- Terminally ill** with a life expectancy of 6 months or less
- Able to self-ingest** the medications (contact us if you are unsure)

Requirements of the law:

- An **Attending (Prescribing) Physician (AP)** who writes the prescriptions
- A **Consulting Physician (CP)** who verifies the diagnosis and prognosis
- Two oral requests** for DWD a minimum of 15 days apart
- A **written request** for life-ending medications (on our website and included here)

Step-by-step instructions

- Step 1.** Make a clear request to use the WA Death with Dignity law to any medical doctor (MD) or osteopathic doctor (DO), and be sure it is recorded in your medical record.
- Step 2.** Identify and schedule a visit with an MD or DO who is willing to act as the Attending (Prescribing) Physician.
- Step 3.** Identify and schedule a visit with an MD or DO who is willing to act as the Consulting Physician.
- Step 4.** After seeing both AP and CP, complete the written request for medications and return it to the AP. Important: Be sure it is witnessed by two people at the time of signing.
- Step 5.** At least 15 days after the first oral request was recorded, make a second oral request for DWD to the Attending (Prescribing) Physician.

Medication

- The Medication is mixed in 2 ounces of liquid, and ingested.
- DDMAPh is compound mixture of digoxin, diazepam, morphine, amitriptyline, and phenobarbital
- The prescription is good for 6 months and the approximate cost \$750 - \$850 at a compounding pharmacy

End of Life Washington services

- There is never a fee for our services
- We can help you find supporting physicians.
- We can be there for you, and the person or people you choose to be with you, should you decide to take life-ending medications.
- Our Volunteer Client Advisers (VCAs) can mix the medication for you
- Submit an online support request form at www.endoflifewa.org or call us at **206.256.1636**

Making Your First Oral Request

A first oral request is a documented request that starts the 15-day timeline required by law to receive the Death with Dignity prescription.

- Start by talking to your Primary Care Physician, Specialist, Palliative Care or Hospice Physicians. The physician must be a licensed Washington MD or DO, and does not have to be involved further in the Death with Dignity process.
- All Washington state MD's and DO's should record a First Oral Request, however not all are willing.
- Ask your physician to document your first oral request in your medical record, using the language in the box below.

“Please write in my medical record that today I made a first oral request for life-ending medication under the Death with Dignity Law.”

If they agree to document your request, ask, **“Will you support me as I seek out Death with Dignity?”**

- If the physician will not or cannot support you, ask, “Can you refer me to a physician who will support me?”
- If they will not or cannot refer you, you can go to another one of your physicians, or consult with your End of Life Washington volunteer.

Options for Clients Who Cannot Swallow

Death with Dignity is legal even if a person cannot swallow or can no longer eat. The medication can be self-administered through a feeding tube or rectal tube. Modes of self-administration include: pushing on a syringe into a tube; opening a stopcock or removing a clamp on a gravity fed bag; or turning on a switch for a device set to administer the medicine.

Work with physicians and the care team to determine the most appropriate mode of self-administration. End of Life Washington has additional resources available at <https://endoflifewa.org/medical/> or by reaching out to us at 206.256.1636.

Ingesting through a tube: For people with feeding tubes or rectal tubes, it is generally easy to administer the aid-in-dying medications.

- Pour 3 ounces of water into the bottle of powdered medication, recap, and shake vigorously for 30 seconds. Depending on the method of administration, immediately pour into a previously-flushed gravity feeding bag OR pour into a wide mouth glass or measuring cup and draw the medication into 2 funnel-tipped 60 ml syringes. This may be done by a caregiver or the Volunteer Client Adviser.

When the Client is ready:

- Attach a syringe directly to the feeding or rectal tube: Insert the first syringe into the feeding or rectal tube. Someone can help insert and/or hold the syringe in the tube, but the patient must press the plunger. The patient should empty the syringe in 1-2 minutes, then repeat the process with the second syringe. Once completed, clamp the tube to prevent leakage; flushing is not necessary.
- Gravity-feeding bag apparatus: Alternatively, the aid-in-dying medications can be ingested through the feeding tube using a previously flushed gravity-feeding bag. Empty the just-mixed bottle of medication into the feeding apparatus (bag or open-syringe set-up) while the apparatus tubing to the patient's feeding tube is still clamped. The patient must self-administer the medicine by opening the valve or clamp.

HOW YOU CAN HELP END OF LIFE WASHINGTON

When you make a donation or planned gift to End of Life Washington, what matters to you carries on in the service of others.

With your help, End of Life Washington educates the public, builds partnerships with health care providers, advocates for patients' rights, and provides services and resources — free of charge — to incurably and terminally ill people and their loved ones.

We are the only organization in the State of Washington that upholds the rights of qualified terminally ill adults to use Washington's Death with Dignity Act.

End of Life Washington depends almost entirely on gifts from people like you. Your tax-deductible gift will be used to continue EOLWA's profound sense of care, commitment to reducing suffering at the end of life, and dedicated statewide community of volunteers.

Donate by Mail

Send your check or other donation information to:

End of Life Washington, 9311 SE 36th St, Suite 110, Mercer Island, WA 98040

Donate Online at www.endoflifewa.org

Arrange for a Memorial Request

Place a statement in your obituary requesting that memorial donations or remembrances be sent to End of Life Washington, 9311 SE 36th St, Suite 110, Mercer Island, WA 98040.

Give a Legacy Gift

- Make a bequest to **End of Life Washington** through your will
- Set up a charitable trust
- Make **End of Life Washington** a beneficiary of your life insurance
- Name **End of Life Washington** as a beneficiary of your retirement account

Employee Giving Programs

We participate in several employee giving programs including the Washington State Combined Fund Drive (0316183), King County Employee Giving Program (9161), and the City of Seattle Combined Charities program. You can also designate your United Way contribution.

Matching Gifts

Make a gift that will be matched. Contact your company's matching gifts program.

Donate Stock

To donate stock, contact Schwab. You will need this information:

Account Name: End of Life Washington

Account Number: 27784750

EIN: 91-1412987

DTC: Clearing 0164, Code 40

Make a Qualified Charitable Distribution

This can be done from your IRA if you are 70 ½ years old or older.

Volunteer

When the time is right, check back in with us to find the right way to participate. Our work would not be possible without the service and dedication of our volunteers.