



THE WASHINGTON DEATH WITH DIGNITY ACT AN OVERVIEW FOR PATIENTS AND FAMILIES

An End of Life Washington volunteer can help you navigate this process, locate providers who are willing to honor your choice. EOLWA volunteers can be present at the time of death, should you request it. Please call End of Life Washington early in your terminal diagnosis so that you have time to complete this process.

Eligibility:

- ◆ Must be an adult Washington State resident.
- ◆ Diagnosed by a provider as terminally ill, with disease or condition that will cause death within six months.
- ◆ Have decision making capacity, capable of making an informed decision.
- ◆ Able to self-administer the prescribed dose of aid-in-dying medication.

PROCEDURES FOR REQUESTING AID-IN-DYING MEDICATION:

1. Ask your primary care provider or specialist if they will support your decision to obtain aid-in-dying medication and write the prescription. The provider who writes your prescription is called the "Attending Provider." If they decline, ask if they would be your Consulting Provider.
2. Make a first oral request for the Death with Dignity Act (DWDA) prescription. Ask your provider, even if they have declined to participate in DWDA, to document your first oral request in your medical record.
3. You must have two providers: an Attending (prescribing) Provider and a Consulting Provider to confirm your diagnosis, prognosis, and mental capacity. Providers can be Medical Doctors (MD), Osteopathic Doctor (DO), Advanced Registered Nurse Practitioner (ARNP), or a Physician Assistant (PA)
4. After you have seen the Attending Provider, complete a *Written Request for Medication* form. This form must be signed by two qualified witnesses. Only one of two witnesses may be a relative by blood, marriage, or adoption of the person signing this request, or be entitled to any portion of the person's estate upon death. Only one of the two witnesses may own, operate, or be employed at a healthcare facility where the person is a patient or resident. When the form is completed, give it to your Attending Provider.
5. Make a second oral request to the Attending Provider, no sooner than 7 days after the first oral request and ask your Attending Provider to document your request in the medical record.
6. As long as you have completed all the steps the Attending Provider can write the prescription, you may obtain the medication(s) from a participating compounding pharmacy. You or someone you designate may pick up the prescription or the prescription can be delivered to you. You can leave the prescription on file with the pharmacy for up to six months, until you are ready to fill it (check with the pharmacist).

Recommendations to Clients:

- ◆ When you have a life expectancy of six months or less, request a referral to hospice from your provider.
- ◆ Complete your Will, Health Care Directive, Durable Power of Attorney for Health Care, and Provider Orders for Life-Sustaining Treatment (POLST) form.
- ◆ If you think you want access to medical aid in dying, start the process early; it often takes 2-3 weeks to complete all the steps.
- ◆ Maintain the confidentiality of participating providers and pharmacists

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