

# Medical Assistance in Dying (MAID)

In June 2016, the California legislature passed into law the California End of Life Option Act (EOLOA) which allows terminally ill adults who meet specific criteria to request medication from their physician to end their life.



## Eligibility:

**Terminally Ill Adults:** Only CA residents who are 18 years or older can qualify.

**Terminal Illness:** A doctor must certify the patient has a terminal illness with a life expectancy of six months or less if the disease runs its normal course.

**Mental Capacity:** Must be mentally capable of making their own healthcare decisions and understand the nature and consequences of their request.

## Benefits

**Pain and Symptom Control:** MAID can offer a way to achieve a peaceful death and avoid prolonged suffering.

**Increased Autonomy and Control:** MAID can empower terminally ill patients to choose the timing and manner of their death.

**Reduced Burden on Family:** MAID may provide relief for families knowing their loved one is no longer suffering.

**Psychological Distress:** MAID can offer a sense of peace and closure for terminally ill patients experiencing anxiety or fear about their impending death.

## Process:

**Voluntary Request:** The decision to request aid-in-dying medication must be voluntary and without coercion.

**Informed Consent:** The law mandates a detailed informed consent process. The doctor must discuss all end-of-life options with the patient.

**Waiting Period:** There's a mandatory waiting period of at least 48 hours between the initial verbal request and the written request for the medication.

**Consulting Physician:** A second consulting physician must confirm the diagnosis and the patient's capacity to make the decision.

The law requires the patient to self-administer the medication and the medication provided must be sufficient to cause death in a single ingestion. If all the EOLOA provisions are followed, the patient's death is not considered suicide but rather the results of the underlying terminal illness.

Compassion & Choices (<https://www.compassionandchoices.org/>) is a leading advocacy organization for end-of-life options, including MAID. Their website provides comprehensive information about MAID laws by state, patient eligibility, and the process involved.



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