

END OF LIFE CHOICES

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You have the right --

- To be fully involved in decisions about end of life care
- To refuse or withdraw unwanted medical treatment including food and fluids
- To designate a proxy to make your medical decisions if you cannot
- To have your advance directives followed
- To end your own life without assistance and to have someone present; to use services of the Final Exit Network
- To be as pain free as possible including receiving palliative sedation
- To move to Oregon, Washington or Montana; to use Dignitas in Switzerland
- To change doctors

Write down and discuss these options with loved ones and caregivers:

- Your medical and long-term care insurance
- Your assets are and where to find them
- Whom you designate to speak for you (and alternates) for health care – and finances
- Treatments you want under what circumstances including CPR and food and fluids
- What you want done with your body; what kind of service you want

Documents:

- **Advance Directive** Obtainable at hospitals or at www.caringinfo.org – Distribute copies to anyone involved in your care. Revise periodically.
- **Do Not Resuscitate (DNR) Order** (must be signed by a doctor) To order this form, contact: California Medical Association / Publications Department / P.O. Box 7690 / San Francisco, CA 94120-7690 or call (415) 882-5175
- **POLST** (Physician's Order for Life Sustaining Treatment) An order from your doctor stating your end of life wishes. Complete in last year of life. (www.chcf.org)

Books:

- ***To Die Well*** by Sidney Wanzer MD and J. Glenmullen MD DaCapo Press 2007
- ***Final Exit, Third Edition*** by Derek Humphry 2007 Also a DVD. www.finalexit.org

Organizations:

- **Final Exit Network** Will provide personal information and support to people whose suffering is unbearable and are considering a hastened death. www.finalexitnetwork.org or 866-230-2471
- **Compassion and Choices** Attempts to legalize physician aid in dying; offers services to terminally ill patients Also for information on using the Oregon, Washington and Montana Death with Dignity laws. www.compassionandchoices.org or 800.247.7421
- **World Federation of Right to Die Societies** Supports international organizations advocating for choice and dignity at the end of life. www.worldrtd.net
- **Dignitas** Swiss organization that provides assisted dying to non-citizens. www.Dignitas.ch
- **Death with Dignity National Center:** Works on changing the law www.deathwithdignity.org
- **Hospice.** See local yellow pages
- **Hemlock Society of San Diego:** Meetings, information, books 619-233-4418 or www.hemlocksocietysandiego.org

