

IT'S YOUR LIFE. IT'S YOUR CHOICE.



Dying With Dignity Canada

500 - 1835 Yonge Street

Toronto, ON M4S 1X8

Tel: 1-800-495-6156

info@dyingwithdignity.ca

Dying With Dignity Canada British Columbia Resources

(Many listed at <https://www.dyingwithdignity.ca/education-resources/british-columbia-support-directory/>)

DWDC website (www.dyingwithdignity.ca) contains many resources, including:

- MAID assessment guide (<https://www.dyingwithdignity.ca/education-resources/maid-assessment-guide/>)
- ACP toolkit (<https://www.dyingwithdignity.ca/education-resources/advance-care-planning-kit/>)
- Patient Rights Guide (<https://www.dyingwithdignity.ca/education-resources/patient-rights-guide/>)
- What to Expect at a MAID Death (<https://www.dyingwithdignity.ca/education-resources/what-to-expect-at-a-maid-death/>)

Medical Assistance in Dying (MAID)

BC Ministry of Health

www2.gov.bc.ca/gov/content/health/accessing-health-care/home-community-care/care-options-and-cost/end-of-life-care/medical-assistance-in-dying

Website describes how the MAID process works in the province, with links to each health authority.

BC MAID Forms

www2.gov.bc.ca/gov/content/health/accessing-health-care/home-community-care/care-options-and-cost/end-of-life-care/medical-assistance-in-dying/forms

Links provided to Form 1632 (*Request for Medical Assistance in Dying*), Form 1645 (*Waiver of Final Consent*) and forms used by MAID assessors.

Government of Canada MAID Legislation

www.canada.ca/en/health-canada/services/medical-assistance-dying

Provides an overview of the federal legislation.



Special Joint Committee on Medical Assistance in Dying

www.parl.ca/Committees/en/AMAD

Provides links to the presentations made to the committee developing changes to MAID legislation in 2023.

Fourth Annual Report on MAID

<https://www.canada.ca/en/health-canada/services/publications/health-system-services/annual-report-medical-assistance-dying-2022.html#a4.5>

Provides MAID statistics across Canada up to the end of 2022.

Virtual Hospice

www.virtualhospice.ca/MAID

Offers guidance on how to have difficult discussions with friends and family about MAID.

Bereavement Services

BC Bereavement Helpline

A non-profit, free, and confidential service that connects the public to comprehensive local and provincial grief support services within BC. It is the only free, grief-specific helpline in Canada and is a valuable resource, no matter the cause of death. As well as information and referral, volunteers provide compassionate listening by phone, Monday through Friday from 9am to 5pm

Phone: 604-738-9950 or **toll free** at 1-877-779-2223. **Email** contact@bcbh.ca.

Canadian Grief Alliance (CGA)

www.virtualhospice.ca/canadian-grief-alliance/en/who-we-are/

A group of leading grief specialists and more than 150 national and provincial organizations that are encouraging the government to adopt a proposal to address national gaps in grief services that are leaving hurting Canadians unsupported in their grief. *The Helpline covers post-death grief but, for many, grief begins while watching a loved one suffer during their last days.*

Bridge C-14

www.bridgec14.org

Founded on the need for access to peer-to-peer group support for those with lived MAiD experience, as well as to provide information about MAID and support to individuals considering it as an option.

MAID Family Support (formerly **Bridge 4 You**)

<https://maidfamilysupport.ca>

Provides compassionate, lived experience one-on-one support and connection to people helping a loved one who is considering or planning for MAID or those who are grieving a loss due to MAID.

Victoria Hospice (Victoria and area residents only)

victoriahospice.org/how-we-can-help/bereavement-services/

People in Greater Victoria facing advanced stages of any progressive illness may register for Victoria Hospice care, provided that patients, family members and physicians all understand and agree that the focus of care should now be on comfort instead of cure. Typically, patients have a prognosis of 6-12 months. They can register with Victoria Hospice even before any of the services are actually required.

Phone: 250-519-3040

Email: Hospice.Bereavement@viha.ca

Victoria Hospice's Bereavement Services are available to registered patients and families and to the general public who are struggling with loss [250-519-3040](tel:250-519-3040).

Support Groups

Dying With Dignity Canada

support@dyingwithdignity.ca

Offers general information and guidance on end-of-life issues and MAID.

Phone: (416)-486-3998

Toll Free: 1-800-495-6156

bc211

www.bc211.ca/home

A non-profit organization that specializes in providing information and referral regarding community, government and social services in BC. bc211 will monitor calls and online applications for the Safe Seniors, Strong Communities Program, both from seniors wanting help and from volunteers willing to step up.

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Family Caregivers of BC

www.familycaregiversbc.ca/about-family-caregivers-of-british-columbia/

A registered non-profit dedicated 100% to supporting family caregivers.

Support line: 1-877-520-3267

Phone: 250-384-040

Lower Mainland Grief Recovery Society (LMGRS)

www.lmgr.ca

A non-profit organization that has been organizing grief support groups in the Vancouver area since 1990. Trained and experienced facilitators walk with participants on a journey through healing by offering coping tools, support and the chance to share feelings and stories.

Email: lmgr@lmgr.ca

Phone: 604-696-1060

Disability support services

[Aboriginal Network on Disability Society \(BCANDS\)](#)

Advance Care Planning resources to supplement DWDC's ACP Kit

[BC Ministry of Health Guide to Advance Care Planning](#)

This guide and workbook will help individuals complete an Advance Care Plan that outlines their wishes about health care decisions in the event they are unable to do so.

Nidus

www.nidus.ca/

A Latin term for nest: a symbol of safety, support and self-development. Nidus provides information, education, and support for people to make and use Representation Agreements, Advance Directives and Enduring Powers of Attorney. You can also register your end-of-life documents with Nidus.

Email: info@nidus.ca

Toll Free: 1-877-267-5552

BC Cancer Advance planning

<http://www.bccancer.bc.ca/health-info/coping-with-cancer/advance-care-planning>



Health Care

HealthLink BC

www.healthlinkbc.ca

24/7 Health Advice You Can Trust

This site includes medically-approved information on over 5000 health topics, symptoms, medical tests, medications, and tips for healthy eating and lifestyle choices. For information on Medical Assistance in Dying on this website, go to the alphabetical list of health topics and look under "M" or go to: <https://www.healthlinkbc.ca/health-topics/tu6112>

Call 8-1-1 toll-free in B.C., or for the deaf and hard of hearing, call 7-1-1 or for Video Relay Service, call 604-215-5101

BC Cancer

www.bccancer.bc.ca

BC Cancer's mandate covers the full spectrum of cancer care from prevention, screening, diagnosis and treatment, to research and education, to supportive and palliative care. BC Cancer suggests websites that they have assessed to be useful for patients and families.

NO CPR

<https://www.healthlinkbc.ca/more/health-features/no-cpr-form>

The No CPR Form provides you with a legal option to request that no CPR be provided by a health care provider or first responder. For information call 8-1-1 toll-free in B.C., or for the deaf and hard of hearing, call 7-1-1 or for Video Relay Service, call 604-215-5101

Patient Care Quality Offices

Patient Care Quality offices exist in each BC Health Authority. Each Health Authority Website (see links under Regional Contacts) has a link to its Patient Care Quality office.

BC Association of Community Response Networks

<https://bccrns.ca/resources/crn-directory>

List of BC resources focused on stopping adult abuse and neglect.

The Patient Care Quality Review Board

www.patientcarequalityreviewboard.ca/

The Health Authority Patient Care Quality Office (PCQO) is the first step for an investigation into concerns about health authority services. The Patient Care Quality Review Board can review any concerns still outstanding after the PCQO response, including concerns about the PCQO response itself. 1 866 952 2488

Pharmacare BC

www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents

PharmaCare helps B.C. residents pay for eligible prescription drugs, certain medical supplies, and pharmacy services.

From the Lower Mainland, call 604 683-7151

From the rest of BC call 1 800 663-7100

Other end-of-life groups

Expected/planned home deaths

www2.gov.bc.ca/gov/content/health/accessing-health-care/home-community-care/care-options-and-cost/end-of-life-care/expected-planned-home-deaths

BC government website that provides clarification on the process and procedures involved in managing anticipated natural home deaths in the context of a terminal illness and outlines the roles and responsibilities of health professionals and agencies involved in a home death.

Journeying Beyond (death doula services for Victoria and Vancouver Island)

<http://www.beyonds.ca/Journeying/home.html>

Services include 'end of life' consultations (comprehensive Advance Directives and Representation Agreements, as well as basic information on Power of Attorney/etc. documents), support for the Death Journeyer and their families throughout the pan-death process, funeral plans, funeral and/or memorial celebrant services, and initial grief counselling.

End of Life Doula Association

<https://endoflifedoulaassociation.org/about/>

National organization that provides a registry of doulas who have been trained to their ethical standards and have undergone criminal records checks.

Death & Dying Network International

<https://ddnint.com>

You can find a list of doulas and others who want to be discovered. Lots of information for anyone wanting to become a doula.

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LGBT End of Life Resource Inventory

www.positivelypositive.ca/hiv-aids-news-4/LGBT_End-of-Life_Inventory.pdf

Lists organization that provide understanding services to this community. (Note that this document has not been updated since 2015)

BC Memorial Society

<https://memorialsocietybc.org/>

Provides independent information about reasonably priced funeral services and arranges, in advance of death, for members and their families such lawful disposition of their remains as they desire.

Palliative Care

BC Government page on end-of-life care

www2.gov.bc.ca/gov/content/health/accessing-health-care/home-community-care/care-options-and-cost/end-of-life-care

Information on end-of-life care in BC including care co-ordination and consultation, pain and symptom management, community nursing services, community rehabilitation services, home support, respite for the caregiver and hospice care and eligibility, costs, and options

You can also contact the home and community care office of your Regional Health Authority (see information under Regional Contacts)

BC Government palliative care benefits

www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/pharmacare/prescribers/plan-p-bc-palliative-care-benefits-program

Description of palliative care benefits available to BC residents and how to apply for them.

BC Centre for Palliative care

bc-cpc.ca/cpc/all-resources/individuals/

This is a provincial non-profit organization established by the Ministry of Health to accelerate improvement in palliative care in British Columbia. For individuals and families, see 604 553-4866



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Palliative Care for Children

www.bcchildrens.ca/our-services/support-services/palliative-care

Support for children and families who are living with progressive, life-threatening diseases.

Canuck Place Intake coordinator:

Phone: 604-731-4847

Email: intake@canuckplace.org

BC Cancer's Palliative Care and Hospice Website resources

<http://www.bccancer.bc.ca/health-info/coping-with-cancer/managing-symptoms-side-effects/when-life-is-nearing-its-end>

Providence Health Senior Services

www.providencehealthcare.org/health-services/seniors%E2%80%99-services

Providence Health Care offer a range of residential and non-residential services to older Canadians

Providence hospice and Palliative care information

hpc.providencehealthcare.org/

First Nations Health Authority (palliative care)

www.fnha.ca/benefits/health-benefits-news/new-streamlined-process-improves-access-to-palliative-care-benefits

Includes information about collaborative services that provide a more responsive, culturally-safe and supportive health system for those in palliative care.

Phone: 604-693-6500

Toll-free: 1-866-913-0033

TheraPsil

www.therapsil.ca

Promotes therapeutic psilocybin to those in palliative care. TheraPsil connects approved patients with qualified health professionals for this therapy.

Regional contacts (from the DWDC website)

Fraser Health

Home Health Service Line: 1-855-412-2121 (Trained staff are available to take your call seven days a week from 8:30 a.m. to 4:30 p.m. Pacific time. Translation services are also available.)

More information:

[Fraser Health's webpage on hospice palliative care](#)

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Interior Health

[Interior Health's directory of facilities that offer palliative care](#)

[Interior Health's webpage on palliative and end-of-life care](#)

[Palliative Journey Resource Guide \(PDF\)](#)

Island Health

Phone: 250-370-8699 or 1-877-370-8699 (toll-free) Email: info@viha.ca

[Island Health's webpage on end-of-life, hospice, and palliative services](#)

[Island Health's webpage on end-of-life care and hospice](#)

[Victoria Hospice](#) Phone: 250-370-8715

Northern Health

[Northern Health's webpage on end-of-life care/palliative care](#)

Vancouver Coastal Health

Access lines for home and community care services:

North Shore: 604-986-7111 Richmond: 604-278-3361 Vancouver: 604-263-7377

Access lines for hospice palliative care:

North Shore: 604-984-3131 Richmond: 604-278-3361 Vancouver: 604-263-7255

[Vancouver Coastal Health's webpage on hospice palliative care](#)

First Nations Health Authority

<https://www.fnha.ca/what-we-do>

Provincial Health Services Authority

[BC Cancer's Pain & Symptom Management/Palliative Care service](#)

[BC Children's Hospital Palliative Care](#)

To use this service, contact the Canuck Place intake coordinator by calling 604-731-4847 or emailing intake@canuckplace.org

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