



ADVOCACY TOOLKIT AND ACTION GUIDE (ADVANCE REQUESTS)

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

**DYING WITH
DIGNITY**

CANADA



www.dyingwithdignity.ca

Dear supporter of end-of-life rights,

An advance request involves a competent person making a written request for medical assistance in dying (MAID) that could be honoured later, after they lose the capacity to make medical decisions for themselves. This would include people who have been diagnosed with neurocognitive disorders or other conditions that may affect cognitive abilities, such as dementia, Alzheimer's, Huntington's, or Parkinson's. It does not include conditions that are primarily within the domain of psychiatry, such as depression and personality disorders. Without the option of an advance request, people across Canada are forced to make an impossible choice: die earlier than they want to in order to ensure they have capacity to consent – giving up time with their loved ones. Or risk losing capacity and be forced to live in a situation they would find intolerable.

We know that changing the MAID legislation to allow advance requests is the top concern of our supporters and of people across Canada, which is why it's our number one priority. We also know that individual people across Canada can – and do – influence changes in legislation, regulation, and policy. Many of the historic changes to medical assistance in dying (MAID) legislation are a result of not only court challenges, but also the countless hours of advocacy by DWDC's dedicated volunteers and supporters across the country, who met with their elected officials and wrote letters and emails to their parliamentarians.

That's why I'm asking you to act **today** and talk or meet with your Member of Parliament. There have been multiple government studies and reports supporting the need for advance requests, but Parliament needs to act now to make them a reality.

While the province of Quebec legalized advance requests in October of 2024, and has moved ahead with advance requests, the rest of the country is at a standstill. It's critical that your elected officials understand both the current MAID legislation and the urgent need to address the lack of access to advance requests to ensure that everyone in Canada has the same options at end of life as those in Quebec do.

This toolkit has been designed to provide you with the messaging and resources to effectively communicate DWDC's position on advance requests to your Member of Parliament.

We are incredibly grateful for the advocacy, passion, and commitment of the DWDC community, but our work is not done. Please help us to ensure that everyone in Canada who wishes to create an advance request for MAID, has the same ability to do so.

Thank you for raising your voice in the name of human rights,

Helen

Helen Long

CEO

Dying With Dignity Canada

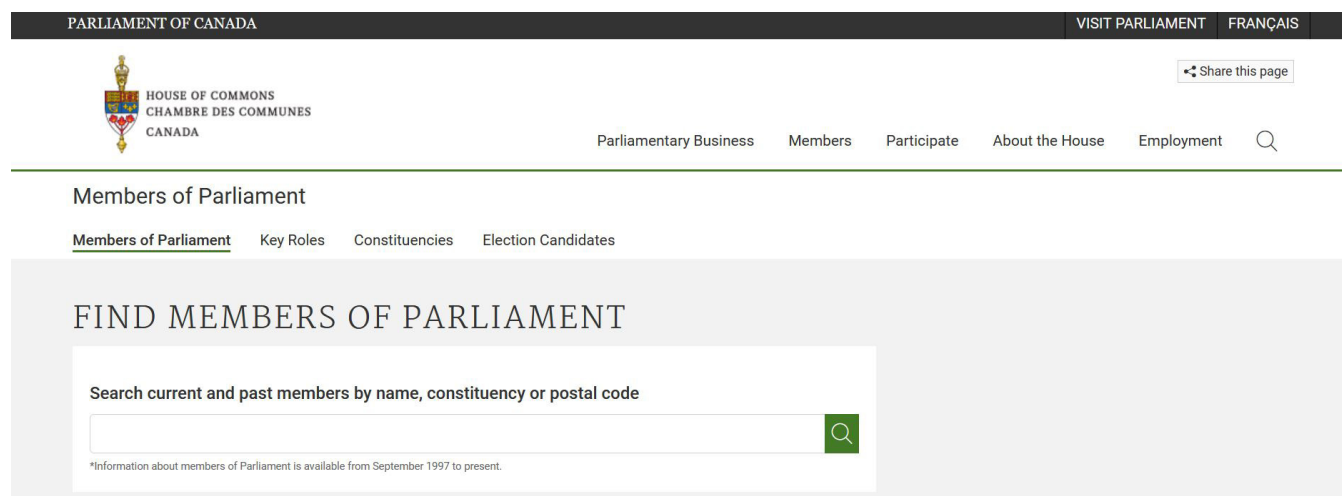
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ENGAGING WITH YOUR MP

Finding your MP

If you don't know who your MP is, an easy way to find out is by visiting www.ourcommons.ca/members/en and inserting your residential postal code.



The screenshot shows the official website of the Parliament of Canada. At the top, there is a dark blue header with 'PARLIAMENT OF CANADA' on the left and 'VISIT PARLIAMENT' and 'FRANÇAIS' on the right. Below this is a white navigation bar with the House of Commons logo and text 'HOUSE OF COMMONS CHAMBRE DES COMMUNES CANADA' on the left, and links for 'Parliamentary Business', 'Members', 'Participate', 'About the House', and 'Employment' on the right. A search icon is also present. The main content area is titled 'Members of Parliament' and has sub-links for 'Members of Parliament', 'Key Roles', 'Constituencies', and 'Election Candidates'. The central feature is a large search box titled 'FIND MEMBERS OF PARLIAMENT' with the instruction 'Search current and past members by name, constituency or postal code'. Below the search box is a small note: '*Information about members of Parliament is available from September 1997 to present.'

Requesting a meeting with your MP

When reaching out to your MP's office to request a meeting, remember that their schedules can be busy. It's better to propose a concise 15- or 20-minute meeting or a phone or video call than to be turned down for requesting an hour of their time. Many meetings may still be held via phone call or virtual meeting platform.

A call from a constituent makes a real impact. All MPs should be making themselves available to meet, so be sure to mention that you live in the riding, and that your request is polite, friendly, and non-partisan.

Sample email meeting request to MP

Subject: Meeting to discuss advance requests for medical assistance in dying

Dear Mr./Ms./Dr. [Last Name],

As one of your constituents, I am writing to you today to request a brief meeting to discuss an important proposed change to federal legislation concerning medical assistance in dying.

As you may be aware, Recommendation #21 in the final report (February 2023) of the *Special Joint Committee on Medical Assistance in Dying: Choices for Canadians* recommended the adoption of advance requests. This was followed by Quebec becoming the first jurisdiction in Canada to allow advance requests in October 2024, creating an inconsistency with federal legislation. Federal Bill C-390, a private member's bill tabled in May 2024, which died on the order paper, would have amended the Criminal Code to allow a clinician to provide MAID under a provincial framework that allows for advance requests. In the meantime, Health Canada published its report, *Medical assistance in dying: National conversation on advance requests* in November 2025, based on consultations conducted earlier that year; the consultations found broad support for advance requests.

If we could meet for 15-20 minutes, I would like the opportunity to understand your position on advance requests and present some background information that I believe would be helpful in explaining the need for this change. If an in-person meeting isn't possible, I would be grateful for a virtual meeting instead.

I look forward to your reply,

[Redacted]

[Your name]

[Your postal code]

[Your contact information]

Familiarizing yourself with your MP

Once you have confirmed a meeting, it is important that you familiarize yourself with your MP's background.

DWDC volunteers and supporters are encouraged to visit ourcommons.ca/Members/en and view the Roles, Work and Contact tabs to view Members' experience in Parliament, their committee participation, if any, and their contact information.

For newer MPs who may have limited parliamentary experience, a simple Google search of their name should provide information on their personal and professional background and experience, and likely a biography.

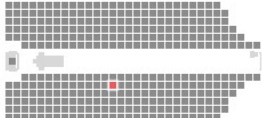
Members of Parliament > Anita Anand

THE HONOURABLE ANITA ANAND



OVERVIEW
Political Affiliation:
Liberal
Constituency:
Oakville East
Province / Territory:
Ontario
Preferred Language:
English / French

EXPENDITURES REPORT
For more information on the expenditures incurred by members in the discharge of their parliamentary functions, see the [Summary of Expenditures for Members](#).

SEAT IN THE HOUSE
See where the Honourable Anita Anand sits in the House of Commons chamber.

ROLES**WORK****CONTACT**

Delivering DWDC's key messages

Now that you are more familiar with your MP, the meeting should be focused on educating them about your position on advance requests. Volunteers and supporters can use the key messages developed by DWDC, which are included in this package, to deliver the key “asks” during meetings with MPs.

We encourage volunteers and supporters – provided they feel comfortable doing so – to share their personal stories and lived experiences as they relate to advance requests for medical assistance in dying.

The meeting

Introduce yourself and explain why you are passionate about end-of-life rights, including the importance of ensuring access to compassionate and humane end-of-life options for people across Canada.

- Feel free to mention DWDC and your involvement
- Focus on delivering the points from the key messages and relating them back to why they are important to you. Supplementing your message with any direct firsthand experience of the suffering that you or a loved one has experienced from a degenerative disorder or illness will be helpful e.g. a disease such as Alzheimer's
- Ask if the MP has any questions
- Let them know that you would be happy to provide any additional information and that more information is available at dyingwithdignity.ca
- Thank the MP for their time

After meeting with your MP, express your appreciation for their time by sending an email or a letter. This is also another opportunity to emphasize the key messages you communicated in your meeting. Feel free to personalize this thank you by including more details about what you discussed in your meeting.

Sample Thank You Email / Letter

Dear Mr./Ms./Dr. [Last Name],

I wanted to send you this short note of thanks for meeting with me recently. We met on [date] to discuss advance requests for medical assistance in dying (MAID). As you know, this issue is important to many people across Canada – According to a recent Ipsos poll, 82 per cent of people across Canada support advance requests for MAID for a person that has had a diagnosis of a capacity-eroding grievous and irremediable medical condition who will eventually lose the ability to make decisions for themselves.

I am pleased to hear that you are concerned about this issue. I want to ensure that Canada protects end-of-life rights for those who are suffering intolerably and am calling on you and your party to continue to develop compassionate policies respecting the end-of-life rights of all people across Canada.

I greatly appreciate your time and your interest in protecting end-of-life rights in Canada. If I can provide any additional information, please do not hesitate to let me know.

Sincerely,

[Your name]

[Your postal code]

[Your contact information]

--- The following page (9) can be printed and left behind with your MP(s) ---

KEY MESSAGES

Advance requests

Definition: An advance request involves a competent person making a written request for MAID that could be honoured later, after they lose the capacity to make medical decisions for themselves.

DWDC Position: The lack of access to advance requests is a critical gap in our country's assisted dying legislation — and must be corrected.

- 82% of Canadians support advance requests for MAID for a person that has a diagnosis of a grievous and irremediable medical condition.
- Health Canada published its report, *Medical assistance in dying: National conversation on advance requests*, in November 2025, based on consultations conducted earlier that year; the consultations found broad support for advance requests.

Supporting Messages:

- Without the option of an advance request, Canadians are forced to make an impossible choice: die earlier than they want to in order to ensure they have capacity to consent – giving up time with their loved ones. Or risk losing capacity and be forced to live in a situation they would find intolerable.
- Canadians already have the right to provide advance direction regarding other desired end-of-life options, such as a do not resuscitate order.
- The Final Report of the Special Joint Committee on Medical Assistance in Dying made the following recommendation (#21) in respect of advance requests: “That the Government of Canada amend the Criminal Code to allow for advance requests following a diagnosis of a serious and incurable medical condition disease, or disorder leading to incapacity.”
- The Province of Quebec has become the first jurisdiction in Canada to allow advance requests, effective October 30, 2024. This means there is a discrepancy between Quebec and federal MAID laws, and the options that people in Quebec have at the end of life vs the rest of Canada.

For more information, please contact advocacy@dyingwithdignity.ca.

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www.dyingwithdignity.ca



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