

Your life, your choice



These DWDC information sessions will stimulate thoughtful discussion in audiences at all stages of life. It's never too late to think about the issues our presentations cover, and then to translate your knowledge into action. We offer strategies that can increase your awareness and confidence, and empower you to cope better when you or someone you love faces these issues.



Each session runs 30 minutes, with an additional 30 minutes for questions and answers.



Contact us at toronto@dyingwithdignity.ca to book a presentation.



DWDToronto
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The GTA Chapter of Dying with Dignity Canada can help you and the people you love tackle the prickly challenges that arise when coping with the complexity of a life-changing diagnosis or when someone is contemplating end-of-life choices. Our experience teaches us that everyone, young or old, can face these complex situations with more confidence and peace of mind armed with the right information and tools. Our presentations will raise awareness of your rights and outline the options available to you.

THE SEVEN KEYS - NEW!

Our Seven Keys presentation is based on the book *Hope For The Best Plan For The Rest* by physician Dr. Sammy Winemaker and researcher Dr. Hsien Seow. The presentation describes the seven keys for navigating a life-changing diagnosis. It can help audiences of all ages stay positive yet realistic through their illness journey; use their values and preferences to guide health care decisions; understand patient rights and how to speak up and navigate through the complex health care system.

END-OF-LIFE OPTIONS

In a society where end-of-life care is becoming increasingly complex, this session provides an overview of the end-of-life choices available in Ontario today. Learn about conventional medical care, hospice palliative care, medical assistance in dying and other options. Then see how an advance care planning process underlies all these choices.

ADVANCE CARE PLANNING

This presentation empowers patients and caregivers by helping them plan for severe injury, illness and end-of-life. It covers the what, why, when and how of Advance Care Planning, explains how to select a Substitute Decision Maker and outlines the process of creating an Advance Care Plan.

MEDICAL ASSISTANCE IN DYING

How you leave this life is your choice. This presentation speaks to what MAID is, the eligibility criteria and describes the entire process. In addition, you will learn how MAID became legal in Canada, what the current MAID legislation includes and where it falls short.

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

**DYING WITH
DIGNITY**
GREATER TORONTO AREA | CANADA

