

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


DYING WITH DIGNITY

CANADA

WINTER 2022

VOICE for CHOICE

THE OFFICIAL NEWSLETTER FOR DYING WITH DIGNITY CANADA

 **DWDC**
IN NUMBERS

16,896

 **LETTERS**
WRITTEN TO MPs
IN SUPPORT OF
CHANGES TO MAID
LEGISLATION AND
END-OF-LIFE RIGHTS

WFRTDS/CONFERENCE

2022

Global Perspectives on End-of-Life Choice

 **200+**
ATTENDEES

17 COUNTRIES
REPRESENTED 

 **6,000+**
TWITTER FOLLOWERS

 **65,000+**
FACEBOOK LIKES

CHAPTERS RETURN TO IN-PERSON EVENTS

After two years of online workshops and webinars, our Chapters are returning to their communities in-person. “We were so grateful to have the option of delivering seminars online during the COVID lockdowns, but there is a different energy at in-person events. People share their lived experiences and connect with each other more, especially around topics of Advance Care Planning and death and dying,” said Carl Ulrich of the Edmonton Chapter of DWDC.

Since restrictions have been lifted across the country, our Chapters have had the opportunity to speak to 20+ groups in person and continue their good work of education and normalizing end-of-life conversations. This includes the Seniors’ Health and Wellness Fair in Winnipeg, the United Church in Vancouver, the local library



Alex Muir, Chapter Chair for the Greater Vancouver Area delivering a MAID presentation.

in Edmonton, the Healthy Brain and Body Show in Nanoose, the Kerby Fair in Calgary, and several retirement communities in Ottawa, to name just a few.



Arrange a DWDC speaker for your organization.
Visit the **CONTACT US** page on our website.

hope, love, and peace

Let these be your guide this
HOLIDAY SEASON

Warm wishes from all of us at Dying With Dignity Canada

On October 7, 2022, the Special Joint Committee on MAID requested and received an extension of the final report deadline until February 17, 2023. This will not impact the changes to the legislation regarding MAID for those with a mental illness as a sole underlying condition, which will be legal on March 17, 2023.

We know this is disappointing to many Canadians, especially those hoping for changes to the legislation to include advance requests for MAID. DWDC continues to follow the work of the committee, to comment and contribute where we can.



Advance Care Planning



If you haven't already, you can send a letter to your MP, written or through our website, and let them know that you and 85% of people across Canada support advance requests for MAID.

A New Year's Resolution

“Clear directives can make the difference between a personalized and peaceful end-of-life experience, and one with conflict and stress,”
Caroline Varaith, RN

Despite this truth, **less than 1 in 5 Canadians has up-to-date health directives in place.*** Do you have a completed Advance Care Plan? As part of our ongoing education on end-of-life planning, we encourage everyone to record their wishes, select a Substitute Decision-Maker, and share this information with their loved ones and primary health care provider. Perhaps you can set it as your new year's resolution.

*National Poll (2019) ACP attitudes and behaviours.



SHARE YOUR STORY

Storytelling is an incredibly powerful tool, especially when it comes to the topics of death and dying. It helps both the writer and the reader with healing, acceptance and reflection. Every week on our blog, DWDC shares a story or expert insight about different end-of-life topics, and we are so grateful to everyone who has taken part in our blog over the years.

We will need to procure more stories for 2023 and beyond and want to encourage you to share yours.

Topics can include end-of-life conversations and Advance Care Planning, experiences in the health care system – both good and bad, and in particular forced transfers from publicly-funded health care facilities, as well as stories about end-of-life choice.

You can submit your story through our website portal or to communications@dyingwithdignity.ca

WHAT WE'VE BEEN WORKING ON

DWDC's 2023-25 Strategic Plan – available on our website – was approved by our Board of Directors on September 16, 2022, and our operational planning for the coming years is underway. We're proud of the work we accomplished this year and look forward to building on our commitment to ensuring access to quality end-of-life choice and care through advocacy, education, and support.

A few highlights of things coming in 2023 include:

- Our new resources “How to be a patient advocate” and “What to expect at a MAID death”
- Death Dialogues Program: We will provide a safe, comfortable space (online and in-person) for people to have conversations about death and dying, for the first time, or continue their exploration of themselves and their feelings
- Continued advocacy efforts on the Parliamentary Review and the need for advance requests
- Increased focus on additional barriers to access such as forced transfers and nurse practitioner remuneration



DOWNLOAD
your free ACP kit from the
DWDC website.



STAY IN TOUCH! www.dyingwithdignity.ca

Sign up to receive regular updates from Dying With Dignity Canada on upcoming webinars, events, advocacy initiatives, & opportunities to engage. And follow us on:  DWDCanada  @dwdcanada

Dying With Dignity Canada 500 - 1835 Yonge St., Toronto, ON M4S 1X8 Tel: 1-800-495-6156
Support Dying With Dignity Canada to help make unwanted suffering at end-of-life a thing of the past.
Charity Registration Number: 11889 0086 RR0001.