



COMPASSION IN DYING® OF WASHINGTON

YOU HAVE CHOICES

Everyone has choices at the end of life. If you are facing a terminal illness, it is important to know you have options. COMPASSION IN DYING believes you should be in charge of your own dying.

First Steps:

- Be honest and forthright with your physician about your desires for your own dying. If you feel you are not being heard, find another physician.
- Outline your wishes with Advance Directives.
- Talk with family members about your fears and wishes. Ask them to support you.

At the end of life, you have the following choices:

- Stay in your own home or move to a facility.
- Consider hospice care wherever you live.
- Stop life support. You may stop feeding tubes, medications (including antibiotics), blood transfusions, breathing machines, surgery, chemotherapy, radiation, or kidney dialysis. You have the right to comfort care to manage any symptoms.
- Understand the double effect. Aggressive pain treatment to alleviate pain and breathlessness may unintentionally end life.
- Stop eating and drinking. This peaceful process permits dying to proceed naturally.
- Consider palliative sedation. When pain or symptoms cannot be controlled, sedation to unconsciousness is a legal, ethical option.
- Self-administer life-ending medication. Seek information from COMPASSION IN DYING.

For more information, call COMPASSION IN DYING 206.256.1636, toll free 1.877.222.2816, e-mail us at wa@compassionindying.org, or visit our web site at www.compassionindying.org/wa/.

Know your choices at the end of life!