

BRIDGE C-14

Core Concepts: Foundations of MAiD

Day 2:
The Other 90% - Diving Into the Psychosocial Aspects of MAiD

WITH LAUREN CLARK AND CHELSEA PEDDLE,
AND SPECIAL GUEST MEGAN SHELDON



Land Acknowledgement

Conference Housekeeping Notes

- How to access sessions: the Meeting ID for Zoom can be found in your conference registration email.
 - *Note: There are different Zoom Meeting IDs depending on what you have registered for (i.e., Core Concepts: Foundations of MAiD (days 1&2) and Special Topics (Days 3,4,5)).*
- Please log in at least 5 minutes before each session as we will be starting promptly.
- Engage actively through chat, sharing your experience and questions. We also encourage you to have your camera on - this helps build energy and engagement, especially for our presenters who will be working hard for us.
 - *Note: sessions are being recorded and by attending a session you agree to be recorded. If you do not wish to be shown on the recording please turn your camera off. The recordings will only be shared with conference registrants then destroyed after the viewing period. You will have 3 weeks after the conference to view the recorded sessions.*
- We will be sharing a brief evaluation survey after each session and we are very grateful for your feedback.

Foundations of MAiD - Day 2 Learning Outcomes

- Identify psychosocial aspects of the MAiD experience for people pursuing MAiD, their supporters, and people grieving a MAiD death.
- Identify opportunities and activities to help individuals and families prepare for MAiD and navigate grief bereavement using a person-centred approach.
- Complete a MAiD psychosocial assessment using a practice support tool.
- Use coping strategies and rituals for self-care to support clients, and practitioner self-care for professionals and volunteers experiencing grief from client death.
- Identify sources for MAiD information and resources for clients, including Bridge C-14 supports.



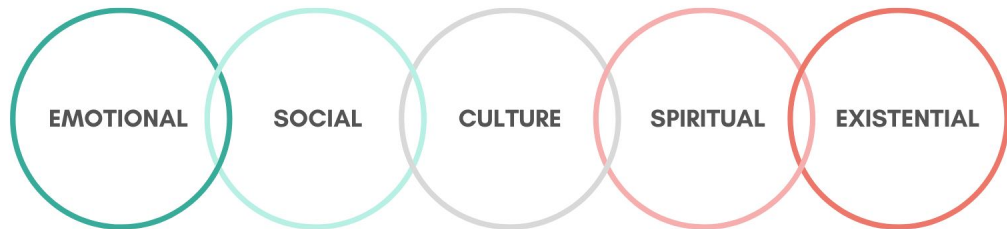
Breakout Rooms - Discussion Questions

- What stood out for you from yesterday's session and how will it help you in your role in the MAiD experience?



Mindfulness Moment

Psychosocial Aspects



Emotional Aspects

Fear

Guilt

Loss of control

Anger

Sense of being a burden

Depression

Disappointment

Isolation

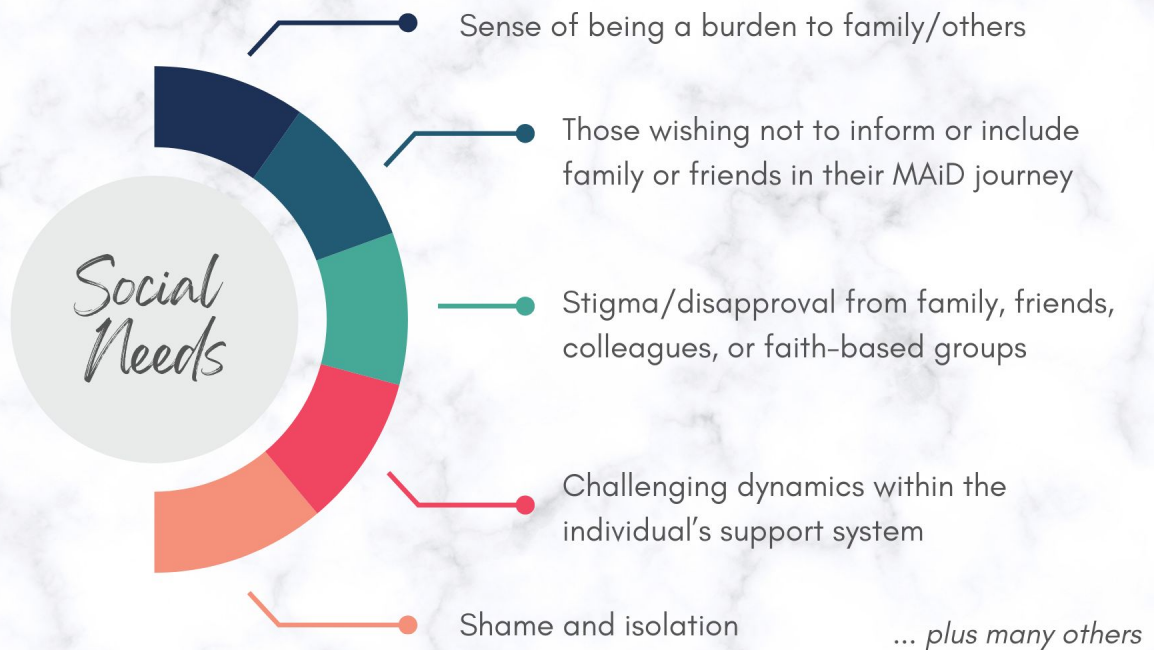
Anxiety

Trauma

... plus many others

Discussion Questions

- What did you talk about in your breakout rooms re: emotional aspects of MAiD (e.g., for the person pursuing, for the people accompanying, for the professionals and volunteers)?
- How might you offer emotional support to people pursuing MAiD and their people?




Questions to Ask Individuals Pursuing MAiD

- What are your hopes for your relationship with your person/people in the time you have remaining?
- How do you think they would react if you told them about your decision to have MAiD and why you chose it?
- How can you make it as supported a conversation for them as possible?
- How do you want them to feel after your death?
- How do you think they might feel if they found out after you are gone that you died through MAiD?



Discussion Questions

- What did you talk about in your breakout rooms re: how MAiD can impact people's social life and relationships?
 - How might you offer support to address social life and relationships?
- 

Culture

Role of family
and friends at
end-of-life

Utilization
of alternative
and complementary
therapies

How to interact
with healthcare
providers


How
medical
treatments
and Advanced
Directives are
perceived

Questions to Ask: Culture and MAiD

- Are there important aspects of your culture or heritage that influence how you are experiencing your illness or pursuit of MAiD?
- How are decisions made in your family?
- Are there cultural traditions that could help you during this time?
- What do I need to know about your cultural life to best support you?
- Are there cultural expectations about what should happen when the death takes place?
- Are there cultural expectations for after the death, including how the body should be managed?



Discussion Question

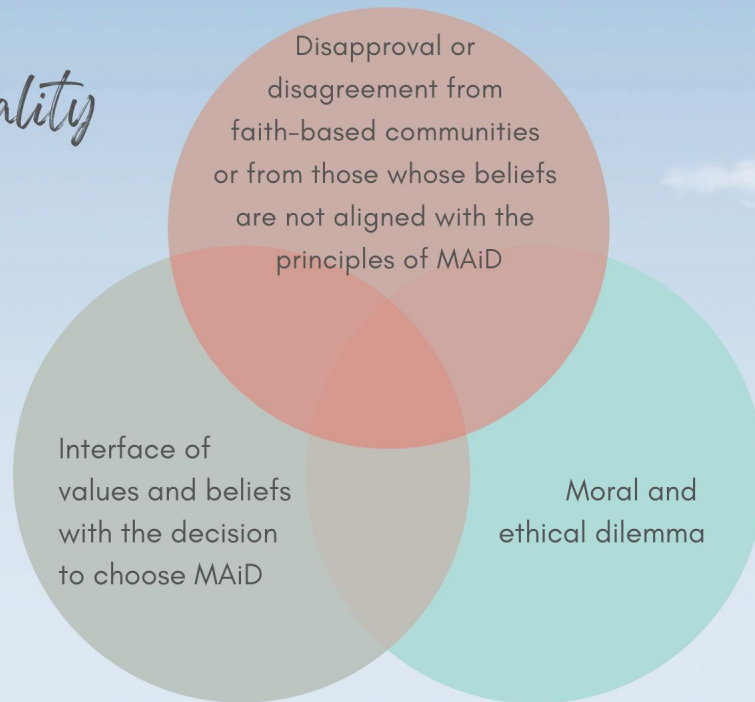
- Are there questions or approaches you use that are helpful in welcoming the person's cultural life and needs into the conversation?
- 



Culture and MAiD: Resources

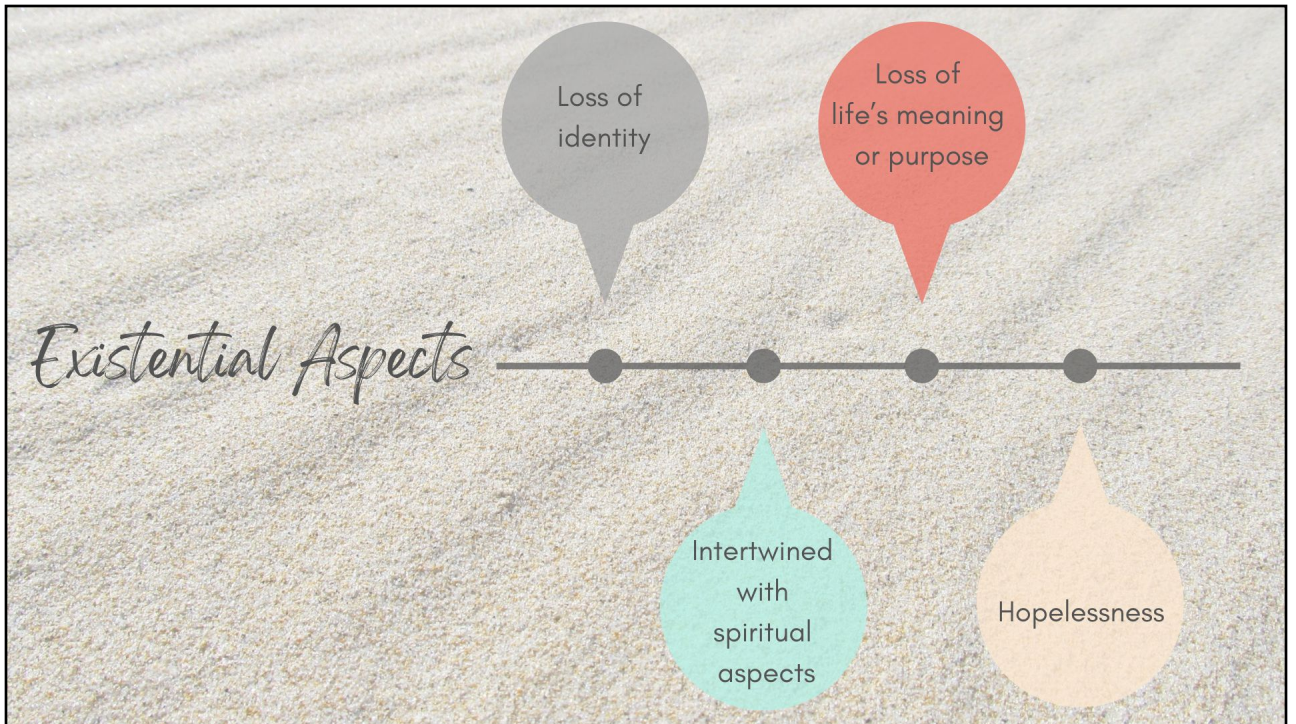
- Canadian Virtual Hospice - "Living My Culture" (Indigenous focus) and "Proud, Prepared and Protected" (2SLGBTQ+ focus)
- Dying With Dignity Canada - blog posts and webinars, including "Approaches to death and dying, grief and healing in First Nation communities"
- Health Canada Research Study on "Engagement on Indigenous Perspectives on Medical Assistance in Dying" (*currently looking for participants*)

Spirituality



Discussion Questions

- What was shared in your breakout rooms about how people might experience the impact of MAiD on their spirituality?
- How comfortable do you feel exploring spirituality with your clients?
- How might you bring it up in the context of the MAiD discussion?



Helping Clients Re-Engage with Life and Find Meaning Again


Questions to Ask:

- What does this version of you need? What would help you be as comfortable as possible as you go through this? What support could be there?
- Are you doing things that have meaning for you, not just fill the void, but something that you look forward to, something you care about, something to be engaged with?
- Who are you beyond this? What more are you? How can you honour yourself/your person?

Help clients to recognize that this person is a part of them and always will be, but this person isn't all of them. That there is a "me" beyond.



Discussion Questions

- What did you talk about in regards to MAiD's influence on existential questions in your breakout group yesterday?
 - What existential themes might people pursuing MAiD and people grieving MAiD death be experiencing?
- 



Break

*Introducing the
Who, What, Where, When, Why and How
of Psychosocial Assessments ...*

Why:

The goal is to **help individuals clarify and identify strengths, challenges, areas of support and overall functioning.**



What:

Pre-MAiD Psychosocial Assessments allow helping professionals and volunteers to **facilitate discussions with individuals and their supports about their psychosocial needs** in advance of the assisted death.

They are valuable tools in ensuring that MAiD is less clinical and more client-focused.



Who:

It is important to address the psychosocial aspects **not only with individuals pursuing MAiD, but also with their support network.**

This includes both informal and formal supports.

Depending on their overall purpose, assessments may be completed in a formal capacity by a health professional, like a Social Worker or Counsellor, or they may be carried out in a more informal way by volunteers or laypersons, for example.

Where:

Assessments can be completed anywhere.

Certainly meeting the individual and their supports face-to-face is the preferred method of assessment; however, is not always feasible and can, therefore, be completed over the phone or Zoom if necessary.

Benefits of direct contact are significant as they allow for alternative means of communication (often written) when oral communication is not possible and provide an opportunity for the individual and their supports to meet you in person before the MAiD day.

When:

Pre-MAiD Psychosocial Assessments are **done in advance of a MAiD provision** to allow as much time as possible to explore identified issues and offer interventions to address unmet needs.

How:

The following tool was developed as a guide for having conversations about emotional, social, cultural, spiritual and existential aspects.

This tool can also be easily adapted to meet the needs of those involved and to the nature of your relationship to the individual(s) you are supporting.

MAiD Psychosocial Needs Assessment Template

Developed by Lauren Clark and Chelsea Peddle

Please adapt this form/add your relevant assessment questions and prompts.
These questions can be adapted depending on the person's relationship with MAiD.

Personal Information

Name	
Age	
Gender	
Relationship to MAiD (e.g., applicant, spouse, adult child of applicant, supporter)	
Date of MAiD assessments	
Track (1 or 2)	
Reason for requesting MAiD (e.g., underlying illness / condition)	
Date of MAiD day or date death occurred (if applicable)	
Important details (e.g., racial, cultural, sexuality or other aspects of their identity or experience that are important)	
What do I need to know about you as a person to give you the best care/support possible? (Chochinov, Dignity in Care)	

Psychosocial Aspects	Questions	Notes/Observations
A. Emotional Needs		
Current Emotional State	How are you feeling emotionally right now? (<i>assess current state and offer coping strategies</i>)	
	What emotions have you been experiencing related to the MAiD process? (<i>e.g., sadness, guilt, relief, fear</i>). How and when do they show up?	
	What helps you during this time? Are there any emotions you feel you haven't been able to express?	
Emotional Support System	Who have you been able to talk to about your feelings? (<i>map circle of support</i>)	
	Do you feel comfortable discussing the MAiD process or decision with family or friends? What enables or prevents these conversations? Would you benefit from professional counseling or peer support groups? (<i>share resources and referrals</i>)	
Grief Experience	How might you be experiencing grief - anticipatory (<i>if MAiD is not yet completed</i>) and/or disenfranchised grief? (<i>educate about MAiD grief-bereavement and 5 life domains</i>)	
	How are you expressing and/or processing your grief? (<i>educate about (anticipatory) mourning practices and coping strategies</i>)	
	Are there specific aspects of the MAiD process or death that you find most challenging?	

B. Cognitive Needs		
Understanding of MAiD	How well do you feel you understand the MAiD process? How would you describe what you are experiencing with MAiD?	
	What questions do you have about the MAiD process or delivery?	
	Are there any parts of the process or decision that confuse or concern you?	
Decision-Making Process	If you're supporting someone, how involved were you in their decision-making process? Did you feel heard and engaged?	
	Do you have a sense of how you will know the time is right to set the MAiD date?	
	Do you have any lingering doubts or questions about the decision?	
C. Behavioural Needs		
Coping Mechanisms	What activities or routines have been helpful for you in coping with the situation?	
	Are you engaging in any coping behaviors that concern you? (<i>e.g., unhealthy or unhelpful behaviors like withdrawal from activities of daily living (ADLs), substance misuse, rumination or avoidance of reminders or reality of death</i>)	
Support Services Utilized	Have you participated in any support groups, counseling, or other resources related to MAiD?	
	What support services or information/resources might help?	
Impact on Daily Life, Caregiving, and Planning	How has this experience affected your daily life, work, or relationships?	
	What practical or caregiving assistance do you need? (<i>e.g., managing legal, financial, or caregiving tasks</i>).	
	Have you completed an end-of-life planning process and documents? (<i>e.g., is there a will in place, insurance, advance care plan, instructions/messages for loved ones</i>)	
	How have you envisioned the MAiD day? What help or guidance might you need for planning and support? (<i>offer support for choreographing the MAiD day and grief supports</i>)	
	What plans do you have in place for after-death care? (<i>e.g., funeral plans, cremation/burial etc.</i>) How can we support these planning needs?	

D. Family and Social Dynamics		
Family Involvement	How have family members or close friends responded to the MAiD decision?	
	What are your hopes for how family/friends will be involved in this time/during MAiD?	
	Are there children or youth in the family? How do you envision supporting their needs and/or engaging them in the MAiD?	
	Are there any conflicts or tensions within your family or social circle related to MAiD?	
Communication Needs	Have you been able to talk openly with your family/friends/care givers about the decision or grief process?	
	Would you benefit from facilitated conversations with family members?	

E. Stigma and Isolation		
Experience with Stigma	Have you faced any stigma or judgment regarding the decision to pursue or support MAiD?	
	Have you been hesitant to discuss the decision or death due to fear of judgment?	
Social Isolation	Do you feel isolated in your experience?	
	Would you benefit from connecting with others who have gone through a similar experience?	

F. Cultural, Spiritual and Ritual Considerations		
Cultural Context	How has your cultural background and/or aspects of your identity influenced your perspective on and experience of MAiD?	
	Have you felt supported by the MAiD/care system and your identity honoured? What can we do to support your experience and safety?	
Spiritual/Religious Needs and Ritual	Are there any cultural or traditional practices you wish to observe related to death or grieving?	
	Are there religious or spiritual practices that are important for you during this time? How might spiritual or cultural practices/resources support you?	
	Do you have any spiritual or religious concerns related to MAiD? How do you feel your cultural or spiritual beliefs align with the decision (yours or someone else's) to pursue MAiD?	
	What spiritual or religious leaders have you consulted with about your grief or the MAiD process?	
Existential Questions	How might ritual or mindful, intentional or shared actions support yourself and your people? (<i>educate about the opportunities ritual can bring in secular and spiritual contexts; support ritual planning</i>)	
	How have you been reflecting on the meaning of life, death, or suffering as part of this experience, if at all?	
	How have you considered your legacy? Would you like assistance reflecting on your life and/or creating messages for your people?	
	How do you see your role in your person's MAiD and the meaning it has for your life and beliefs?	
	How do you see the role of MAiD in your overall life journey?	

Final Notes/Action Plan (*what specific recommendations or referrals are needed to support the individual's emotional, cognitive, social, spiritual, cultural, and existential needs?*)




Breakout Rooms - Homework Review

- Identify a question that interests you the most, reflect on why that is, and the unique skills/perspective you can bring to exploring that question with clients.
- Identify a question that worries you the most, reflect on why, and what you can do to solve those worries.



Discussion Questions

- Can you see yourself using it with clients?
 - What else do you need to use it confidently?
- 

Role of Palliative Care in MAiD

- Palliative care aims to improve quality of life for patients, with early access potentially extending life.
- It addresses physical, emotional, and spiritual needs with a team-based approach.
- Palliative sedation provides comfort to terminally ill patients, although the intent differs from Medical Assistance in Dying (MAiD).
- Both aim to end patient suffering but through different means.
- Despite challenges, access to palliative care is crucial for patient choice and relief.

Cynthia's Story

BRIDGE C-14

Episode 10:
"Part 3: Will he die at
home?" with Cynthia Clark



Discussion Questions

- What stood out to you in Cynthia's recording? What did you learn about the MAiD experience for:
 - The family caregiver?
 - Children?
 - The person having MAiD?
- How were you affected by this story? How can you care for yourself when engaging with such emotions?



Lunch Break

What is Grief?

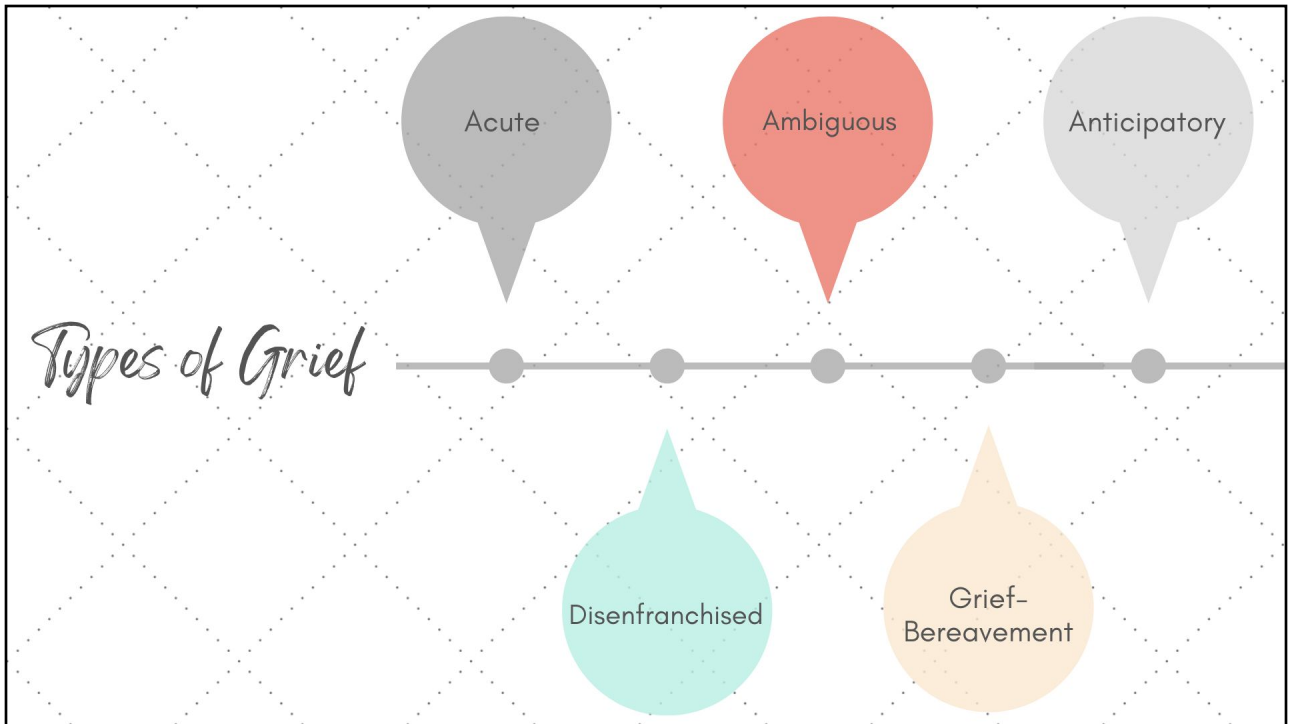
Grief is the response to loss that contains thoughts, behaviors, emotions and physiological changes; if the loss is permanent, so too is the grief, but its form evolves and changes as a person adapts to the loss.

There are some universal truths about and common features of grief:

- A natural response to loss
- Not a problem to be fixed
- Experienced in a social and cultural context (individual and societal)
- Experience we all share as a result of being human
- Something experienced as a result of both death and non-death related losses

Mourning Is ...

- An emotional process of coping with the death of a loved one, reflecting the depth of attachment and the significance of the relationship.
- An individual experience. Cultural, personal, and spiritual factors deeply influence how individuals mourn.
- An active process involving actively engaging with emotions, memories, and often rituals, to adapt to life without the deceased.
- Shaped by cultural practices, community expectations, and societal norms, which provide both support and structure for the grieving process.
- Not a linear process and may evolve as grief becomes integrated into a person's life.
- Expressed outwardly through rituals, memorials, or even creative outlets, and inwardly through reflection, prayer, or personal growth.
- Crucial for emotional healing and reconciliation with loss, helping individuals move toward a new sense of normalcy.



Anticipatory Grief

- Refers to feelings of grief even before a loss occurs
- For example, we may be worried about a very ill family member or client and already feel that we are grieving them. Or we may be anticipating future loss of income and financial insecurity.
- Even though our worst fears may not come to pass, anticipating them can lead to legitimate feelings of grief

Questions to Explore Anticipatory Grief

- "What is most important to you right now? For yourself and your person?"
- "What worries you? What gives you comfort?"
- "Have you dealt with grief or difficult times in the past? What helped then that you might do now?"
- "What remains unfinished or unsaid?"
- "What still needs to be done?"
- "How can you stay present to what is happening now?"

Additional Questions to Explore Anticipatory Grief

- "What can you expect moving forward with your illness?"
- "How can you prepare? How can we support rehearsing the death?"
- "How do you imagine life without your person?"

Disenfranchised Grief

"Grief that persons experience when they incur a loss that is not or cannot be openly acknowledged, socially sanctioned or publicly mourned."

- Ken Doka

Disenfranchised Grief and MAiD

- Can intensify feelings of isolation, shame, and a lack of support.
- This situation complicates the grieving process for both the individual choosing MAiD and their loved ones, hindering their ability to openly mourn and seek solace due to societal apprehension.
- The emotional turmoil can be profound, leaving both the individual and their loved ones in a state of limbo.

Disenfranchised Grief and MAiD

Actions for Consideration:

- Facilitating conversations and promoting awareness regarding MAiD can significantly contribute to fostering a more empathetic and informed community.
- Creating designated spaces for open discussions on end-of-life preferences enables individuals to share their perspectives without the fear of facing judgment.
- Providing patients and their families with access to information, emotional support, and essential resources is essential to honoring and respecting their decisions.
- Educating healthcare professionals on the ethical, cultural, and emotional aspects of MAiD can enhance their capacity to deliver holistic care to patients.
- Ensuring that legal and policy frameworks are in place helps protect the autonomy and dignity of individuals contemplating MAiD, enabling them to make informed choices free from coercion or stigma.

Grief-Bereavement

*"Experiences of grief-bereavement after a medically assisted death in Canada:
Bringing death to life"*

R. Beuthin, A. Bruce, M. Thompson, A.E. Andersen, S. Lundy (2021)

Sub-theme 1: (living with) the certainty of date and time of death

Sub-theme 2: (engaging in) facilitator and planner role

Sub-theme 3: (enacting) ceremony to accompany procedure

Living With the Certainty of Date and Time of Death

"Not having a date was stressful but now knowing it's "real" has made it become even more challenging, daunting in a sense, this thing that is looming there, never going away. The finality of it scares me. But at least I have time to prepare for knowing the end is coming rather than the feeling of not knowing what time we actually do have left."

"It's a "mindwarp" ... wanting a date, but yet not wanting a date, at the same time. Like waiting for something you know you don't want, but knowing it's actually probably the best thing at the same time."

"How will he know when it's time and on what basis does he make this decision? I can't imagine what he's going through with all of this as well. He's the one with the failing body and the struggles and here I am complaining because we don't have a friggin' date yet. This, this is why I'm struggling."

Engaging in Facilitator and Planner Role

Supports their "sense-making throughout the process" - that is, it helped them to feel that they were doing something meaningful and productive during an emotionally difficult time.

"That was his decision but it wasn't mine. I'm the one that had to deal with everything. It was really difficult."

Enacting Ceremony to Accompany Procedure

"I think it's one of the most important pieces of dealing with death, and especially with MAiD ... including ritual ... because it anchors you in the present. It's so hard, it's just a blur ... but to have a ritual that just grounds you and reminds you of where you are right now and that the person who is dying is actually still living... It's hard, you know when you look back after traumatic events or difficult events, it's hard to remember, things are so hazy, but when you use ritual it makes a few moments clear... you can really keep that in your heart. And it helps, ritual is about marking what's happening now and letting go. I think it's one of the most important things for the process and then for softening grief afterwards."

"For one, her spouse insisted on sharing his death publicly through media as a way to memorialize and positively publicize assisted dying. She felt this robbed her of the privacy and quiet time she yearned for in their last days as husband and wife".

Breakout Rooms - Discussion Questions

Betheun et al identified three unique experiences related to the grief-bereavement experience of people accompanying someone through MAiD:

- 1. Sub-theme 1: (living with) the certainty of date and time of death*
- 2. Sub-theme 2: (engaging in) facilitator and planner role*
- 3. Sub-theme 3: (enacting) ceremony to accompany procedure*

- Identify which of these three elements interest you the most and where you see yourself best able to offer support tailored to meet this experience or need. Share what you might do in your role to support that particular element of the MAiD grief bereavement experience.
- How might you address/support one of these areas of MAiD grief bereavement in your current role?

Consider Who and At What Stage

**Individuals
choosing
MAiD**

**Individuals
supporting
someone
choosing
MAiD**

**Individuals
grieving a
MAiD death**

Individuals Choosing MAiD

- Individuals on Track 1 have reported that:
 - They are ready for their death and feel more at peace with their decision
 - They want things to remain as normal as possible leading up to their MAiD day and struggle with the "extra attention from everyone"
- Individuals on Track 2 have reported that:
 - Grief often accompanies loneliness, isolation, frustration, fear, anger or rage
 - Administrative issues/delays prolong the grief as the process takes longer
 - Often lack informal (and formal) supports so navigate the process alone
 - Support networks stop engaging in conversation or try to dissuade the individual from choosing assisted death
 - Unclear timeline to access MAiD as death is not reasonably foreseeable means "more waiting, more deciding when it feels 'right'"

Individuals Supporting Someone Choosing MAiD

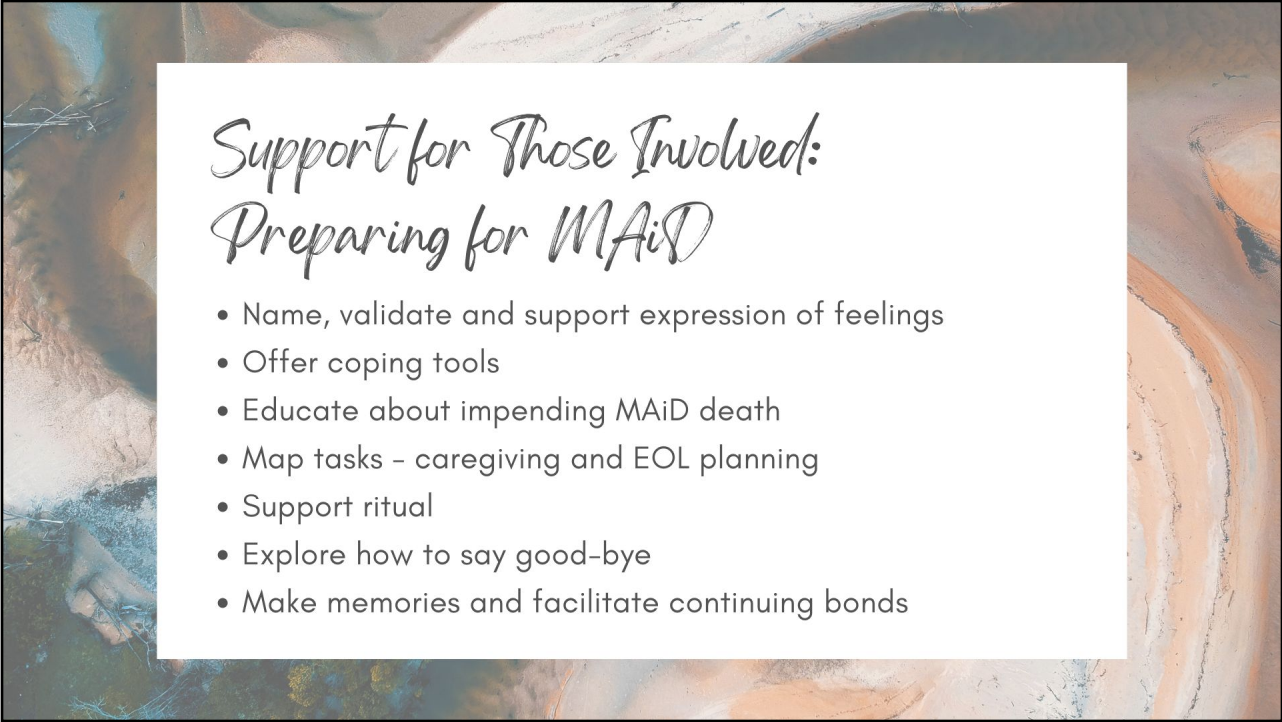
- Anticipatory grief and the 'Grief-Bereavement' Experience
- Intense emotions knowing that the time together until the day of the provision was so precious
 - "Knowing the date and time when our last goodbye would be is definitely something that stands out differently than other losses"
- Ambiguous/hidden grief experienced by individuals whose loved one wants to keep their MAiD private
- Challenge/guilt of agreeing and supporting the decision, yet wanting the person to continue living
- Difficulty with having to continue to 'act normal' with MAiD being a constant fixture in an individual's life and on their future decisions

Individuals Grieving a MAiD Death

- MAiD has been described as being both "beautifully traumatic and traumatically beautiful"
- Witnessing the moment of death
 - Challenges when it does not go according to plan or how it was envisioned
- Experience of disenfranchised grief as a result of norms and attitudes associated with assisted dying in our society
 - Becomes a barrier to an individual's grief journey - it is assumed that because someone died by choice, grief should be felt less
- Feelings of guilt, resentment, anger at the thought of having a role in supporting someone in their decision to die



Break



*Support for Those Involved:
Preparing for MAiD*

- Name, validate and support expression of feelings
- Offer coping tools
- Educate about impending MAiD death
- Map tasks - caregiving and EOL planning
- Support ritual
- Explore how to say good-bye
- Make memories and facilitate continuing bonds

Questions to Ask: Preparing for MAiD

- What helped and did not help with previous experiences of anticipating loss?
- Would you like to be present for the MAiD death? Would you like to have someone else there with you for support?
- Is there anything you would like to say to the person before they die?
- Would you like some time before the provision to say goodbye?
- If the individual has changed or postponed the date, how does that make you feel? How does this impact you?
- How do you feel about the timing of death?
- Are any aspects of the MAiD process contributing to you feeling in control or feeling a lack of control?
- What helps you to feel a sense of or a lack of control in the grieving process?
- Do you feel the EoL options for this individual are adequate? Why or why not?

Support for Those Involved: Grief Expression, Conflict and Stigma

- Internal - challenge for the support network processing the decision
- Among supports - differing opinions about the decision for MAiD
- For professionals - views conflict with that of who we are working with

"It will be important for those who have a loved one seeking MAiD to be aware that their level of agreement might not only impact their grieving process, but may also play a factor in decisions preparing for the death itself."

- Erica Srinivasan



Questions to Ask: Grief Expression, Conflict and Stigma

- Do you or did you agree with the decision for MAiD? How do/did other members of the support network feel about the decision? How do you manage this conflict?
- What are your personal religious or spiritual beliefs around MAiD? Are you or were you a part of an organized faith community? Do your beliefs align with the principles of MAiD?
- Do you feel supported in your grief?
- What keeps you grounded?
- Are there rituals that you do?
- How does culture interplay with your grief process?
- What was helpful and not helpful in past experience with grief and loss?



Support for Those Involved: After the MAiD Death

- Three aspects:
 - Emotional (identify and express emotion)
 - Cognitive (understand death has occurred)
 - Behavioural (manage affairs, establish new routine)
- What role do you play?

Questions to Ask: After the MAiD Death

- What are some of the most challenging memories from this process? The most fulfilling?
- What was your journey like before the MAiD experience? Were you feeling disconnected or connected to what was happening?
- What steps can you take to find peace with the events leading up to the MAiD event?
- How have you allowed yourself to confront the pain of loss? Have there been instances where you avoided facing it?
- Do you feel like the circumstances surrounding your MAiD experience have affected your happiness?
- When sharing happy memories, do you also experience feelings of regret or sorrow?

Additional Questions to Ask: After the MAiD Death

- Reflect on how your actions may have impeded your grieving process. Consider instances where you have been unkind, judgmental, unforgiving, or impatient with yourself.
- Have you caught yourself comparing your loss to others' losses? Have others made comparisons as well? How have these comparisons impacted you?
- What methods were you taught to cope with death and navigate through grief? Was there anything you needed to unlearn?
- How have you received support during your periods of grief? In what ways have you supported others?

Breakout Rooms - Discussion Questions

We've reviewed some ideas for how to support a person pursuing MAiD, a person accompanying someone pursuing MAiD, and someone grieving a MAiD death.

Give you some time to digest these ideas and share other ones from your experience or thoughts.

- What stood out to you in these ways to offer support?
- What else you might do to support these people as they engage in different ways in the MAiD experience.
- When you reflect on your role, what other ways could you see supporting someone through MAiD and after? What strengths can you bring? Where do you need to develop more?

Organizations Offering Support

- **Be Ceremonial** - www.beceremonial.com
- **Bridge C-14** - www.bridgec14.org
- **Canadian Association of MAiD Assessors and Providers** - www.camapcanada.ca
- **Canadian Grief Alliance** - www.canadiangriefalliance.ca/
- **Canadian Hospice Palliative Care Association** - www.chpca.ca
- **Death Doula Network International** - www.ddnint.com
- **Dying With Dignity Canada** - www.dyingwithdignity.ca
- **End of Life Doula Association of Canada** - www.endoflifedoulaassociation.org
- **Family Caregivers of BC** - www.familycaregiversbc.ca/
- **MAiD Family Support Society** - www.maidfamilysupport.ca
- **MAiDHouse** - www.maidhouse.ca
- **Virtual Hospice** - www.virtualhospice.ca

... *Plus many others!*

What Does Bridge C-14 Offer?

- Establish Peer-to-Peer Connections
- Provide Links to Support Before, During and After MAiD
- Informational Materials
- Education and Presentations
- Podcasts and Blog Posts
- Collaboration with Other Organizations
- Student Placement/Internship Program

Individuals Considering/Choosing MAiD:

1:1 Peer Support (*individuals who have completed first assessment or are eligible*), Drop-In Sessions, Facebook Group and Meaning Centred Group Therapy Program

Individuals Supporting Someone Choosing MAiD:

Drop-In Sessions, Facebook Group, refer to MAiD Family Support Society for 1:1 Peer Support

Individuals Grieving a MAiD Loss:

Drop-In Sessions, Facebook Group, 10-Week Grief Support Group, Writing Workshop, refer to MAiD Family Support Society for 1:1 Peer Support

Helping Professionals / Volunteers:

Drop-In Sessions, Facebook Group, Educational Series, Presentations, Training, Resources

Future Planning for Bridge C-14

Program Development and Expansion

- **"Communities of Support"**
 - Aims to create a care network for those pursuing MAiD and their caregivers.
 - Involves support groups, peer networks, volunteer programs, and professional training to address everyone's needs.
 - Goal is to provide direct support, reshape public discourse on MAiD, and highlight the importance of individual choice and caregiver recognition within the community.
- **"Making the Most of Our Time - Meaning Centred Group Therapy Program"**
 - Aims to help people pursuing MAiD find meaning in life as they are dying with goals.
 - Support people to improve coping by creating an enhanced sense of meaning and purpose in their lives, develop connections with others, and decrease existential anxiety.

A background image of a blue brick wall with a white mortar. The bricks are arranged in a standard pattern, and the overall tone is a muted, dusty blue.

Looking Ahead

- Increased volumes of requests
- Increased demand for support
- Need for equitable access to supports and services
- Ongoing research projects
- Improving education

A background image featuring a soft, wavy pattern in shades of pink and light orange. The pattern resembles a close-up of a flower or a textured surface, with gentle curves and a warm, pastel color palette.

What is Needed?

- Enhanced collaboration in the MAiD space
- A community of practice
- Continue the conversation



End of Session Wrap-Up - Discussion Questions

- What questions are still outstanding? What do you need more information about?
- What is the most valuable thing you will take away from this training?
- What is a superpower you have as a helping professional? What is a characteristic or strength or skill that helps you support people through MAiD?



Feedback Survey Link

Click link below to access:

https://docs.google.com/forms/d/1dz-YTNZq2EzSaz9NzXsPRukLbF03w670Y5zeutXdvSM/edit?usp=drive_link

Closing Ceremony



MAiD in Practice
Virtual Conference 2024
*Enhancing Psychosocial Support
for the MAiD Journey*

*Thanks so much for your participation!
Can't wait to see you at the Special Topics sessions!*

Conference Organizers:

BRIDGE C-14



Conference Sponsor:

BECEREMONIAL