

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? (e.g., <i>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? (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)	
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? (e.g., managing legal, financial, or caregiving tasks).	
	Have you completed an end-of-life planning process and documents? (e.g., is there a will in place, insurance, advance care plan, instructions/messages for loved ones)	
	How have you envisioned the MAiD day? What help or guidance might you need for planning and support? (offer support for choreographing the MAiD day and grief supports)	
	What plans do you have in place for after-death care? (e.g., funeral plans, cremation/burial etc.) 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?	
	Are there any cultural or traditional practices you wish to observe related to death or grieving?	
Spiritual/Religious Needs and Ritual	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?	
	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>)	
Existential Questions	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 <i>your</i> 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, spritual, cultural, and existential needs?*)