Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

For New Jersey Residents: What to Expect During the Medical Aid in Dying (MAiD) Process at MSK

This information explains what to expect during the Medical Aid in Dying (MAiD) process at MSK for residents of New Jersey.

Starting the MAiD process does not mean you must go through with it. You can change your mind and stop the MAiD process at any time. Your MSK care team will keep supporting you throughout your care, whatever you decide.

Ask about MAiD

Only you can ask for MAiD.

Family members, caregivers, health care agents, and other people cannot ask for MAiD for you.

You cannot ask for MAiD through:

- An advance directive, such as a living will.
- A Medical Orders for Life-Sustaining Treatment (MOLST) form.
- A Physician Orders for Life-Sustaining Treatment (POLST) form.

To get MAiD through MSK, you must be aged 18 or older and reside (live) in New Jersey. You must meet other eligibility requirements. For more information about these rules, read *Medical Aid in Dying (MAiD) Information for New Jersey State Department of Health* (www.mskcc.org/pe/maid-nj)

If you want to ask for MAiD, talk with your MSK care team. They'll tell you about

your options and refer you to the MAiD social worker to start the process.

Steps for the MAiD process at MSK

These steps give a general overview of the MAiD process. Most of the steps are based on state law.

Step 1: Meet with a MAiD social worker

After you ask for MAiD, your first appointment will be with a MAiD social worker.

Your MAiD social worker will:

- Check and make sure you are a New Jersey resident.
- Explain how the MAiD process works and answer any questions you have.
- Talk with you about available support services. They'll refer you to our Supportive Care Service.
- Help coordinate your MAiD appointments.

After you meet with your MAiD social worker, we'll tell you if you can move on to the next step in the MAiD process. If you can move forward, they'll refer you to the MAiD clinical team.

If you need to change or cancel a MAiD appointment, call the MAiD administrative team at 212-639-5675.

If you have any questions about the MAiD process, contact your MAiD social worker.

You can:

- Call **Social Work Department** at **212-639-7020.**
- Send a message through **MSK MyChart,** our patient portal.

Step 2: Meet with the MAiD clinical team

After your first appointment with your MAiD social worker, you'll meet with members of the MAiD clinical team.

Your MAiD clinical team works closely with your MSK care team. Your MSK care team will keep managing your cancer care throughout the MAiD process.

Your MAiD clinical team will:

- Explain how the MAiD process works and answer your questions.
- Review your medical history.
- Talk with you about your goals and wishes.

Your MAiD clinical team will also go over your care options with you. This includes:

- Palliative care (supportive care)
- Hospice care
- Pain and symptom management
- Emotional support
- Spiritual care
- Other services that may help you and your loved ones.

Your MAiD clinical team will make sure you understand all your care options. Then you can decide to move forward with the MAiD process.

Step 3: Get medical evaluations and make formal oral requests for MAiD

Before MAiD medicine can be prescribed, you must be evaluated (looked at) by 2 doctors:

- A MAiD attending doctor. This is the doctor who decides if you're eligible for MAiD and prescribes the MAiD medicine.
- A MAiD consulting doctor. This is a second doctor who confirms you're eligible for MAiD.

These doctors will:

- Review your medical history.
- Confirm your diagnosis and that you're being treated at MSK for a terminal illness.
- Make sure you understand all your care options. This includes making sure you're able to understand and make your own health care decisions.
- Answer your questions.

Either doctor may think you cannot make your own health care decisions. If so, you must also meet with a mental healthcare provider for an evaluation.

New Jersey requires that you make 2 oral requests to your MAiD attending doctor. This means you tell your MAiD attending doctor that you want MAiD. You can make this request by talking with them, or by using another way you communicate with them.

- Your first oral request must be recorded with an audio or video device and kept in your medical record. A member of your MAiD clinical team will be with you when you make your oral request. They'll tell you when the recording will start.
- At least 15 days must pass between your first and second oral requests.

When you make your second oral request, your MAiD attending doctor will

confirm you still want to pursue MAiD. This request does not need to be recorded.

Step 4: Make a written request for MAiD

After you make 2 oral requests for MAiD, you must also make a written request for MAiD. To do this, fill out the New Jersey Department of Health's "Request for Medication to End My Life in a Humane and Dignified Manner" form. Your MAiD clinical team will explain how to fill out the form.

Do not sign the form until you had all or your required MAiD evaluation appointments.

You must choose 2 adult witnesses to watch you sign the form. They must be eligible to be a witness in New Jersey. Both witnesses must also sign the form while you are there.

At least 1 of the 2 witnesses cannot be:

- Related to you by blood, marriage, or adoption.
- Someone who would get part of your estate after your death.

MSK employees and MSK contracted staff cannot be your witnesses. Your MAiD clinical team will go over the witness rules with you before you sign the form.

You do not need to remember these rules on your own. Your MAiD clinical team will guide you through each step.

Step 5: Get a prescription

Your MAiD attending doctor will prescribe the MAiD medicine if you:

- Meet all the legal requirements for MAiD.
- Decide to move forward with the MAiD process.

In New Jersey, at least 15 days must pass between your first oral request and when the prescription is written. After your MAiD attending doctor gets your written request, they cannot write the prescription for at least 48 hours (2

days).

Your MAiD clinical team will explain:

- How to get the MAiD medicine.
- How to store the MAiD medicine safely.
- How to dispose of (get rid of) unused MAiD medicine.

Getting a prescription does not mean you must take the MAiD medicine.

After you complete the MAiD requirements

If you change your mind

You can stop the MAiD process at any time. You can also decide not to take the MAiD medicine after you get it.

Your MSK care team will keep caring for you and supporting you, whatever you decide.

Before taking the medicine

If you decide to take the MAiD medicine, your MAiD clinical team recommends you:

- Tell your loved ones about your plans, if you feel comfortable doing so. This can be your caregiver, family, or friends.
- Do not take the MAiD medicine in a public place. Choose a private place where you'll feel comfortable, such as your home.
- Have a loved one with you when you take the MAiD medicine, if possible.

Only you can take the MAiD medicine. No one else can give it to you. Your MAiD clinical team will talk with you about these recommendations and answer your questions.

Please read this resource about taking the MAiD medicine, *About Your Medical*

Aid in Dying (MAiD) Medicine (www.mskcc.org/pe/maid-medicine)

Support for you and your loved ones

You and your loved ones may find these services helpful during the MAiD process:

- Supportive Care Service (www.msk.org/supportive-care)
- Social Work Services (www.msk.org/social-work)
- Spiritual Care Services (www.msk.org/spiritual-religious-care)
- Counseling Center (www.msk.org/counseling)
- Integrative Medicine and Wellness Service (www.msk.org/integrative-medicine)
- Patient Representatives (www.msk.org/patient-rep)

Your MSK care team can help you choose the services that best meet your needs.

Questions?

If you have any questions about the MAiD process, contact your MAiD social worker.

You can:

- Call **Social Work Services** at **212-639-7020.**
- Send a message through **MSK MyChart**, our patient portal.

If you need to change or cancel a MAiD appointment, call the **MAiD administrative team** at **212-639-5675**

If you have medical questions that are not about MAiD, contact your MSK care team.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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