

Frequently Asked Questions

How do I start the qualification process?

Ask your UC Davis Health provider. They will make a referral for the End of Life Option Navigator.

What if my doctor has chosen not to participate? What if they can't answer my questions?

Doctors are not required to participate. The Navigator will help identify a participating physician to work with you.

What other "options" are there, for care at the end of life?

Often, care near the end of life goes most smoothly when it includes extra help from a hospice or palliative care team. Ask your doctor about whether these options may also be a good fit for you and your loved ones.

Can the EOLOA steps be done by telephone or video?

Some of the qualification steps may be done via Video Visit, at your health care provider's discretion.

Where can I find more information about the law?

The Coalition for Compassionate Care of California

<https://coalitionccc.org>

Participants Involved

EOLOA Navigator

The Navigator is a social worker with experience caring for patients approaching the end of life. The Navigator will help guide you and your doctors through the EOLOA qualification process.

EOLOA Attending Physician

The Attending Physician is the doctor responsible for determining whether you qualify, based on all the evaluations and safeguards. If you qualify, the Attending Physician can prescribe an aid-in-dying drug. In some cases, the Attending Physician may not have treated you in the past, but they will make a careful effort to understand your goals and preferences about end of life care.

EOLOA Consulting Physician

The Consulting Physician provides a second opinion about your diagnosis, prognosis, and ability to make an informed choice about aid-in-dying.

EOLOA Mental Health Specialist

In some cases, the law requires an evaluation by a psychiatrist or psychologist, in order to determine whether a patient's judgment is affected by a significant mental health condition.

EOLOA Pharmacist

The UC Davis Pharmacist dispenses the aid-in-dying medications and provides education about how to prepare, administer, and dispose of medication.



Qualifying for the EOLOA at UC Davis Health

The California End of Life Option Act allows a terminally ill adult, who has met specific legal requirements, to request a lethal dose of medication, which they may use to end their life. UC Davis Health participates in the EOLOA, meaning that UC Davis physicians may choose to assist patients with the assessments required to qualify for the law.

This brochure gives an overview of the EOLOA qualification process at UC Davis Health. Here are a few important things to know:

- **Participation is voluntary.**

No one can be pressured into participating in the law.

- **Qualification is not automatic.**

The EOLOA has specific requirements, or safeguards, that must be met in order to qualify.

- **Qualification takes time.**

The complete assessment process involves several steps, which may take a number of weeks to complete.

- **The EOLOA is just one option.**

Care near the end of life often goes best when it includes extra help from a hospice or palliative care team. Many patients enrolled in hospice experience a peaceful and dignified death, with expert support for their loved ones. Hospice enrollment is not a requirement for qualification in the EOLOA, but it is strongly encouraged as a valuable extra layer of support.

EOLOA qualification steps at UC Davis Health

Note: in some cases, the following steps may occur in a different sequence

1st Oral Request / Referral for EOLOA Navigation

The EOLOA process begins when you ask your UC Davis Health provider for assistance with qualifying for an aid-in-dying medication. Your doctor will document the request and make a referral to the “End of Life Option Navigator.” They will also tell you whether or not they have chosen to participate in the law.

Date: _____

Orientation

The Navigator will contact you, discuss your situation, provide education about the qualification process, and give guidance about next steps, if appropriate.

Date: _____

Psychosocial Assessment

The Navigator will meet with you to discuss your values, beliefs and goals, and to explore your support system and plans for end of life care. This assessment will help the EOLOA team understand your situation and identify additional needs for support.

Name / Date: _____

Written Request

You'll submit a written request for assistance with aid-in-dying, using the form “Request for an Aid-in-Dying Drug.” Two individuals will need to sign the written request.

Date: _____

Consulting Physician Assessment

The Consulting Physician will evaluate you and provide a second opinion about your diagnosis, prognosis, and ability to make your own health care decisions.

Name / Date: _____

Mental Health Specialist Assessment

In some circumstances, your doctor may request an evaluation by a psychiatrist or psychologist, to help determine that your decision-making is not impaired by a serious mental health problem. (The presence of a mental health problem alone does not disqualify you from the EOLOA.)

Name / Date: _____

Attending Physician Assessment / 2nd Oral Request

In this assessment with the Attending Physician, several important things will happen. You will make a 2nd Oral Request for an aid-in-dying medication. (The 2nd request must happen at least 48 hours after the 1st.) Your physician

will confirm your diagnosis, prognosis, and ability to make your own healthcare decisions. They will also provide specific counseling about aid-in-dying.

Name / Date: _____

Final Review and Prescribing

UC Davis Health Legal Affairs will briefly review your case, to confirm that you and your doctors have met the law's requirements. Once this is done, the Attending Physician may prescribe the aid-in-dying medications.

Dispensing Visit

You, or a person you designate, will have an appointment with the Navigator and Pharmacist. They will provide education about cost, storage, use, and disposal of medication, and the medications will be dispensed.

Date: _____