

- 4:20-4:30 Q&A
- 4:30-4:45 - Pair/Triad Discussion

4:45-5:05 How to Start the Conversation with your Doctor?

Chao Ying Wu, MD, Family Care Network

What can you expect from your doctor? How can you begin the conversations with your health care providers to assure that your choices will be honored? What should you do if your physician does not support your choice? What are the challenges or barriers in the medical system that complicate these end of life choices?

5:05-5:15 Q&A

5:15-5:30 Final questions, Policy implications and Call to Action



Thanks to Josselyn Winslow and Phyllis Shacter for their organizing help and to our partners:



Death Happens: Let's talk about your choices

Sponsored by the

Palliative Care Institute

at Western Washington University

as part of

the Community Conversation Series

October 28, 2016 12:30 pm – 5:30 pm

Center for Spiritual Living

2224 Yew Street Road, Bellingham, WA

From a series of presentations, learn about and explore various end of life choices for you and your loved ones, including stopping treatment, palliative sedation, Death with Dignity and Voluntary Stopping of Eating and Drinking (VSED). Gain clarity about when treatment may no longer be helpful, and may even prolong the dying process. Hear about the challenges when there is a dementia diagnosis. Explore how these choices can impact the quality of your death and the medical and legal issues raised by these choices.

12:30-12:45 Welcome and Introduction - The context

Marie Eaton, Director, Palliative Care Institute

It is critically important to have on-going and recurring conversations about your end of life choices with those you love. We all die and most of us wish for a peaceful death, yet we do not plan for our deaths. Although we don't often know in advance when or how we will face our own mortality, and while no one can promise a quiet exit, we can explore the range of options for end of life care and how each of these options intersects with our own values, faith practices and family dynamics.

12:45-1:10 Stopping Additional Treatments and Palliative Sedation

Bree Johnston, MD, Director of Palliative Care, PeaceHealth

Many people are unaware that simply stopping treatment when a cure is no longer likely can be a choice at the end of life. When patients experience unremitting pain, palliative sedation provides enough medication to keep them continuously unconscious and free of pain and symptoms. This session will explore the conditions and contexts when these choices might be appropriate.

- 1:10-1:20 Q&A

1:20 – 1:45 Medical Perspectives on Death with Dignity & Voluntary Stopping Eating and Drinking

Terry Law, MD, Medical Director, End of Life Washington

The Washington *Death with Dignity Act* allows terminally ill, mentally competent adults with six months or less to live to receive a prescription for life-ending medication. When people die naturally of diseases such as cancer, they often lose their appetites and eventually stop eating altogether. Some people hasten the dying process the same way, by *Voluntary Stop Eating and Drinking* (VSED). This session will explore these choices, including how eligibility is determined, the

physical processes in the dying process and the kinds of support needed to mitigate unnecessary suffering.

- 1:45-1:55 Q&A
- 1:55-2:10 Pair/Triad Discussion

2:10-2:30 Break

You are invited to visit the tables in the adjacent classroom to learn more about some of our groups and agencies.

2:30–2:50 How Dementia Impacts Choices at the End of Life

Lisa Vig, MD, University of Washington and VA Puget Sound Health Care System

Many of the choices at end of life require that the patient be mentally competent. What are the impacts of a dementia diagnosis on the ability to choose?

- 2:50-3:00 Q&A

3:00-3:50 Family Support Perspectives on End of Life Choices

Family support and a health care advocate are critical in supporting these end of life choices. In this session three members of our community will share their personal perspectives on advocacy, support and resistance.

Grace Wang – Death with Dignity

Josselyn Winslow – Impact of an Alzheimer diagnosis

Phyllis Shacter – Voluntary Stopping Eating and Drinking (VSED)

- 3:50-4:00 Q&A

4:00-4:20 Legal Implications of these Choices

Erin Crisman Glass, Elder Care Law Attorney, Barron Smith Daugert

This session will describe the procedures used to determine eligibility and/or mental competency, the Alzheimer's Advance Care directive and other legal challenges connected with these end of life choices.