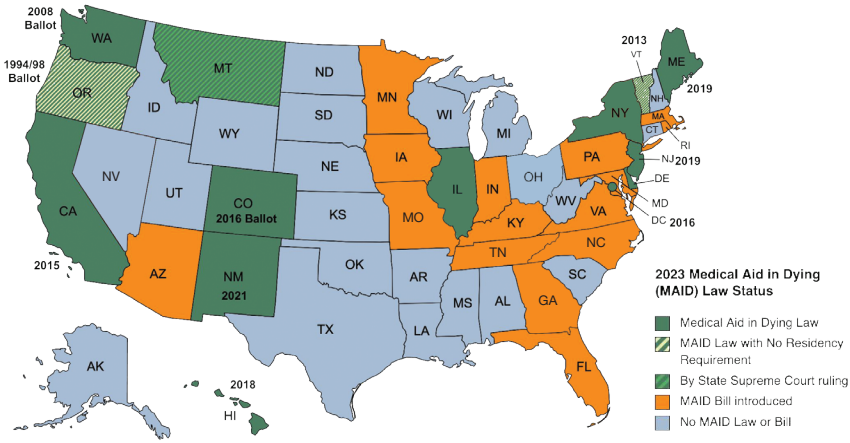


Advocating for Expanded End-of-Life Options for New Hampshire's Terminally Ill Residents

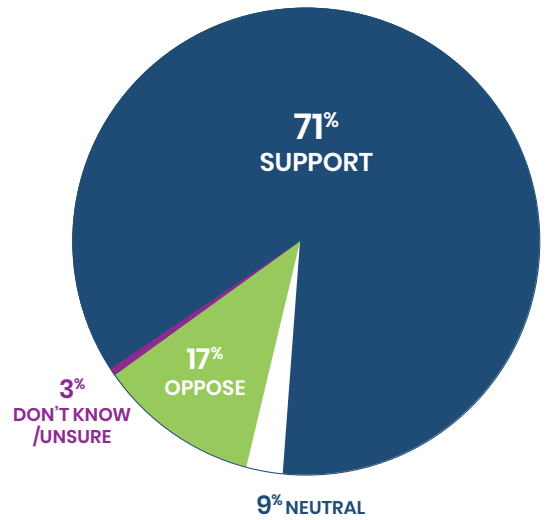
The NH Alliance for End of Life Options is raising awareness about Medical Aid in Dying—a widely supported end-of-life option that provides dying people with peace of mind and comfort during their final days. **Legislation is required** to add the option of Medical Aid in Dying to NH’s existing palliative care and hospice options.

New Hampshire is ready for Medical Aid in Dying



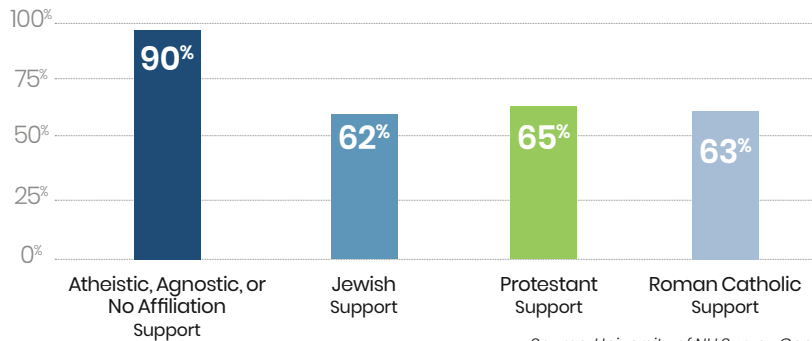
- Thirteen states and DC allow access to Medical Aid in Dying for the terminally ill
- One in four Americans has access to this option that provides great comfort to the dying
- Oregon and Vermont no longer have residency requirements
- More states are considering legislation; Delaware and Illinois adopted in 2025 and New York in 2026

SUPPORT AMONG NH RESIDENTS



Source: UNH Survey Center Granite State Poll, Oct. 2023

SUPPORT FOR MEDICAL AID IN DYING AMONG NH RELIGIOUS GROUPS



Source: University of NH Survey Center. N=1,130 NH residents; Oct. 19-23, 2023. Margin of error: +/- 2.9 percent.



"Our tools to relieve suffering at the end of life are strong, but are not always enough for every dying patient. Medical aid in dying, with proven safeguards that have been tested and validated for decades around the U.S., are an important tool to help appropriate patients alleviate their pain and suffering when terminally ill, and should be available to the citizens of New Hampshire."

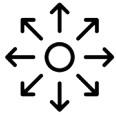
- Gary Sobelson, MD, family physician, Concord

The Facts About Medical Aid In Dying for Terminally Ill Granite Staters



Medical aid in dying (MAiD) provides the option for terminally ill, mentally capable adults to end their life when and where they choose by requesting a prescription from their doctor.

MAiD laws define a strict, voluntary, multi-step eligibility process.



Medical aid in dying is authorized through legislation. MAiD is **optional** for patients, healthcare providers, and facilities. No person is required to use it and no doctor is mandated to prescribe the medication. **All health care providers and facilities, including hospitals and nursing homes, may opt out of participating.**



In states where Medical Aid in Dying is available, the vast majority of patients who have obtained a prescription were also using hospice care. Medical Aid in Dying does not replace hospice or palliative care; in fact, it complements and improves these end-of-life care options. Having the option often encourages **earlier and deeper conversations between terminally ill people and their loved ones and medical team** and allows for a peaceful death surrounded by loved ones within their own homes, if they desire.



MAiD puts the patient in control. Only the patient can request the prescription, and the patient alone decides if and when to take the medication. The patient must be able to take the medication themselves, and **they are informed by their health care providers that they have the right to change their mind** (even after they have obtained the medication).



There are strict eligibility criteria. The person making the request must:

- be 18 years or older.
- have a terminal condition with a prognosis of six months or less to live.
- be mentally capable of making an informed health care decision.
- be able to take the medication themselves.
- make a written request witnessed by two others.

Two health care providers must agree that the person meets all of these requirements.



Medical Aid in Dying laws are active in 13 states and D.C., and **apply only to mentally capable adults with terminal illnesses.**



In 1994, Oregon was the first state to adopt Medical Aid in Dying. Since then, 12 additional states and the District of Columbia adopted Medical Aid in Dying laws, including Vermont in 2013 and Maine in 2019. Nearly 30 years of experience shows these laws help **alleviate suffering while protecting vulnerable people.**



Medical Aid in Dying can provide comfort and control when a person faces the suffering of a terminal illness. **Patients report that just having this option relieves fear and anxiety — even for those who never choose to use it.** MAiD provides structure, safeguards, and clarity for both patients and the medical community with the addition of this end-of-life option for Granite Staters.

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NHEndofLifeOptions.org



Our vision is that New Hampshire is known as a place where people have the freedom to determine their own path through life, including enjoying personal liberty and dignity right to the end.



New Hampshire Alliance for End of Life Options