



A Place to Die

In Preparation: Planning For A Supported and Comfortable VSED

Go through some of the ways the process can look

- With medical support - basic comfort meds starting on day 1
- With no medical support
- With experienced medical support and hospice support set up in advance
- Hospice support when symptomatic

Who is involved?

Has the guest spoken with a doctor about VSED?

- Would the doctor be supportive in any of the following ways
- Prescribing 1-4 days of comfort medications
- Unobjectively sharing medical records with hospice
- Confirmation of Diagnosis

Possible supports in the process are PCP, ARNP, MSW, Direct Care, Provider, Hospice, Caregivers, Community Volunteers, EOLWA, etc

- Will the guest need volunteer medical and nonmedical providers?
- Is there an interest in alternative practitioners? (acupuncture, therapy etc)

Discuss the Details

- Advanced Directive

<https://walawhelp.gavel.io/run/playground2/Health%20Care%20Directive/#/1>

- VSED Directive

<https://walawhelp.gavel.io/run/playground2/VSED%20Directive/#/3>

- 2025 VSED Directive

https://www.washingtonlawhelp.org/files/C9D2EA3F-0350-D9AF-ACAE-BF37E9BC9FFA/attachments/1B21FB29-1391-4519-BB09-BAFB665B531A/9615en-vseds-directive-final-2025_01.pdf

- Death Plan

<https://bit.ly/deathplan>

- POLST Language versions are available at the link

<https://wsma.org/wsma/resources/advance-care-planning/polst.aspx?WebsiteKey=c182ff6d-1438-4899-abc5-614681b54927>

Create VSED Videos with the guest (phone quality)

Video 1: To other people

- Why the person is choosing VSED
- What has changed/shifted
- Showing that they clearly understand their choice
- What they can no longer do or are avoiding by starting

Video 2: To themselves

- What do if you (the person doing VSED) ask for water or food
- Plan out to ask the 1st, 2nd, 3rd and 4th time....

Guest Point Person (consistent person) for and with guest

Are they supportive

Will they be present Shared house agreements

Ask if they have questions

Helps to create a schedule of visitors and appointments



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Hospice

Referral if necessary
Medical Records Requested and Received
Notified of start date and confirmed

A Sacred Passing volunteers

- Can set an atmosphere of grounded ease with medical relationships
- Center the guest's autonomy, comfort, and care
- Embodies compassion; always follows guest's lead
- Liaison with all – PCP, hospice, caregivers, family, friends & faith representative
- Continually reassesses the needs of guests, family, caregivers
- Does kind of act as the gatekeeper to the guest around possible harm interruption
- Educates guests' support people about the VSED dying process
- Importance of full-time caregivers
- Explain the volunteer role at A Sacred Passing
- Explain how A Place to Die operated
- Plan for a consistent care crew for a two-week period
- Share resources for finding caregivers
- Share resources for teaching caregivers about
- VSED Discuss the financial cost of nighttime caregivers
- Release and Assumption of Risk document signed
- Help guest consider a comforting things list
- Equipment and necessary supplies gathered
- Food & snacks for volunteers arranged
- Bedroom and bathroom set up
- Mouthcare supplies
- Helps everyone know their role
- Schedule of caregivers shared
- Paperwork all together in a folder in kitchen
- Hospice and ASP are ready for the start date picked by the guest

Legal work completed

- Release of Information (ROI) authorization signed if necessary
- Advance Directive completed and copied
- POLST completed and copied
- Clarify guests with DPOA-Health care
- Prepare two videos, one long and one short
- Prepare what to do when and if i ask for water videos
- Are all family members 'on board'?

After death

- Disposition arrangements completed
- The paperwork is signed and payment is confirmed
- ASP to call and confirm with the FH that pre-need has been set up

Action Items for the person choosing VSED

- Selecting a start date or personal "markers" to identify when time is right.
- Set up check-in times.
- Share choice with community, friends, family and loved ones as needed
- Sign release of liability and consent form