You have asked about the new California law effective June 9, 2016, The End of Life Option Act, “the Act”

Here is what you need to know:

A terminal disease can impact every part of your life. It is important that you understand all of your options.

As part of planning for your care, we want to make sure that you have all the information you need. Here are the steps to help you make the best decisions about your care:

1. A Social Worker who knows the requirements of the Act will:
   a. Assist you in understanding the Act’s requirements
   b. Inform you about the process at UCSF
   c. Provide you with educational materials about the options for care

Call UCSF Social Work at (415) 502-6304 and provide contact information; a social worker will return your call to discuss the Act.

2. After you have reviewed your options, think about your reasons for asking about the Act and your wishes. If you still wish to proceed with a request to receive a life-ending prescription, inform your physician of your request. Your physician will also speak with you about your options.

3. The attached document briefly summarizes requirements of the Act.
There Are Many Resources and Options for Patients Living with a Terminal Disease - A Social Worker Will Help You Understand These Options

- Options to manage your pain and symptoms, support for you and your loved ones, and help in making medical decisions all focused on improving your quality of life; this approach to care is called “Palliative Care.”
- Information about hospice care at home or in a health care setting. Hospice is individualized care to enhance the quality of life near the end of life.
- Your right to refuse, or stop, life-sustaining treatment.
- Your right to continue with treatment related to managing your disease.

Learning About Your Options for End of Life Care Will Empower You to Make the Right Decisions for Yourself