

Three Dual-Anchor Ratings Scales — For the Free Trial, for Americans, and for Canadians

1. Free Trial — Single-Anchor “Suffering-only” Scale

Participants taking the Free Trial will use this Single-Anchor “Suffering-only” scale:

MILD	TOLERABLE	SEVERE	INTOLERABLE	UNBEARABLE
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2. For Americans — Dual-Anchor Rating Scale

Americans will see the Dual-Anchor Rating Scale below that lets them choose to either Judge Intensity of Suffering (JIS) or Decide On Treatment Type (DOTT):

MILD CPRL-POLST (1 final CPR, then SLT)	TOLERABLE SLT-POLST (Selective/Limited Treatment)	SEVERE, possibly prolonged ND-POLST (Natural Dying) or MA-POLST if can self-feed & drink	INTOLERABLE MA-POLST (Moderate Anesthesia)	UNBEARABLE RSU-POLST (Rapid Sedation to Unconsciousness)
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3. For Canadians — Dual-Anchor Rating Scale

Canadians will see the Dual-Anchor Rating Scale below. If they reside in Quebec, they can choose MAiD by Advance Request. If they live in other provinces, the alternative — Rapid Sedation to Unconsciousness is available. They may need not complete a new form if their province or the federal government legalizes Advance MAiD Requests (AMRs).

MILD CPRL-POLST (1 final CPR, then SLT)	TOLERABLE (Selective/Limited Treatment)	SEVERE, not urgent: Trial of Moderate Anesthesia (or Natural Dying)	INTOLERABLE, not urgent: MAiD (unless prefers Natural Dying)	UNBEARABLE, urgent: MAiD —if legal. If not: Rapid Sedation to Unconsciousness
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Definitions:

“Natural Dying” is following these two physician orders: “Cease assisted feeding/hydrating,” and, “Always place food and fluid within patient’s reach.”

“Moderate Anesthesia” is using palliative sedation to relieve suffering by slowing increasing the minimal dose of medications that can relieve suffering (if other methods have been tried but failed) while trying to preserve consciousness if possible.

“Rapid Sedation to Unconsciousness” is quickly increasing the dose of sedatives to levels high enough and to URGENTLY relieve UNBEARABLE suffering.

“MAiD” is Medical Aid/Assistance in Dying.