



# Compassion & Choices

## Volunteer Action Network

Introduction to Compassion & Choices and  
Volunteering

# Welcome to Compassion & Choices and Volunteering

1. Compassion & Choices and the History of the Movement
2. National Programs, Budget and Staff
3. Terminology and Definitions
4. Volunteering with Compassion & Choices
5. Next Steps and Resources

# PART 1:

Compassion & Choices Mission, Vision,  
Objectives, Values, History of the Movement

# Compassion & Choices Mission

To improve care,  
expand options,  
and empower  
everyone to chart  
their end-of-life  
journey.



# Compassion & Choices Vision

A society that affirms life and accepts the inevitability of death, embraces expanded options for compassionate dying, and empowers everyone to choose end-of-life care that reflects their values, priorities and beliefs.



# Long-term Strategic Objectives

1. By 2028, half of the U.S. population lives where Medical Aid in Dying is authorized.
2. More patients can access the care they want - nothing more - nothing less.
3. To grow a diverse, equitable and inclusive movement in the areas of race, religion, party affiliation, sexual orientation, gender identity and age.

# Compassion & Choices Values

**C**ompassionate

**C**ourageous

**C**redible

**R**espectful

**R**esilient

# Compassion & Choices Values



**Compassionate** in our conviction that dying patients should be free of unwanted treatment, suffering or outside interference.



# Compassion & Choices Values



**Courageous** in our willingness to confront the toughest end-of-life health challenges, disrupt the broken status quo, and protect an individual's right to self-determination.

# Compassion & Choices Values



Kim Callinan  
Compassion & Choices CEO

**Credible** in all our education, advocacy and partnerships; our efforts are grounded in objective research and demonstrable facts.

# Compassion & Choices Values



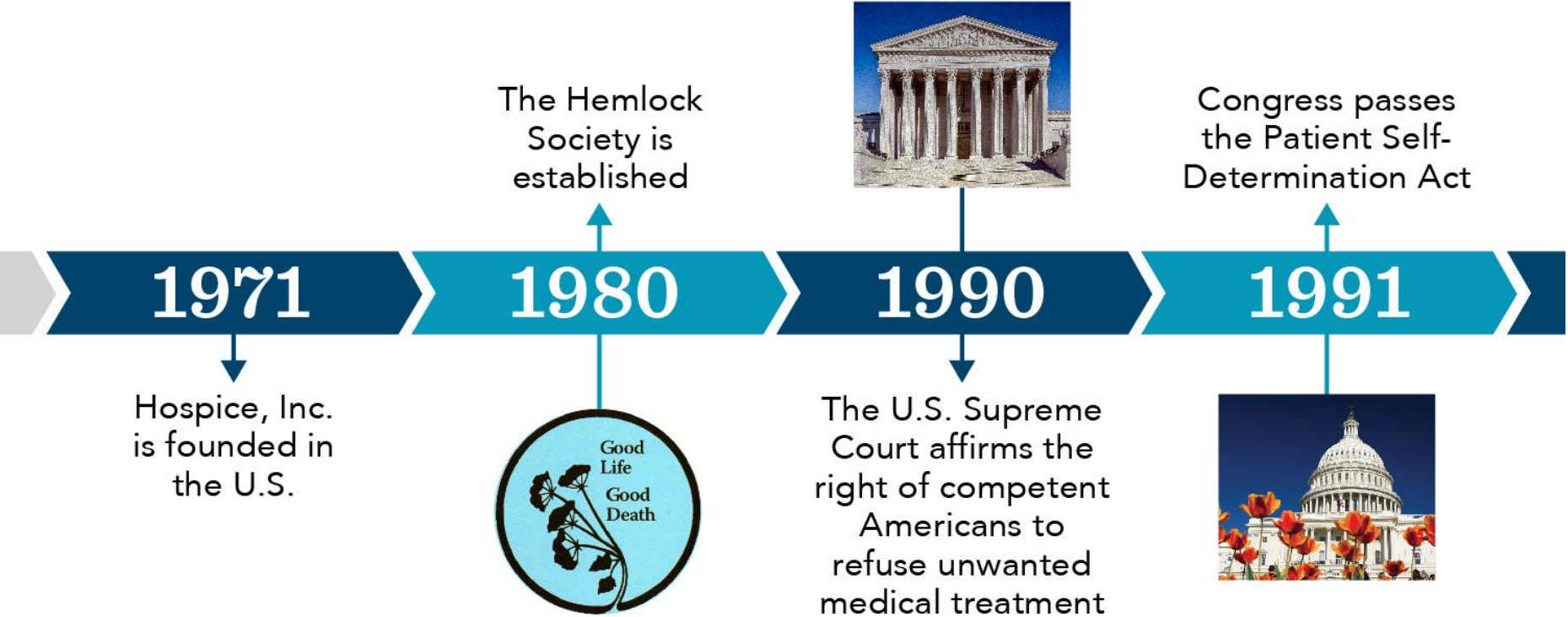
**Respectful** of the autonomy of individuals to decide what end-of-life options are best for them and their family.

# Compassion & Choices Values

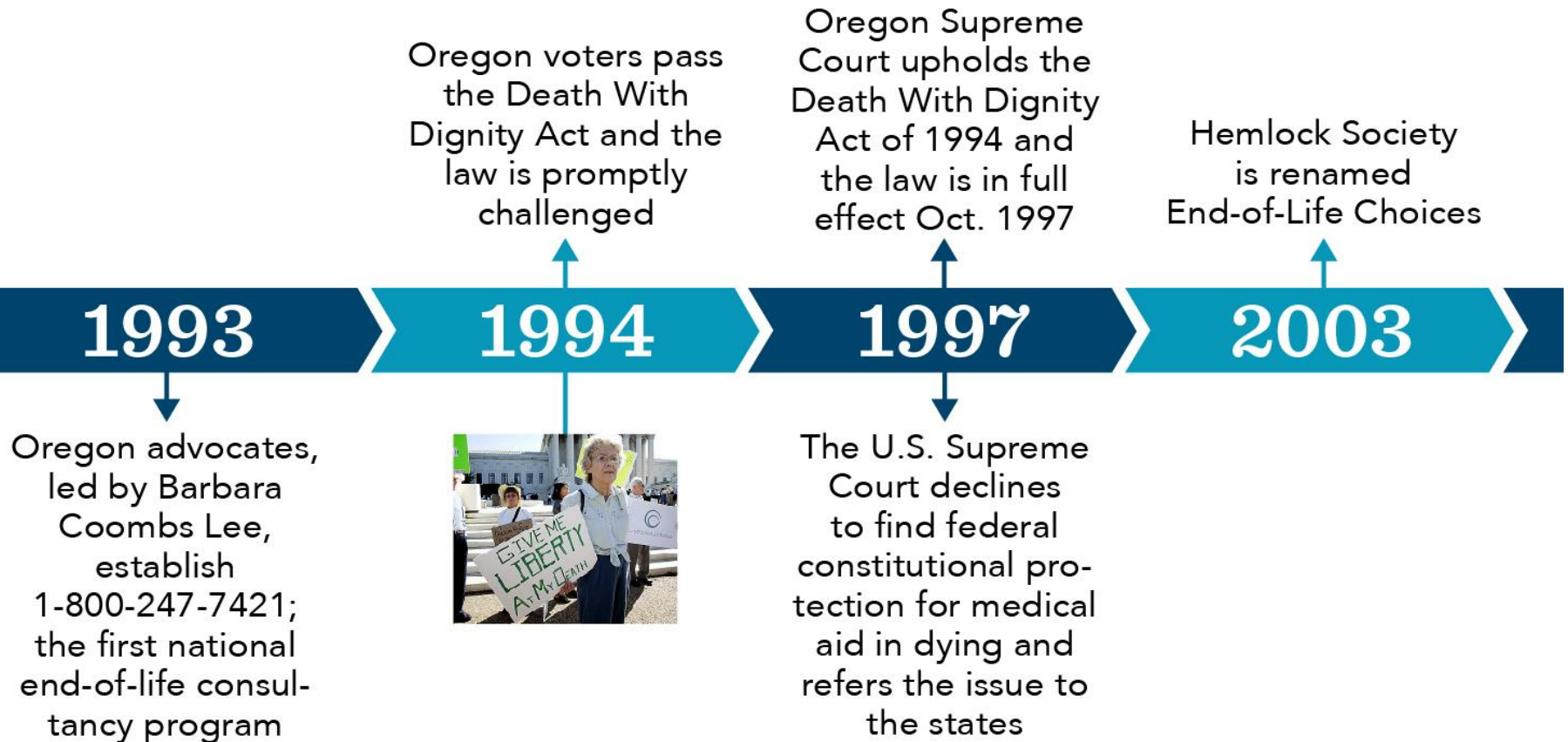


**Resilient** in our capacity to respond to opportunities and threats in the movement so that we can achieve our vision as quickly as possible.

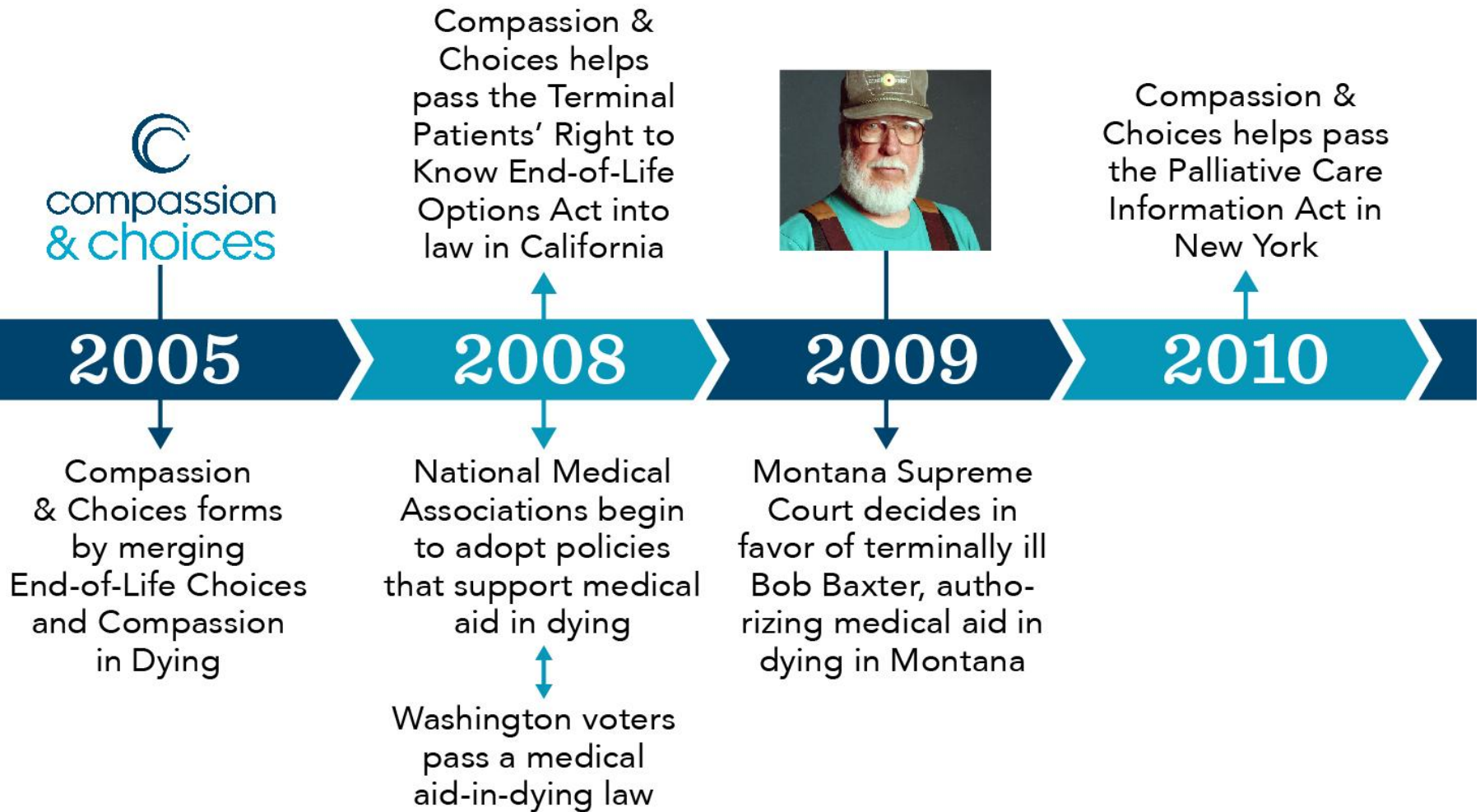
# The Beginning of a Movement



# 10 Years of Progress



# A National Conversation



# The Brittany Effect

Compassion & Choices, other groups, and legal experts launch the Campaign to End Unwanted Medical Treatment



California lawmakers pass medical aid-in-dying legislation

Colorado voters pass medical aid-in-dying law on the ballot

2013

2014

2015

2016

Vermont lawmakers pass medical aid-in-dying legislation

Brittany Maynard's story catapults medical aid in dying to national spotlight

Centers for Medicare & Medicaid Services issues a rule to reimburse doctors for advance planning and end-of-life conversations

Washington, D.C. lawmakers pass medical aid-in-dying legislation



# Unstoppable Momentum



New Jersey lawmakers pass medical aid-in-dying legislation and the law is implemented Jul. 2019



With the help of our allies secured important telehealth provisions for seriously ill patients in the CARES Act

New Mexico lawmakers pass medical aid-in-dying legislation and the law is implemented Jun. 2021



Maine lawmakers pass medical aid-in-dying legislation and the law is implemented in Sep. 2019



# PART 2:

Compassion & Choices National  
Programs, Budget and Staff

# Staff

- Compassion & Choices staff is just under 100 people from across the country.
- Most work remotely all the time.
  - Offices in Washington D.C. and Portland, Oregon. (Portland office closing Dec 2023)
- Departments: Advocacy/Programs, IT, Digital/Website, Communications/Design/Marketing, Legal/Policy, Strategy, Accounting/Ops/HR, Development, Clinical and Community Engagement.

# Expanding Options for End of Life

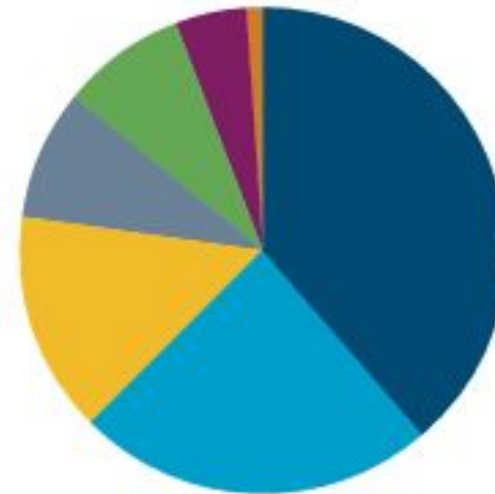


# Program Costs

## PROGRAM EXPENSES AND RATIOS

*For the Year Ended June 30, 2022*

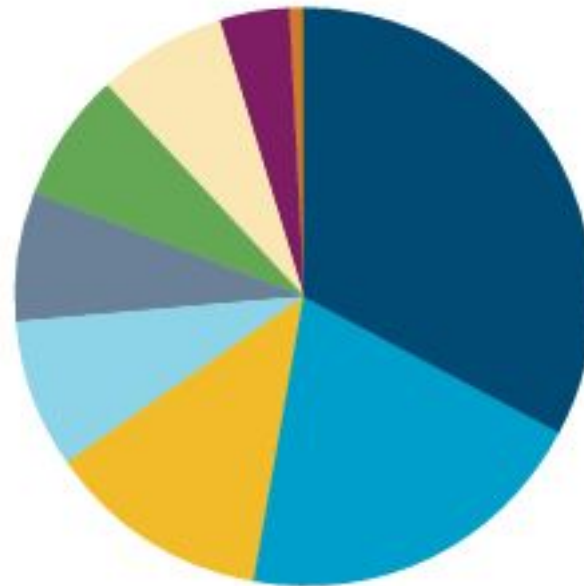
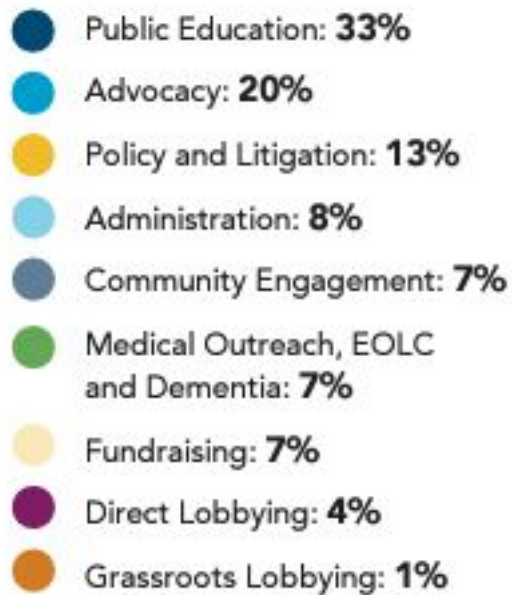
This pie chart and table offer a detailed look at how Compassion & Choices' expenses are distributed by program area.



# All Costs

## ALL COSTS\*

*For the Year Ended June 30, 2022*



# Revenue

- 95% of Compassion & Choices income is from individuals like you and me.
- We received over \$ 22 million in gifts from 38,504 generous donors in FY 21/22.
- We do not receive any government funding.

# Compassion & Choices Scope of Practices

## Compassion & Choices - Public Education and Advocacy

- 501(c)(3) organization
- Education and awareness
- Grassroots mobilization
- Consumer empowerment
- Gifts to Compassion & Choices generally are deductible as charitable contributions
- limited lobbying expense
- CANNOT support or oppose candidates

## Compassion & Choices Action Network (CCAN) - Political Change

- 501(c)(4)
- Ballot initiatives
- Legislative campaigns
- Electoral activity
- Gifts to Compassion & Choices Action Network are NOT deductible as charitable contributions
- Unlimited lobbying expense
- CAN support or oppose candidates



# PART 3:

## Terminology and Definitions

# Advance Directives

**Advance Directive:** Called “advance” because it is prepared prior to a health crisis in which it would guide your medical care. Two primary elements:

- 1. Living Will:** Where you state your healthcare wishes.
- 2. Health Care Proxy/Health Care Power of Attorney:** The person named in your advance directive who is legally responsible for decision-making and directing care if you are unable to.

Both may change, keep it updated!

Make copies for your Proxy, your family and providers.

# Basics to Understand

**Hospice/Hospice Care:** An interdisciplinary team of caregivers provides comfort, support and dignity to terminally ill people, (and their family) when medical treatment is no longer expected to cure the disease or prolong life. This service often takes place in the home.

**Palliative Care:** A variety of therapies or modalities that are intended to relieve suffering and improve quality of life for any patient; is available to everyone, not just terminally ill patients. May include music, spiritual support, massage, pet therapy in addition to medicine.

# Medical Terms

**VSED:** Voluntarily Stopping Eating and Drinking is a method to shorten the dying process by refusing nourishment and hydration, orally or through a tube.

**Deep Continuous Sedation:** Also referred to as terminal sedation or total sedation. Refers to the continuous administration of medication to relieve severe, intractable symptoms that cannot be controlled while keeping the person conscious. This drug-induced 'coma' state is maintained until death occurs.

# Legal Matters

**Refusing Medical Treatment:** A legal right to refuse or discontinue medical treatment even if that treatment is necessary to sustain life. These life-sustaining interventions can include ventilators, feeding tubes, pacemakers and dialysis.

**MOLST or POLST:** Medical or Physician Orders for Life Sustaining Treatment. Might be called something else in your state

**DNR:** Stands for Do Not Resuscitate.

# What is Medical Aid in Dying?

Medical aid in dying allows a terminally ill adult to request and receive a prescription for medication that they *may* choose to take to bring about a peaceful death. To qualify, one must be mentally capable, able to self-ingest the medication and have a prognosis of six months or less to live.

Another NVP training covers this in more detail.

# Terminology

**Assisted Suicide:** The instance where a person aids or assists a suicidal person to die by suicide.

**Euthanasia:** Deliberately ending another's life. Euthanasia, is against the law in the United States.

# PART 4:

## Volunteering with Compassion & Choices



# Why Volunteer?

- Help change policy and society, and leave a legacy by being part of this movement.
- Learn about yourself, people and politics.
- Make new friends, diversify and expand your network.
- Educate and empower others in your community.
- Help more people access the full range of end-of-life options so their end-of-life care reflects their values, priorities and beliefs.
- Because volunteers Make. Change. Happen!

# Volunteering in Your State

- Activities, goals and strategy vary by state.
- Compassion & Choices regional/local staff will guide you.
- We strive to match your skills interests and time availability to the priorities.
- National Volunteer Program provides tools, training, materials and resources.

# Opportunities In Your Community

- Supply C&C materials to local public places.
- Table at a public event or professional conference.
- Host a fund or friendraiser in your home.
- Organize a book club event with Barbara Coombs Lee book, *Finish Strong*. Ask your local library to acquire *Finish Strong*.
- Organize a video screening or online watch party.
- Ask your doctor(s) about medical aid in dying and encourage them to join Doctors for Dignity.
- Complete/Update Your Advance Directive; help someone else do the same.
- Stay informed and on message.

# Opportunities in the Media

- Share your story; find other diverse storytellers.
- Call in to a radio show.
- Write:
  - A Guest Editorial.
  - A letter to the editor of a newspaper.
  - A letter/article for Senior News or 55+ type magazines.
  - A guest article for another organization's newsletter/website.
- Educate your network by regularly sending and sharing our news, links and posts.
- Become a community public speaker and/or do interviews.
- Stay informed and on message.



# Opportunities to Advocate

- Start or join an Action Team!
- Contact your lawmakers and then stay in touch.
- Speak up at Town Hall meetings and at legislator meet and greet events, in person or online.
- Attend and bring information to community events.
- Testify at a legislative hearings in person or online.
- Participate in Lobby Days in person or online.
- Stay informed and on message.



# Opportunities on Social Media

- Find content on Facebook and like, share, comment.
- Personalize content on Facebook.
- Join Twitter and start tweeting.
- Join the Instagram community.
- Create a Selfie to post to YouTube and/or your other social media accounts.
- Stay informed and on message.

# Let us Know!

## Volunteer Resource Center

### Sign Up to Volunteer →

Volunteers are at the heart of Compassion & Choices advocacy, education and outreach efforts, paving the way for a full range of end-of-life options nationwide.

### Staying Stronger Together →

Check out our robust library of webinars addressing the end-of-life options movement.

### Report back →

Compassion & Choices' Volunteer Action Network what you're doing in your community to advance end-of-life care options. Please take a moment to tell us about a recent volunteer activity.

# Opportunities for Storytellers

- Become a Compassion & Choices Storyteller.
- Amplify and elevate your personal experience to support our efforts.
- Lend your name and image to help us meet our Mission, Vision and Strategic objectives.
- Become a subject matter expert.
- Stay informed and on message.



# Opportunities for Medical Providers

- Educate, coordinate and/or present to healthcare professionals at Grand Rounds, in-services, and conferences.
- Broker and identify healthcare systems leadership policies and procedures on end-of-life care, advance directives and medical aid in dying.
- Be an internal champion and/or prescribing physician.
- Belong to your state and component medical society and professional associations.
- Stay informed and on message.

# Representing Compassion & Choices



- Be respectful, professional and unflappable
- Be diplomatic, find common ground, agree to disagree
- Use your authentic voice, but stay on message
- Wear only one hat at a time
- Honor confidentiality and media agreements

# Working Together

## Compassion & Choices Working Agreements

To the best of my ability and intent, I aspire to:

- Practice curiosity, empathy and compassion.
- Stay at the growing edge, lean into discomfort.
- Call out/call in issues of bias, power and privilege with respect and kindness.
- Assume and act with good intentions; acknowledge the impact my actions can have on others.
- Listen and ask questions to understand.
- Speak with “I” statements.
- Make the implicit explicit.
- Give permission to myself and others to be a work in progress: imperfect, messy, respectful and/or actively processing thoughts without fear.

# Supporting Compassion & Choices

- Compassion & Choices depends on individual donations from people like you.
- Each dollar raised advances our effort to realize our goal of half the U.S. population living in a place where medical aid in dying is open and accessible by 2028.
- Consider helping us today by making a contribution **online, or by sending a check to:** Compassion & Choices Gift Processing Center PO Box 485 Etna, NH 03750-0485

Thank you for your commitment to Compassion & Choices. Your generosity enables us to conduct our vitally important work leading the movement to improve care and expand options for the end of life.

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*Many nonprofits aspire to change the world. We are doing it. I couldn't ask for a better foundation to build on and better supporters to work with. I am grateful for your collaboration, your dedication and your partnership. I am proud to serve with you.*

— Kim Callinan, CEO

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800 247 7421  
CompassionAndChoices.org

compassion & choices | compassion & choices ACTION NETWORK

compassion & choices  
Care and Choice at the End of Life





# PART 5:

## Next Steps and Resources



# Next Steps

1. Sign the Confidentiality Agreement & Media Policy Forms if you haven't already.
2. Strategize with C&C field staff to make a plan and set goals specific to your state.
3. Review the resources that support your activities.
4. Attend additional state-specific or skills training sessions as needed.
5. Get started!

# Volunteer Resource Center

## Volunteer Forms

[Compassion & Choices Confidentiality Agreement](#)

[Compassion & Choices Volunteer Media Policy](#)

[Compassion & Choices Basic Petition](#)

[Compassion & Choices Sign-in Sheet](#)

[Compassion & Choices Action Network Volunteer Data Use Agreement](#)

[COVID-19 Volunteer Information & Acknowledgement](#)

## How-to Toolkits

[Passing a Local Resolution](#)

[Communicating with Legislators and the Media](#)

[Petitions, Tabling and Canvassing](#)

[Holding a Video Screening](#)

[Hosting a House Party](#)

[Basic Lobbying](#)

## Other Resources

[Find Your Legislator](#)

[End-of-Life Planning](#)

[Upcoming Events](#)

[Compassion & Choices Magazine](#)

[Other End-of-Life Books, Films, Websites and Tools](#)

[Compassion & Choices on Youtube](#)



I support death with dignity.

compassion & choices

I support death with dignity.

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The nation's largest and largest nonprofit organization working to...  
I support death with dignity.  
I support death with dignity.  
I support death with dignity.

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compassion choices  
at the End of Life

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# *This is Your Show*



# THANK YOU!



[CompassionAndChoices.org/volunteer-resource-center](https://CompassionAndChoices.org/volunteer-resource-center)