

## **ACTION STEPS for *To Live Each Day with Dignity***

Perhaps you live in a state where organizations are attempting to pursue measures to legalize physician-assisted suicide. There are action steps we can take. We have some suggestions:

- If you have not done so, we encourage you to read the U.S. Bishop's statement *To Live Each Day*.
- Visit the *To Live Each Day* and NCPD websites. There you will find useful tools to assist you in your education and advocacy efforts, including a document in question and answer format to help you make persuasive arguments. The website also includes statistics, quotes, articles and trends.
- We encourage you to contact your state catholic conference. They should be aware of any initiatives at the state level attempting to legalize assisted suicide.

- Contact your diocesan disability ministry office, diocesan respect life and social concerns office. These offices may coordinate a legislative network to keep you informed.
- Communicate with your elected officials at the state level. Find out where they stand. And let them know where you stand. Develop a packet for them with information created by your state Catholic conference or the USCCB.
- Respond to editorials, articles, and letters to the editor in your local newspaper. We recommend you write letters to the editor with a life affirming message.
- Sponsor educational activities at the diocesan and parish level: Invite a speaker or sponsor a study session explaining the Church's teaching about physician-assisted suicide.
- Join people with chronic illness or disability in the fight against the legalization of physician-assisted suicide.
- Be a presence of true compassion and support to someone who is elderly, lives with a significant disability or is near death.

Encourage volunteerism at your local hospice & palliative care center.

- And if anyone you encounter has suicidal thoughts, please reach out and help them by encouraging life-affirming treatment through counseling and support, and, when necessary and helpful, medication.