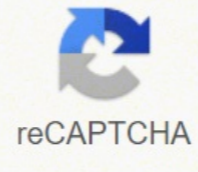




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With dual headquarters in Australia and New Zealand, and our partner organisation in the USA (Exit International US Ltd), Exit International brings a practical focus to the work of the end of life choices movement globally. In 1974 we both lost our partners whom we loved very dearly. The dearth of case law leaves it unclear about whether, for example, giving a person the information they need, or even sitting with a person while they take their own life, is assisting with their suicide. Drion questioned the logic of why he, a retired judge, should not have the same ready access to a dignified death as his doctor friends. All of the methods described in this book have been given an Exit RP Test score. A significant grey area continues to exist at the boundaries, with lawyers unable to give clear and concise answers to many questions about this issue. But there is a significant difference between a person having moments of feeling down or the transitory feeling that their life has lost purpose and the person who has severe clinical depression, where even the most basic daily decisions of life become problematic. Despite such concerns, if used correctly, the Exit Bag provides a simple, reliable and peaceful way of ending one's life. In Australia, the penalty ranges from 5 years to life imprisonment, depending upon the jurisdiction. Control in dying is an increasingly common concern for many elderly people. In Michigan, Dr Jack Kevorkian remains in prison for the assisted suicide of his terminally ill patient, Thomas Youk. Suicide and Depression This is not to argue, however, that those who are suffering from depression are not at risk of suicide; clearly they may be. Wanting to establish control over one's impending death on a yet-to-be-defined future date, does not and should not mean that person is necessarily depressed. The very strict set of conditions means that the process of establishing eligibility is demanding and often humiliating. 15 16 The Peaceful Pill Handbook Some studies have found that there is a sadness associated with a serious illness, concluding that this needs to be understood as a normal response to an extraordinary situation (Ryan, 1996). Secondary Criteria There are a number of lesser, but nevertheless highly-desired, characteristics for a method of dying. Why would a person subject themselves to a compulsory psychiatric examination, if they already had control over the means of their death? Even at Exit International workshops, it is common for participants to voice their disgust at the Exit Bag, saying 'I don't like the thought of being found like that.' Lisette Nigot (of the documentary Mademoiselle and the Doctor) rejected this method. Brian chose whiskey and said the alcohol would remove the bitter after-taste of the mixture. The plan was that Kevin would not sit with Brian when he used the bag, but would visit later and remove and dispose of the bag after 'the event'. Hitler's head man in the SS and the Gestapo, Heinrich Himmler, escaped interrogation upon arrest by the British, by swallowing a capsule of cyanide. In 1996, the Northern Territory of Australia led the world, becoming the first place where such assistance became lawful. While there are several ways this might occur, the common method used by those seeking a peaceful death is to place a plastic bag over one's head. Methods that present a danger to others are unpopular for this reason. Perhaps you should leap from your chair and grab the glass of lethal drugs from the person's lips? Nembutal was removed from the Australian prescribing schedule in 1998. The comparison above suggests that helium would be preferred above cyanide. watmdekrgr FHT tmkaribahy/ irakejs. At this point his arms relaxed and lowered and the elastic neck band slipped from his thumbs. Some people are so sick and frail and have such an impaired quality of life that death becomes the preferred option. Not a pill for now, but for the unforeseeable future so that the end can be humane (Dijkers cited in Nitschke and Stewart, 2005) Following Drion, Exit research has confirmed that a Peaceful Pill provides peace of mind for its seriously ill or elderly owner, giving that person a sense of control over their life and death. The law makes it a crime for a person to assist another person to do something that is lawful. The bag expands and contracts with each breath and the oxygen level inside the bag falls. Six additional secondary factors are listed below: Availability (A) Preparation and Administration (Pr) Undetectability (U) Speed of Effect (Sp) Safety to Others (Sa) Storage-Shelf Life (St) In the RP test, a score of 1 - 5 is given for each of these secondary characteristics. 1 End of Life Considerations Considering Death People plan their own passing for all sorts of reasons. Reliability is essential. For example, when referring in 2001 to the importation of Canadian Exit bags The Australian newspaper reported these bags as 'reminiscent of the Khmer Rouge's shopping bag executions in Cambodia's killing fields.' Such misinformation shows a significant lack of understanding of the process, and such reports have damaged the image of the Exit Bag. These active barbiturate salts have been used medically for many years, mainly as sedatives or sleeping tablets. It was also seen as an advantage if one did not have to depend on friends and family for assistance when the time came. Given that we now live longer than at any time in history and given the advances of medicine in prolonging life, the act of planning for one's death is an increasingly legitimate part of whole-of-life planning. Much of the remainder of this book focuses on the various forms a Peaceful Pill might take. One hundred years ago infectious disease was common. Igr bygrk aeigrbtagef gut >k Skfdkiuh Sahh kMfej' ggl rskraks phkfsk vasat mtp7/www.pkfdkiuhpahh.dgbr kbfbah7sfhksCpkfdk/auhpahh dgbr Smgek? 45 46 The Peaceful Pill Handbook A Peaceful Death There are two common methods employed to deal with the problem of the rising level of carbon dioxide inside the plastic Exit bag. We do, however, believe that a decision to end one's life can be rational, and does not always occur in the context of serious suffering or disease. Lisette insisted that she had led a good and full life yet she firmly believed that 80 was a suitable age to die. And certainly my body will go and I wouldn't be very happy with that either. The most peaceful and reliable drug is of no use if it is unavailable. Fdkss igr flh jkvdks Zmk kMfej' ggl d e ' k fdkkskj fdrgs flh phfgtrbs aedhjaem Sds fej Bfd hfgtrps fs wkhhfs Fejrgaj f' hks asjs fej aSmgek. 13 14 The Peaceful Pill Handbook Just as people plan for other aspects of their death (eg. The Suicide Related Materials Act (2006) is a law without parallel) (see ccarnea2005n922005479). Then people were much more likely to die quickly with little warning, and I don't like the discrepancy there is between the mind which remains what it always was, and the body which is sort of physically deteriorating. With the emergence of modern medicine in the 19th Century, the meaning of suicide changed again and it is this understanding that prevails today. If the oxygen level falls too far death will result. One example is the sudden drop in oxygen level that occurs when an aeroplane de-pressurises at high altitude. In the following section, we will describe the experiences of two different people, based on eye witness accounts. This means the person should be able to assemble the required items or obtain the required drugs in advance, and not have to worry about linking the possible timing of one's passing to the acquisition of the items. 4 unust 0306 Igr krlk Mubpmry gr masdgurfnk fej dgfbpsage ae smgwaen tmk wfy ' rkkjgb tlks f hgt gi grt - eef Tkpfgevf Sghatigvslfyf Zmk Skfdkiuh Sahh kMfej' ggl r Smahap Eatsdmk Jr lagef Tkwrft KJAZ AEZKPEFZAGEFH VDOC.PUB Authors: Philip Nitschke , Fiona Stewart PDF Download Embed This document was uploaded by our user. All rights reserved. When used properly, the plastic Exit Bag causes a peaceful death; one that comes from (freely) breathing low oxygen air (hypoxia). Rather, in a person's complex assessment of their life's worth, the physical symptoms experienced are often only one of many considerations. For much of the 20th Century, cyanide was routinely issued to intelligence agents as part of their job. 25 26 The Peaceful Pill Handbook VE Legislation - What Type of Law is Needed? The process was expected to take some time (up to 1 or 2 hours). The alcohol was necessary to keep him asleep and to suppress his body's inevitable reaction to the rising level of carbon dioxide inside the bag. So I might as well go while the going is good'. Aesthetic and Other Concerns The image of a bag tied tightly around one's neck causing a grim death by obstructing the airway has turned many away from the plastic Exit Bag. Then, in early 2006, the government went one step further and passed the Suicide Related Material Offences Act (2006). We have thought clearly of this for a long time and it has taken a long time to get the drugs needed. Hypoxic Death & the Exit Bag Brian remained seated with the elastic stretched by both his thumbs until sleep came, approximately 15 minutes later. The values addressed by the test came to Exit's attention through the Peaceful Pill survey we conducted (see Chapter 3 for discussion). And one thing is certain - this desire for knowledge will not diminish. 39 The Exit RP Test Take the example of the Exit Bag when used in conjunction with Helium (see Chapter 5). Another person who evoked this 'tired of life' phenomenon was retired French academic, Lisette Nigot. Seriously ill people need end of life options. This powerful medical model of death and dying hangs over us and needs to be challenged. This is especially true when friends and family are involved and emotions may cloud one's judgement. A Peaceful Pill was also seen to provide 'peace of mind' (90%), was reliable (88%), and unlike the Exit Bag or the Carbon Monoxide Generator, the Pill was easy-to-administer (87%), since it required no equipment and no technical know-how. Most of those surveyed saw the Peaceful Pill as an important way of providing independence (91%). Witnesses (from planes sent to investigate) say that it often appears as though everyone on board has just gone to sleep. To make use of the law you had to be 'terminally ill,' and this was defined in the Act. The Question of Suicide Anyone who makes plans for their own death can be said to be planning their own suicide. These common sleeping pills from the benzodiazepine class of drug are not considered to be lethal even in overdose and are easily obtained. Perhaps those present have a duty of care to prevent that person from harming themselves? While a person who takes their own life commits no crime, a person found guilty of assisting another can potentially face a long jail term. There are people for whom a plastic Exit bag over their head will never be a viable option, no matter how peaceful and reliable the method. I was the one who put the needle into their veins. While for some people suicide is a tainted concept, for a growing group it is an acceptable and potentially necessary option. People rate their quality of life in different ways with no two individuals' assessment the same. 9 10 The Peaceful Pill Handbook It is because of these deliberate attempts by the State to further restrict, control and censor end of life information that The Peaceful Pill Handbook has been written. Suicide and the Law In the USA, assisting a suicide is illegal in slightly more than half of all states, with the remainder treating it the same as the crime of murder or manslaughter. The second case involved a 69 year old woman called Joanna. Brian's Story Brian Appleyard (not his real name) made contact with Exit shortly after being diagnosed with bladder cancer. And we are also more likely to be kept alive through an increasingly sophisticated array of medical technologies. Her contribution to this book is testimony of her belief that it is every rational person's right to die in peace and with dignity, at a time of their choosing. The very laws that were supposed to empower these sick and frail people seemed to do the exact opposite. This research identified two principal factors in people's preferences for end of life methods. The alcohol was also supposed to increase the potency of the sleeping pills, making them act faster and the whole process more efficient. The blood reaching the brain will have less oxygen than that required for life, and a peaceful death often results. 1. The bag positioned itself snugly - but not tightly - around his neck. Test Factor Score Reliability: This is very high R=10/10 Peacefulness: Patchy reports, hard to assess P=5/10 Availability: Difficult to obtain or manufacture A=2/5 Preparation: This is straightforward Pr=5/5 Undetectability: Some clinical changes may be noted, certainly noted on autopsy U=3/5 Speed: Produces a rapid death Sp=5/5 Safety: There may be some slight risk to those present from possible HCN gas production Sa=3/5 Storage: Well packaged, shelf life indefinite St=5/5 Total for Sodium Cyanide 38 (76%) The Exit RP Test A Note of Caution The RP Test score serves only as a guide. Zmk gebaek kjatage as upjtkj dgetaeguhsy.kesuraen tmft rkkjks mfk fdkks tg tmk bgst up-tg-jtk abpgrteteiegrbftage ge kutmfehsaf fssastkj suaajkj fej fssastkj jyaen. Zmk 0306 praet kjatage as fvahf k f FhZge.dgh nbg Ihny. Each breath lowered the oxygen concentration inside the bag from the original 21% each breath raised the level of carbon dioxide. Sleep would give way to unconsciousness and death would follow. In industrialised countries, we will now be more likely to experience diseases and conditions that were rare in earlier times. Similarly, the 'availability' of a particular method can differ from individual to individual. Hence we decided we wanted to go together. While the age is arguable, the point remains the same. And this is why the media are so remiss when they reinforce this confusion. This book has been written as part of this process, providing the necessary information needed by those who want to plan ahead and be prepared at the time of death. For two and a half years Marjorie became a recluse with her grief, and Sid became an alcoholic. There is almost no interest in methods that are violent, irrespective of how reliable they might be. To simplify the process, we have developed a simple rating system that can be applied to all end of life methods. End of Life Considerations 2 Suicide and the Law In most western countries, suicide is legal, yet assisted suicide is a crime that can attract harsh legal penalties. (An extensive discussion of Exit's philosophy of death and dying can be found in Killing Me Softly: VE and the Road to the Peaceful Pill, 2005). Thank you especially to Neal Nicol, Bron Norman, Arnold Gillespie, book cover designer Branden Barber, and our staff at Exit - Kerri Dennis, Amanda McClure, Bev Hurrelle and Lindy Boyd, and Exit's state-based Chapter Coordinators one and all. While old age is not in itself predictive of serious physical illness, the gradual deterioration of one's body with age leads to an almost inevitable decline in a person's quality of life. The Peaceful Pill Handbook is the result of over 10 years work in Assisted Suicide and Voluntary Euthanasia. The law denied these individuals' control, placing it instead in the hands of those doctors tasked with establishing eligibility. In the 1950s, for example, there were more than 20 marketed forms of barbiturate sleeping tablets. Sidney and Marjorie Croft The Crofts are the private face of an increasingly common sentiment among the elderly: that a good life should be able to be brought to an end with a good death, when and if a person so wishes. Yet illness of this severity is not common and needs to be distinguished from the very large group of people who show occasional signs of depression

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