

# Easy English

Voluntary assisted dying





If you need an interpreter, ask your doctor for one. It is free.

For help reading this information call:

- Multicultural Connect Line free hotline number: 1300 079 020
- Interpreter Service (Help with English): 13 QGOV (13 74 68) and ask for an interpreter
- Translating and Interpreting Service: 13 14 50

## Hard words

This book has some hard words.

The first time we write a hard word:

- the word is in **blue**
- we write what that hard word means.

## About this book

This book is written by Queensland Health.

This book is about **voluntary assisted dying**.

*Voluntary assisted dying means some people can ask for help to end their life. Only people who are very sick and will die in less than 12 months can ask for help to end their life.*

This book can help you to know what voluntary assisted dying is.

This book is for people who want to know more about voluntary assisted dying.

### **You can get someone to help you:**

- read this book
- know what this book is about
- find out more information

Aboriginal peoples and Torres Strait Islander peoples should know that this book is about death and dying.

Some people who have different beliefs about death and dying may find this book upsetting to read.

# What to do to **access** voluntary assisted dying

*Access is when you can find out how you can die using voluntary assisted dying*

You can choose to do voluntary assisted dying

You ask for voluntary assisted dying yourself.

No one else can ask for voluntary assisted dying for you.

No one can make you ask for voluntary assisted dying.

You can stop voluntary assisted dying at any time.



## Your doctor and voluntary assisted dying

Your doctor does not have to do voluntary assisted dying



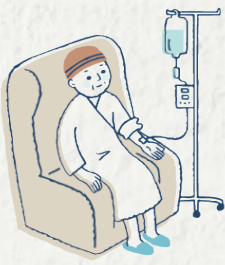
If your doctor does not do voluntary assisted dying you can call the **Queensland Voluntary Assisted Dying Support Service (QVAD-Support)**.

*The Queensland Voluntary Assisted Dying Support Service (QVAD-Support) can help you find a doctor who does voluntary assisted dying*

You can contact QVAD Support Monday to Friday, 8.30am-4pm

**Email:** [QVADSupport@health.qld.gov.au](mailto:QVADSupport@health.qld.gov.au)

**Phone:** 1800 431 371



## Who can access voluntary assisted dying

### You can only access voluntary assisted dying if you:

- ✓ have a sickness that will cause your death in less than 12 months
- ✓ have a sickness that causes you a lot physical or mental pain that you find unbearable
- ✓ have a sickness that cannot be cured and will never stop causing you pain
- ✓ are able to make your own decisions
- ✓ want to access voluntary assisted dying.
- ✓ are over 18 years old
- ✓ live in Queensland and are a resident

### You cannot access voluntary assisted dying if you:

- ✗ have a mental illness but don't have a sickness that will cause your death in the next 12 months
- ✗ have a disability but don't have a sickness that will cause your death in the next 12 months
- ✗ cannot make your own decisions
- ✗ are not sick.

# Things to do to access voluntary assisted dying

To access voluntary assisted dying you will need to ask for it three times and see two doctors.



## First request

A first request is when you ask your doctor for voluntary assisted dying.

## First assessment

A first assessment is when:

- Your doctor tells you if you can or cannot have voluntary assisted dying.
- Your doctor gives you information to help you decide if you want to access voluntary assisted dying.



## Consulting assessment

A consulting assessment is when:

- Your doctor asks you to see another doctor.
- The second doctor tells you if they agree if you can have voluntary assisted dying.



## Second request

A second request is when:

- You ask for voluntary assisted dying in writing.
- Your doctor gives you a form to do this.
- Two people watch you sign the form.
- If you cannot sign the form someone else can sign it for you, if you ask them to.



## Final request

A final request is when:

- You ask your doctor a third time for voluntary assisted dying.
- There has to be at least nine days between your first and final request. This is to give you time to make sure you want voluntary assisted dying.
- You can ask your doctor using words, writing the words or showing with your hands or another way.



## Final review

A final review is when:

- Your doctor tells you if you can still have voluntary assisted dying. Your doctor will check the process has been done right.



## Administration decision

An administration decision is when:

- You make a choice about how you want to have the **voluntary assisted dying substance administered**.  
*The voluntary assisted dying substance is the drug that causes death.*
- There are two choices:
  - you can choose to take the voluntary assisted dying substance yourself
  - you can choose to have your doctor give you the voluntary assisted dying substance.
- Your doctor will talk to you about what would be the best option for you.



## Contact person appointment

If you have made an administration decision, you have to choose a **contact person**.

*A contact person is someone who helps you with the last part of voluntary assisted dying. They must be 18 years or older.*

Contact person appointment is when:

- You pick someone to be your contact person. They can be your partner, family member, friend, carer, healthcare worker or someone you trust.
- Your contact person tells your doctor when you have died.
- If there is a voluntary assisted dying substance left after you die, your contact person returns it to a pharmacy.



## Ending your life

**If you choose to give the voluntary assisted dying substance to yourself.**

A pharmacist from the Queensland Voluntary Assisted Dying Pharmacy Service (QVAD-Pharmacy) will supply you with the voluntary assisted dying substance to take to end your life.

**If you choose to have your doctor or nurse administer the voluntary assisted dying substance,** your doctor or nurse will give you the substance to end your life, while another person watches.

## After you die

### Disposal of the voluntary assisted dying substance

Disposal of the voluntary assisted dying substance is when:

- If you choose to administer the voluntary assisted dying substance yourself, your contact person will have to return any leftover substance to a pharmacy. They will be told how to do this.
- If you choose your doctor or a nurse to administer the voluntary assisted dying substance. Your doctor or nurse will dispose of any left-over substance.



## Death notification

Your doctor will tell the Voluntary Assisted Dying Review Board that you died.

## Death certificate

A death certificate is a piece of paper that says how you died.

The death certificate will say you died from your original sickness (for example, cancer).

# Talking about voluntary assisted dying



Talking about death and voluntary assisted dying may be hard and sad.

People want to make the most of the time they have left.

The choices people make are very personal and important to them.

Talking about your wishes helps your family and carers to understand.

When talking about voluntary assisted dying, the hardest thing is knowing where to start.

Here are some ideas:

- “This is hard to talk about, but this means a lot to me.”
- “We have talked about what will happen after I die. Can we talk more about voluntary assisted dying?”
- “I have been talking to my doctor. The doctor asked me to think about what I would like to do.”

# Support for family and carers



After your death your family and carers may feel sad or upset.

There are many ways for them to get support.

Your doctor can help your family and carers find the right support.

For more help, they can call QVAD-Support:

**Email:** [QVADSupport@health.qld.gov.au](mailto:QVADSupport@health.qld.gov.au)

**Phone:** 1800 431 371



## What is the Voluntary Assisted Dying Review Board?

Their job is to make sure everyone follows the law about voluntary assisted dying.

## What is QVAD-Support?

Their job is to:

- give information and support to people wanting voluntary assisted dying
- help people wanting voluntary assisted dying
- connect people with healthcare workers and services that do voluntary assisted dying
- help healthcare workers who do voluntary assisted dying.

## What is QVAD-Pharmacy?

Their job is to make sure the voluntary assisted dying substance is given to people safely and disposed of safely.

They make sure you, your doctor or nurse know how to use the voluntary assisted dying substance.

## Getting help



Some people may feel sad reading this. If reading this has made you or someone upset and you want help, please call one of the phone numbers below.

- [Queensland Transcultural Mental Health Centre](#) call 3317 1234 or 1800 188 189 (outside Brisbane) or 1300 64 22 55 (24/7)
- [World Wellness Group](#) (multicultural support) call 1300 079 020

For more information and support visit <https://www.qld.gov.au/health/mental-health/help-lines>.