

ACT Voluntary Assisted Dying

General information

What is Voluntary assisted dying?

Voluntary assisted dying is using medical help to end your life at a time you choose. It is for people who have a medical condition that is terminal and causing suffering.

To access voluntary assisted dying you must:

- » meet all the requirements
- » follow all the legal steps of the process in the ACT.

This option is available as one end-of-life choice in the ACT.



We can all plan, discuss and prepare for the end of life at any time. Voluntary assisted dying is one of the end-of-life options available in the ACT alongside palliative care. This information is for people who are considering voluntary assisted dying, and their carers, family and friends.

Who is eligible?

To access voluntary assisted dying in the ACT you must:

- » be 18 years of age or older
- » have lived in the ACT for the last 12 months
- » have an advanced and progressive medical condition that is expected to cause your death
- » be experiencing intolerable suffering
- » demonstrate decision making capacity in relation to voluntary assisted dying
- » be acting voluntarily and without coercion

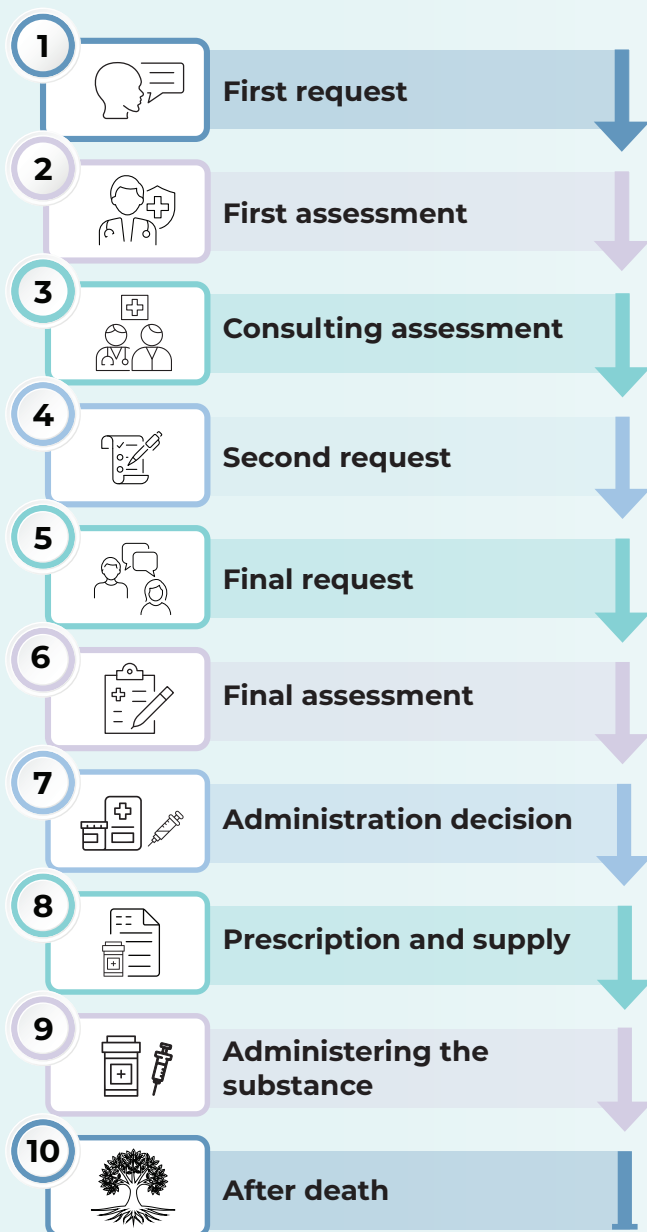
If you have not lived in the ACT for the last 12 months but have a substantial connection to the ACT, you can apply for a residency exemption.

How to access?

Speak to your doctor or nurse practitioner about voluntary assisted dying. If your doctor or nurse practitioner is unable to help you, they must give you either the:

- » details of an authorised practitioner that can help you, or
- » refer you to the ACT Voluntary Assisted Dying Care Navigator Service on phone **51241888** or email VAD.carenavigators@act.gov.au.

Voluntary assisted dying process



You can stop the process at any time



For more information, go to www.act.gov.au and search for 'voluntary assisted dying'

Voluntary Assisted Dying Care Navigator Service

This service is available to give you and your carers, family and friends support and information about the voluntary assisted dying process. It is open weekdays from 8:30am to 5:00pm.



51241888



VAD.carenavigators@act.gov.au

Support

Talking about death and voluntary assisted dying can be hard and cause a range of emotions. These contacts can help if you need to talk to someone:

- » **Lifeline** on 13 11 14 – open 24 hours for crisis telephone support www.lifeline.org.au
- » **Beyond Blue** on 1300 22 4636 – open 24 hours for crisis telephone support www.beyondblue.org.au
- » **Griefline** on 1300 845 745 – open 8am to 8pm, 7 days a week www.griefline.org.au
- » **13YARN** on 13 92 76 – open 24 hours for crisis telephone support. Yarn with an Aboriginal or Torres Strait Islander Crisis Supporter

Accessibility

(how to get this information in other ways)



To request information in a different format, call 13 36 77 and ask for 13 22 81.



If you need the translating and interpreting service call 13 22 81