Inquiry into End of Life Choices Lilian Topic Secretary Legal & Social Issues Committee Parliament House Spring Street Melbourne, 3002

Dear Committee

## I am writing in support of enacting legislation to permit individuals to die with dignity, to be able to choose a safe, painless and efficient means of ending their own lives.

I would like to make a few points:

- 1. Essentially, and primarily, when people choose to die is of no business of politicians. It is none of their business to impose their moral and/or religious imprimatur upon individuals' rights to conduct their own lives in a manner befitting their circumstances.
- 2. It is an act violence to compel people who are terminally ill to remain alive when they are suffering and in pain.
- 3. The only role of elected representatives is to ensure that safe, painless and efficient means for ending their own lives is made available.
- 4. Those who choose to end their own lives will, and already do, utilize means that are already at their disposal. These include motor vehicle accidents, gunshots, hanging, jumping off tall objects or structures, electrocution, etc; the results of which are traumatic and horrifying for both those emergency personnel who initially attend the scene and for the families and loved ones, especially if it is the latter who discover the body. Spend a minute or two talking to these people to realise how for them the Post-Traumatic Stress exacerbates their grief.

I chose not to include photographs of self-inflicted trauma, but have a look at some (<a href="http://suicidemethods.info/pix/listpix.htm">http://suicidemethods.info/pix/listpix.htm</a>) then convince yourselves that refusing people decent avenues for ending their own lives is an act of humanity.

I am not a member of Dying With Dignity or Exit, nor do I have any political or religious affiliations.

