

From: [Eva Mitro](#)  
To: [LSIC](#)  
Subject: submission  
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Dear Committee,

I am at the age (73) where thoughts of leaving the living are more realistic and real in my mind than it was, say, ten years ago.

Life is amazing. The understanding of death that will come to us all was a philosophical exercise to the younger generation as it was for me too. It is a kind of protection for that younger age as slowly the veil lifts, understanding changes and reveals another kind of truth. You realise that you too will have no choice but to die like all the people and living things before you. It is a different reality.

BUT... it is the HOW that is the worry, at least to me. And I am not alone. I constantly hear my peer group saying they don't want to linger in nursing homes. I remind them, that no one in there had that ambition to be there to begin with.

I, like all my friends, hope for a good death.

At our age we are surrounded by stories and personal experiences of lingering, suffering and the immeasurable heartache of loved ones and their families held at ransom by the limitation of the present law. It is understandable to relate and be concerned of your own fate. The reality of being a burden not just on carers but on the whole economy dealing with progressive aging community is a frightening prospect. If you don't want to go down that path you must actively seek for solution. Hence my letter to you.

There has to be recognition of peoples' need and the handing back of the decision- making about their own lives. There are plenty of very smart legal people who can address all the obstacles and implement those for the protection of the dying and those professionals who assist. It works perfectly well in progressive countries where it is accepted and practised.

We all hope, no, we demand, that in our lifetime there will be a law supporting our Living Will of not only not to be resuscitated but will assist us in a humane way to our inevitable destination of death in a painless, peaceful way. At this stage we have fewer rights than animals.

Sincerely,

Eva Mitro

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[REDACTED]  
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