

**From:** Jan Lyttle [REDACTED]  
**Sent:** Tuesday, 28 July 2015 10:10 AM  
**To:** LSIC  
**Subject:** End of Life Choices Inquiry

To the Parliamentary Committee Secretary

I appreciate this opportunity to make a submission on this crucial issue.

I do not wish to attend the Inquiry.

My submission follows:

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**Inquiry Name: End of Life Choices**

**Janet Lyttle**

**SUBMISSION CONTENT**

My 45 year old daughter, Sam, has very advanced multiple sclerosis (MS), and hasn't long to live.

Sam can no longer make decisions about her medical treatment, so we, her family, have enduring power of attorney (medical treatment).

Four years ago medical staff advised us to let her die, by starvation, while under heavy sedation. A palliative care agency agreed to provide support. However, we did not agree for several reasons, primarily because starvation seemed (and still seems) such an agonisingly slow dying process.

The effects of late-stage MS can be particularly horrendous. For instance, in the past year Sam has experienced frequent and excruciating neurological pain, muscle contractions, confusion, frightening hallucinations, loss of intelligible speech, and aspirated chest infections because she can no longer swallow safely.

My heartfelt wish is for Sam to avoid a painful, highly distressing and/or protracted death. As Victorian law stands today, this is quite uncertain.

I urge the Committee to recommend changes to Victoria's legislation to legalise doctor-assisted euthanasia for people with incurable conditions who are experiencing any kind of unbearable suffering. Safeguards such as a second, independent medical opinion, as practised in the Netherlands, should be included.

Yours truly

(Ms) Janet Lyttle

