

## Todd Buttsworth

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**From:** Alison Lennox <alisonglennox@gmail.com>  
**Sent:** Wednesday, 22 June 2016 5:52 PM  
**To:** Todd Buttsworth  
**Subject:** Inquiry into Palliative Care: Standing Committee on Community Development

I write to the Committee to express my thoughts about Palliative Care and Advanced Care Directives. Both my parents had written Advanced Care Directives with the help of family and their Doctor. I had happened to hear about the importance of ACD's when my Mother was still in reasonable health and as a family we could talk to her about what she hoped for her end of life care. My father at that stage decided he should be involved too, so happily both had Directives in place as their lives faded.

My mother died in hospital in 2013, but the spirit of the ACD was followed and Mum was kept comfortable and pain free as she faded from this world. I was with Mum and was taken aside in the first 10 minutes of her admission to ED to check that I was 'happy' with the ACD and to be informed that it would be followed. Mum died about 8 hours later without pain, but also without treatment (antibiotics) which may have prolonged her life, but left her unable to live independently ever again, if she survived. This was exactly the scenario we had planned for and it was a blessing that she could sleep painfree and then die peacefully. Mum was a frail 89 year old.

My father died two and a half years later. His ACD was respected and Palliative Care 'administered' to ensure he didn't suffer from the painful and traumatic effects of seizures which would have ensued, caused by a brain tumour (melanoma). The palliative care he received was of the best quality, with information given freely and truthfully to family members if needed. We were happy to see Dad die with peace and pain free. He was 91.

After this experience, I too have completed an ACD, which I will of course have to update regularly, and I encourage all my friends and family to do so to.

I'm not sure this is the type of information this Committee needs, but I decided that an 'ordinary' experience is probably valuable to the Committee. My hope is that with more talk and information it will become the norm for people to complete ACD's. I do remember that even one GP we talked to about this issue didn't know where to access any forms about ACD's. Luckily we kept asking and found the information we needed.

Let's hope ACD's and discussion about Palliative Care mean that lives can end with dignity and peace, without the negative hype produced when Euthanasia is mentioned.

with thanks for the opportunity to contribute.

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