

DYING WITH DIGNITY: OVER 70 AND SEEING NO REASON TO GET BETTER AGAINST MY WILL

Hi

I speak as a woman who always pondered how much sense it makes to have a will and have never had one. This pondering started at the age of twenty when I travelled abroad and occurred again at 30 when I became a mother, then again with more travel after retirement in 2007 aged sixty. I didn't make one then or later because it seemed foolish to strike up a relationship with a lawyer which might become increasingly expensive because of necessary changes to the will to avoid dying with an outdated will and confusion.

At the age of 71 I now realise that I should have an Enduring Guardian and see how important this concept is. One wants a person who one trusts in making end of life decisions, when one's situation becomes increasingly similar to that of the baby, requiring close care and supervision of the kind one does not want. If my daughter consents to being my Enduring Guardian we will complete the NSW Health contract and also both complete the Enduring Guardianship in NSW form, as a related form of contract.

I don't currently have a treating doctor but will go ahead and finalise my will. However, I now see that another person's protection may depend entirely on what they personally conceive of as dying with dignity and who they trust to implement this at an appropriate time. In this context they may or may not trust particular family members or friends or other members of the medico-legal establishment to fulfil the assistive functions of their dying with dignity best on a long-term basis.

Decision in my case is comparatively easy, however, as my daughter has long been dearer to me and I trust her more than any member of the medico-legal establishment. I assume she will consider their specialist advice when my end of life time comes, whether she takes it or not in my case.

Happy New Year from the old Glebe woman who put in her bit about rubbish during a Glebe police arrest on the street recently. (Not me, thank God.) I am glad you picked up his rubbish and took it with you when you put him in the paddy wagon. It would seem counterproductive for the community, including him, to have left it on the street. Rubbish appears to be badly enough managed here already. See more Happy New Year direction below and attached. I am a member of Dying with Dignity seeking your backing early for this direction before we are swamped.

Cheers Carol O'Donnell, St James Court, 10/11 Rosebank St., Glebe, Sydney
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Hi Dawn (also Carol if this reaches you and DWD, local politicians and others for feedback)

It was great to hear from you yesterday. I agree that we should keep in touch and give each other information about the ways we can use to kill ourselves as easily as

possible when we want to go. I will send you a great book by Vicki Laveau-Harvie about how she and her sister faced the death of their parents. I bought a few copies I was so impressed by its rare honesty so feel free to keep the copy I send or pass it on to others to read, or whatever.

We are over 70 and old enough to make up our own minds about when we want to die. I don't want my coming dependence before death to be a burden, financial or otherwise, to myself or anybody else - loved ones or government included. Both have far better things to do with their time and money than use it to keep me alive against my will. As a woman who fought for contraception and abortion for others, because I never needed an abortion myself, I want these controlling bastards off my back in old age and helping me die when I want, as distinct from expensively spoiling the last few years of my life for their own professional interests. Let those who want to be medical experiments continue to go ahead with my blessing.

I don't regard myself as a legitimate experimentation ground for the health industry which appears determined to torture me and cause my family and the government a lot of worry, inconvenience and expense, when I want to leave life. I can get a passport from govt. why not a death pill? Vets kill animals painlessly every day. **What will I need to take for a pain free death? I want to know.**

I will personally start lobbying the health industry to share their information about how to kill loved ones discretely when they want to go. I recall the AIDS epidemic in the 1980s for example, when men of my acquaintance arranged their own deaths with their doctors. More of these professionals should have the public courage of their convictions and help old people who have lived full and independent lives or not, to avoid personal pain, indignity and expense for themselves and their families at the inevitable end of life.

As an organisation Dying with Dignity appear to be a bunch of professional pussies and health professional research appears driven and obsessed by the notion that we are all going to get better. I don't want to be part of this nasty experiment because as I kept pointing out to my colleagues when I worked at the Faculty of Health Sciences at Sydney Uni, we are all going to die instead and over 70 I'm old enough to make my own decisions and want to do it.

Feel free to ring and I would be happy to meet up anywhere via public transport, as distinct from driving which I don't do without stress since my retirement. I can't keep up with all the computer driven requirements. This email isn't secret. Feel free to show it to anybody.

Cheers

EMAIL SENT AFTER JOINING THE VOLUNTARY EUTHANASIA PARTY

Thanks Kerry. If you want people to run in the next NSW and/or federal elections I would willingly consider it. My basic policy position is discussed attached and on www.Carolodonnell.com.au I can only speak for myself as one of the elderly, as I have never been in hospital except to have a baby and find the idea of future personal

dependency, sickness and pain very frightening. I never want to go through it against my will, as I have seen men in my family do.

I'm 71 and I'm old enough to decide when I want to die myself. The state should help me do it because it's hard on your own. I've seen a number of attempted suicides by old sick men in my family bungled with horrible consequences for all involved. Most of the public money spent on a person's health care is spent in the last 2 years of their life, whether they want it or not. What a horrible dictatorial and cruel waste. The right for the old to die with dignity should be similar to their right to access a passport.

I live in Glebe which has Green leadership in Jamie Parker for the state electorate of Balmain and deputy Labor leader Tanya Plibersek at the federal level. I wouldn't expect to get elected but dying is a vital part of life which shouldn't be ignored until it happens. This status quo is a recipe for control over the old person by legal, financial and related health service interests.

Cheers

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TO A STATE ELECTION CANDIDATE

I'm 72 and fighting for dying with dignity in the next election. **What are you all going to do for us? Where is the Council on Death?**

(it is pointless to have a council on dying if the bloody thing won't grasp death properly because of being beholden to past and current lawyers. I bet my bottom dollar this is the case, having seen some of this lot as a health faculty academic.)

See related discussions attached for example and on site at www.Carolodonnell.com.au. I ask the same of Eddie Izzard and the lot of you.

I was thinking about voting for Labor in Balmain instead of my usual Green for Jamie Parker, on the strength of Elly Howse's '**Taking Action for a Fairer Housing system**' pamphlet pitch. (Never mind about her bloody mother in the 1970s. Mark Butler irritated the hell out of me with his as they so often do.)

The real question is how does he think she is going to die, as it seems likely to be comparatively soon and a great chance for change in my book. (She will know how long it took to get contraception and abortion so it's never too early to start thinking

about it. to lay out any thoughts she has about her own death for others, assuming they are around somewhere, working out, perhaps.)

What are these no-fault eviction laws Labor will introduce? How will they give renters the peace of mind they deserve?

How would a vacant property tax and affordable housing targets on government-owned and private land work? Which particular land?

Sadly poor Elly Howse doesn't have an email address so I hope than somebody will pass this on to her with attachments.

Cheers Carol O'Donnell

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NOTE THE NEW AGEING AND DISABILITY COMMISSIONER WORKING WITH POLICE (DID YOU KNOW THIS?)

When I worked for the government, we got some of our best information about what we were doing from those outside the department. Did you know that there will be a new Ageing and Disability Commissioner covering people like me and police that will start on 1 July 2019?

This information came by email through my NSW Seniors Card. Paul O'Reilly Executive Director, Inclusion and Early Intervention in the Dept. of Family and Community Services asked me to pass it on. Police appear particularly affected. I also speak as a member of Dying with Dignity with state and federal elections coming up. Any support you give us would be great. See related greetings and directions below and attached.

Cheers Carol

Dear Dying with Dignity (Also Voluntary Euthanasia Party)

DYING WITH DIGNITY INFORMATION AND GOVERNMENT ELECTIONS IN 2019

Thanks very much for sending the very interesting package of information on health and euthanasia laws and precautions such as Advance Care Directives. I found the Dying with Dignity (DWD) newsletter and related information highly informative and make some comments later.

As a recently joined member of the Voluntary Euthanasia Party (VEP) I respectfully ask your support for my running as a DWD and VEP candidate in the 2019 NSW and/or federal elections. I have previously proposed my candidature to the VEP in the email later below but as yet have received no reply. As you can see from the files attached, I have already engaged in DWD by direct lobbying of politicians and mobilising the related supporter base with particular emphasis on digital health.

If I were to run for election, I would however need the particular support of a car driver and events manager as at 72 years of age I am increasingly lacking in capacity in driving and parking in traffic and in dealing with all social media and similar communication technologies. I resigned from teaching in 2007, the year the i-phone was introduced and I keep it for limited contact matters. I don't personally seek new ways of contacting more friends or digital product because I have little interest in this and so forget what I learn in related technological directions quickly.

On the other hand, my website www.Carolodonnell.com.au is open to public scrutiny and I invite you to email or phone. As a former public servant and university lecturer in health services I remain a confident speaker and would be happy to engage in any open or closed selection to find the best available election candidate. Handling selection openly is good publicity? Whatever occurs, thank you for this opportunity to run.

I see from the covering letter in the information pack provided that DWD supports the NSW **Department of Health** position on the writing of **Advance Care Directives** and encourages all our members to write one whilst they are in reasonable health. I agree and have done so. I will put the NSW **Trustee and Guardian** card in my purse with only the **Enduring Guardian** role filled in.

As I wrote in the **NSW Health Advance Care Directive** at the end of **Section 2** entitled **Personal Values About Dying**: *'What matters most to me is avoiding any affront to my personal values such as those outlined earlier in this document. My daughter is the only person I trust to understand my wishes as a result of our long association. I share no similar identity of interest with anyone else.'*

The NSW Government pamphlet entitled **Have You Planned Ahead?** And the form entitled **Enduring Guardianship in New South Wales** appear oddly confusing in the related personal context where I have never had a continuing personal lawyer or treating doctor and currently don't want either.

The pamphlet, **Have you planned ahead**, for example, states *'It is important to have both an Enduring Guardian and an Enduring Power of Attorney because your attorney cannot make decisions about: Accommodation; medical/dental consent; health care; and services, e.g. meals on wheels.'*

The related **Enduring Guardianship in NSW** form asks questions couched in the medical practitioner's expected language of living, not dying, so that any answers made now by me before my more imminent death arises, must inevitably seem uninformed, confused and confusing.

The otherwise clear and helpful **Guide to advance care planning in NSW** produced by DWD appears nevertheless to reflect this confused and confusing view on treatment for life and death when read in company with the Cartwright Consulting Australia publication for DWD entitled **NSW Advance Care Directive**.

The DWD Guide states: *'As a person with dementia may be mentally incompetent at the time that their ACD (sic. Advance care directive) needs to be acted upon, it is essential that they appoint a trustworthy enduring guardian to act for them. The Guide clearly suggests **'completing an ADC and nominating your enduring guardian while you are well, or in the early stages of dementia.'*** I am well and I have.

The Cartwright Consulting Australia publication for DWD entitled **NSW Care Directive** states: ***This Directive should never be used if I have the capacity to speak competently for myself or if there is evidence that it has been revoked.*** (This later appears as a different and confusing approach to matters than that in the **Personal Values About Dying** section of the NSW Health Advanced Care Directive.)

The Cartwright publication for DWD asks me (p.9) to suppose I am in the terminal phase of an illness. It then asks whether I would want a long list of medical procedures that I am totally ignorant about when well, let alone when ill. At worst, products such as this appear designed to keep people irrationally alive against their will. This is not well designed for good thinking or data collection in the case of people who are currently well. It took many sad and bitter years for women and doctors campaigning for effective contraception and abortion services to get them so I like to plan ahead.

I look forward to hearing from you further on any of the matters above, below or attached.

Cheers

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I found the newsletter and related information highly informative and make some comments later.

PRAISE DYING WITH DIGNITY WHATEVER YOU THINK IT IS AND SUPPORT IT

[Shayne Higson](#) is the head of the VEP in NSW and Deputy Leader of the federal VEP. Shane is also Vice President of DWDNSW. She ran as candidate in Wentworth when Kerry Phelps got in. This makes her a Queen Bee in a new DWD hive in the next NSW state election. [She has](#) already been endorsed as the VEP's lead upper house candidate for the NSW Election in March. I learned this when I first heard of Dying with Dignity as a result of reading about DWD and the Voluntary Euthanasia Party. In an email to me Shayne said:

We are not looking beyond the NSW Election at the moment, so we are not looking for expressions of interest for candidates for the federal election. We have contested lower house seats on five occasions but usually it is in by-elections, such as the recent Wentworth by-election. As you confirmed, you are in Jamie Parker's and Tania Plibersek's electorates and seeing that they are both supporters of VAD, there would be no need for any candidates in those electorates.

AN APPEAL AND REVIEW OF JANE CARO AND ACCIDENTAL FEMINISTS

The women's political strategy provided below to support **Jano Caro** is based on admiring her performance on **One Plus One** and **The Drum** on **ABC TV** and on reading her book **Accidental Feminists**. I saw her talk about it with Richard Dennis last night at **Gleebooks**. She talks better than she writes in this quickie. Why not multiple choice test yourself below with readers who don't judge? (God help us.)

Who sang 'Teach me tonight?' **A.** Zeus; **B.** Szasz; **C.** Dr. Seuss or **D.** K. Star?

It helps a lot to know what to do without the usual blinkers but is seldom in as deep. See review of **Accidental Feminists** later. It raises many important questions. I make related free offers of free product attached and on www.Carolodonnell.com.au

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I WOULD BE THRILLED IF JANE CARO STOOD FOR THE VOLUNTARY EUTHANASIA PARTY IN GLEBE OR IN HER CHOSEN ELECTORATES.

BUT WOULD SHE GET ANY COVERAGE? I WOULD SUPPORT HER. (THESE DAYS I DON'T DO ANYTHING STRONGLY EXCEPT PUT HER STRAIGHT HERE)

I was inspired to join **Dying with Dignity** and the **Voluntary Euthanasia Party**, after the **Sydney Morning Herald** informed me that they existed in **November, 2018**. I never knew they ran in Wentworth by-election, but they did. Jane could do better standing on her ear to bring the message about women of any age, expressed in her book. I saw her inspiring discussion on **One Plus One** and immediately joined Dying with Dignity and the Voluntary Euthanasia Party and offered to run in the next state and federal elections. As a common **Accidental Feminist**, Jane would be far greater than me as I am perhaps much angrier than she is, being ten years older.

The main point in any such electoral case is not to get elected but to develop better community understanding about the situation of those who are dying and may have lived in a variety of ways historically bound by culture and family circumstances. We are our own best regional research objects in my view and should scrap the common linear scale approach when it encourages avoidance of reality in spurious promise.

See openly related regional service directions and offers attached in discussions of the Ramsay Centre mission in Wollongong. See more on globally, regionally and locally related human rights and land and housing service treatments attached and on www.Carolodonnell.com.au under the Heritage Way side bar, under the heading Art and Life. There are many ways of dying with dignity, with the latter concept being mightily subjective and ideally self-determined in my case. Let women explore this as men never will, perhaps. Men may avoid and deny the subject facing death forever. This is the nature of their feudal professions and related party and occupational hierarchies. Jane Caro sees maintaining paid relativities as too important for today. She should look more towards the approach of economist Jessica Irvine, in her article '**Stop paying money for nothing**', (Sydney Morning Herald 7.2.19 p. 20.)

Jane is a most inspiring, quick and intelligent speaker. Like me, she should be run up against a good Green, like Jamie Parker, in the state elections, or against Tanya Plibersek in the federal elections shortly after. I know nothing about electoral matters but many others know a lot I bet. I understand that candidates must be finalised for the state election by the end of February 2019, but how is it done? Tanya Plibersek, being a good Labour girl with the normal Catholic roots and family and party connexions, will be very muffled on dying. She is the one who recently had the third baby in middle age. (Why did she do that? Another discussion off public limits?)

Dying opens the buying and selling doors to housing, caring, willing, insurance, banking, investment, neglect and many other things in which we must also take more interest, if honestly invested in women's lot. I'm sure Jane Caro is, unlike some in her tribe, perhaps. Let **Voluntary Euthanasia Party** supporters ask **Jane Caro** to be an election candidate. She is a terrific, cogent, speaker on her topic of women's lot. I note both her parents are alive today and still have all their marbles. As fellow British immigrants, perhaps they would like to lead a pack. Surely, we all must be interested in hidden matters like dying with dignity? I am. Just you ask me about it.

ACCIDENTAL FEMINISTS: A REVIEW

'Oh what a falling off was there! (as Hamlet said to his mother.)

Accidental Feminists is like a long pommie whinge which gets a bit better towards the end. As another whinging pom just ten years older, I find I can usually only agree. However, I also speak as a woman who was a shorthand typist, high school English teacher, NSW public servant and an academic. Jane, on the other hand appears to have spent her whole life in the advertising family in which her British executive father also got her a job, according to her great interview on **One Plus One** but not her book. Why leave the vital fact aside for related assessments? In her book Jane hides her own potentially inconvenient truths, unlike in speaking.

For her information, I agree with the maxim on page 89 '**Be good sweet maid and let who will be clever**', which my mother also used to quote. It wasn't a rebuke to me. I never wanted to be a professional man's wife, like her mother, either. The only alternative proffered in **Accidental Feminists** often seems to be the blinkered rat race to the top of some illusory hill, supposedly tied to one partner for life or better not tell. What is it to want a career, not job satisfaction? The former often seems a new and wrongly corrosive concept to me, in the cradle to grave welfare net Australians have now been brought up to and expect. Women have always had a great brand in their willingness to preach or show they are cheaper or free and willing to work and learn. **Accidental Feminists** seems more intent on reaching the top than is good for us. *'If her daddy's rich, take her out for a meal', etc. etc. etc.*

I'm bored with this typical **Accidental Feminists** approach to life as a hobbled career race, as I think it is going to be unhelpfully manipulated forever in US and international markets which refuse to direct birth control on the grounds of a more equitable public order, as they should. The Pope recently said that to him, celibacy was always a gift to the church. As an old woman, I have long had white hair instead of blonde as I like to show I'm not worth it. Following Piaf, I've also been prepared to say *'Take this body, it's seen good service but it's still a bargain'* if I felt like it and I didn't fear being knocked back too much. This has been far rarer in later years.

On the other hand, I still like writing freely and see doing so as a vital aspect of dying with dignity. I was flabbergasted to read (p. 2) that Jane thought she had lived a much more interesting, varied and exciting life than almost any woman from the generations who came before her. (Surely that's a huge call? She must be pulling our historical legs? The tone of her book is to ram home shared disappointments.)

One can only assume, that as Jane has had the same principal life partner since the age of nineteen, she is a strong supporter of long-term monogamous marriage, whether the children have grown up or not. In an international gig economy where it is expected that two partners will seek career status, this seems increasingly like pushing an idealized version of shit uphill to me. She states on p. 91, for example:

'Frankly, even if she got drunk every night of the week that still wouldn't excuse violence or betrayal'.

I would never continue living with a person who got drunk every night of the week, especially if we shared financial and parenting responsibilities. I also think anybody

who wants a divorce should get one. What does Jane think? Shouldn't we know? The **Accidental Feminist** should tell us because the number of children we have may strongly influence the nature of our care many years before our deaths. Jane should run in the coming state and federal elections as a **Voluntary Euthanasia Party** candidate with a view to us understanding more about how to improve all our lives. I would strongly support her doing so and I hope that many others would too. When Clinton ran for office with his wife, offering two for the price of one, he wasn't kidding. Who in God's name did Jane Caro marry and how does he cope today? (My fascination with the unknown fates of my past lost loves is even greater.)

Cheers

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