



The following information has been provided as part of COTA NSW's Information Hubs established in the community. The information is intended as a guide only and should not be considered as advice. As with all matters of this kind, people need to seek and obtain relevant advice before taking any action.

COTA NSW's Information Hubs are part of COTA NSW's commitment to providing information and guidance to older in their own community. This Place-Based Navigation is designed to provide safe, accessible and independent information for older people.

It has three (3) layers:

Signposting: This is delivered by peers that provide a safe and welcoming environment for older people to engage and ask questions. Information is provided that is designed to be general in nature and the peer will navigate the person to a more appropriate source is appropriate.

Information: This is provided by COTA NSW after the person has received information and aided by the COTA NSW peer, believes they require further information and knowledge to take action.

Guidance: Provided by content experts like Financial Planners or Accountants and Solicitors, supporting the person to act.

VOLUNTARY ASSISTED DYING

Voluntary assisted dying means an eligible person can ask for medical help to end their life. The person must be in the late stages of an advanced disease, illness or medical condition. They must also be experiencing pain and suffering they find unbearable.

If a person meets all the criteria and the steps set out in the law, they can take or be given a voluntary assisted dying substance to bring about their death at a time they choose. The substance must be prescribed by a doctor who is eligible to provide voluntary assisted dying services.

A person can only access voluntary assisted dying under the law if they meet the specific criteria:

- They must be an adult (18 years and older), who is an Australian citizen, a permanent resident of Australia, or have been resident in Australia for at least three continuous years.
- They must have been living in NSW for at least 12 months.
- They must have at least one disease, illness or medical condition that is advanced, progressive and will, on the balance of probabilities, cause their death within six months (or within 12 months for neurodegenerative diseases like motor neurone disease), and is causing the person suffering that cannot be relieved in a way the person considers tolerable.

- They must have decision-making capacity in relation to voluntary assisted dying and be acting voluntarily.
- They must have the ability to make and communicate requests and decisions about voluntary assisted dying throughout the formal request process.

The law comes into effect in NSW on 28 November 2023. People cannot access voluntary assisted dying in NSW before 28 November 2023.

Links: <https://www.health.nsw.gov.au/voluntary-assisted-dying>