

Give all Australians
the comfort of knowing
they can go gently.



Your guide to leaving a gift to
Go Gentle Australia in your Will.



This has always been about love.

My father, Kit, died an unnecessarily painful death.

None of us – not my mother nor my sisters nor I – had the power to ease his distress. I know Dad loved us dearly, but he could not spare us the pain of witnessing his last days. Our love was not enough to give Dad the compassionate, humane death he deserved.

This is the experience of thousands of Australians who have talked to me about life, death, and their wish to reduce needless suffering at the end of life.

There is no shortage of love among us. But there are gaps and deficiencies in the end-of life-care options available to Australians. And we haven't had enough open, rational conversation at a personal and national level to make sure our laws reflect the needs of the community.

Love challenges us. It pitches us into conflict, sometimes with ourselves. It asks us to make difficult decisions and have conversations that aren't easy. But in a funny kind of way, it's love that helps us overcome our resistance and do these things.

I loved my father. He chose to live a good life and I wish he'd had the option to die a good death.

If you believe, as I do, that it's the right and loving thing to provide that choice to all Australians, then please, include Go Gentle Australia in your Will.

Your gift will help create a day when we all have the comfort of knowing we can choose to go gently – at home, free from pain or violence, in the presence of family, with ceremony, dignity and love.



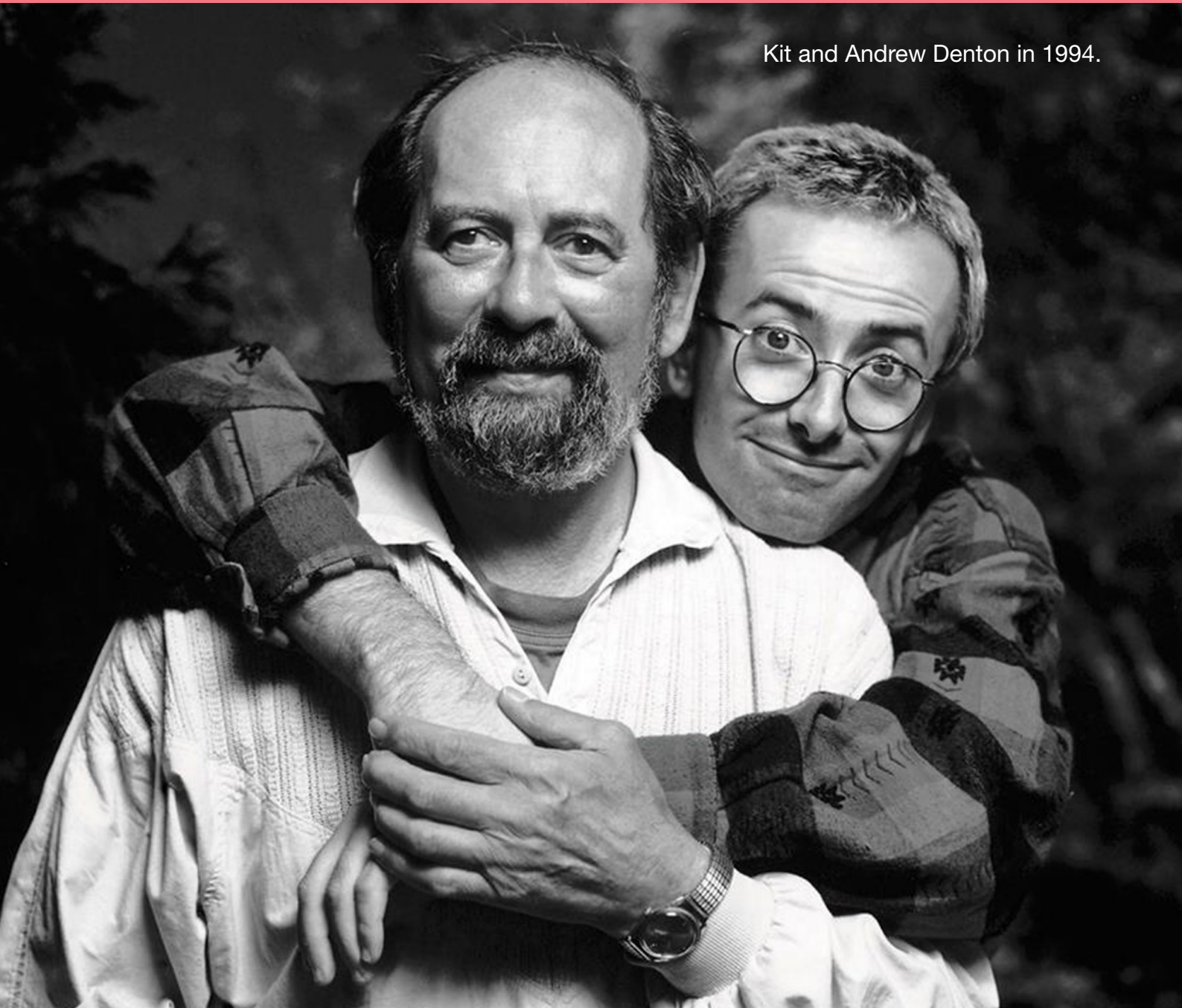
Andrew Denton

Son of Lee and Kit Denton
Founder, Go Gentle Australia

Kit passed away in 1997 from heart failure.

Thousands of Australians have since joined Andrew and Go Gentle Australia to make sure we all have humane choices for our end of life care.

Kit and Andrew Denton in 1994.



Your support puts you in the company of other compassionate, caring people.

"When my dear mother was diagnosed with motor neurone disease, I felt the same helplessness I had felt as a young nurse ... knowing this was wrong but not being able to speak out or help.

My nursing friends and I often talk about how distressing it was to see patients writhing in pain and have a duty of care to help them. When I left nursing, I studied bio-ethics to expand my knowledge and explore this difficult issue. Mum was diagnosed soon after I graduated.



It wasn't a gentle death.

It was just hideous. The best palliative care available could not ease her pain. And more than anything it was the terrible pain in Dad's eyes, my sister's, my brother's, and just knowing that Mum, knowing the type of person Mum was, would have hated seeing the pain she was causing us.

Living with the loss and the memories.

I still haven't got over Mum – and I will always carry the terrible memory of her death. Two years ago, I had surgery and as I was coming out of the anesthetic I couldn't stop crying.

The doctor asked if I was in pain and I just came out with it. At the ripe old age of 56, I said "I want my Mum".

Jane threw her support behind Go Gentle Australia and was in Victoria's Parliament the day the Voluntary Assisted Dying Act was passed.

It was an emotion I can't ever really explain to anyone. No-one talked. I remember looking around to see if anyone was crying, but everyone was just sort of happy in the moment – thinking of a person they'd been there fighting for.

Jane's years as a nurse, and a Master's degree in bioethics, prompted her interest in end-of-life care. But it was witnessing the death of her beloved Mum that most strongly motivated her support for Go Gentle Australia – and her wish to spare others from a needlessly distressing death.

“I have used my choices in life to give choice to others.”

“None of us know how we are going to die, but my severe autoimmune disease, scleroderma, means I have a greater chance than others of a slow and horrific death.

I watched my father die slowly, terribly, of brain cancer, and this is what prompted me to start donating to Go Gentle Australia.

My donations helped to achieve a law in Victoria allowing voluntary assisted dying, of which I’m very proud. But there is a long way to go to give this right, this end of life care, to all Australians and to keep these laws safe.

I know this will take time, effort and money. That is why I have included Go Gentle Australia in my Will.

Whether I die sooner or later, I want to die knowing that I’ll leave an ongoing legacy to others so that they have the choice to avoid unnecessary suffering.”

Sincerely, Nia Sims

Jane’s view on the value of more conversations.

Unless we can talk and discuss and convey our wishes, nothing’s going to change. After I put Mum’s story on the Go Gentle website, I’ve had so many friends come up and tell me their stories, or tell me that they’ve used Mum’s experience as a way to spark conversations with their own parents.

And Jane’s hopes for the future.

I want to give people like my mother a feeling of comfort – that they don’t have to lie awake worrying that their last few months will be horrendous, or that they’ll writhe in pain, or that seeing them will be upsetting for family.

I want them to know that when it’s absolutely impossible to keep going, they’ve got a choice about the way they go.”

Sincerely, Jane



Jane’s mum,
Elizabeth

Please join people like Jane and Nia and **help create more gentle, humane options** for end-of-life care in Australia.

How to make or change your Will to include Go Gentle Australia.

Happily, it's neither difficult nor expensive – but we do strongly recommend you do two things: use the services of a solicitor to make sure your intentions are clearly reflected in your Will, and let your family know what those intentions are.

Does the amount matter?

We are grateful for every gift of any size. You don't have to be wealthy to leave a gift or make a difference.

Is there a 'best type' of gift to leave?

While it is entirely your choice, there's one type of gift we recommend. It's a 'residuary' or 'residual bequest'.

It leaves Go Gentle Australia a percentage of the remaining value of your estate after your family and loved ones have been looked after.

We recommend it because it puts family first and accommodates changes in the value of your estate over time.

Is there wording or language to use?

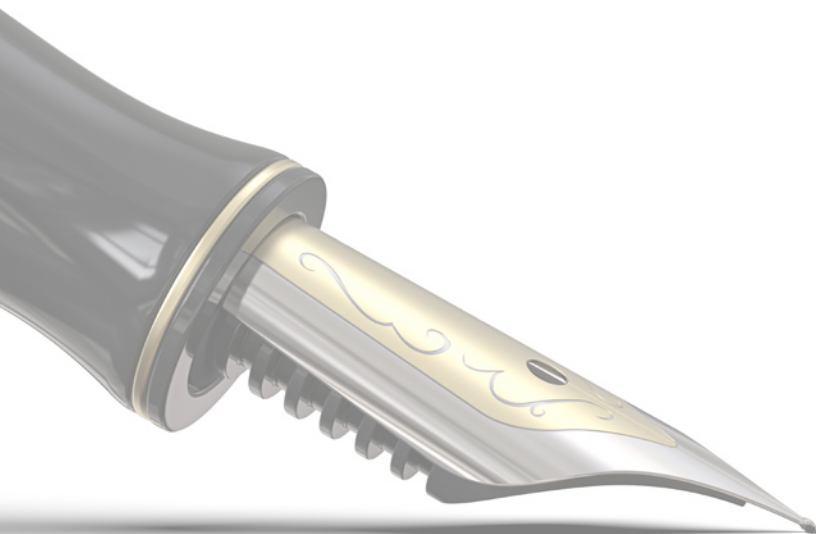
Your solicitor will advise you about this, but one essential thing is the correct naming of Go Gentle Australia (ABN 61 613 668 643).

Do you need to let us know about your gift?

The contents of your Will are personal and you may not want to share details.

Go Gentle Australia absolutely understands and respects that.

We don't need to know specifics such as amounts, but knowing your broad intentions does help us plan and thank you appropriately.





Kass, who has terminal cancer, has been a wonderful campaigner for Voluntary Assisted Dying law in Victoria.

A gift from you can help provide that comfort to other Australians.

How your gift will give comfort and choice to people at the end of life.

You will encourage good conversations.

The starting point for all Go Gentle Australia's work is to get people talking about end-of-life options.

We want children to know their parents' wishes; we want everyone in the community to feel comfortable expressing their opinions and politicians to have robust debates in parliament.

Your gift will help generate and support healthy conversations about a topic that affects us all.

You will make sure people have access to the facts.

Australians deserve to make informed choices about end-of-life care.

Your gift will help Go Gentle Australia respond to misinformation and deliberate untruths – and balance them with facts.

You'll make sure Australians know what's happening in other countries and what their options are in each State and Territory here. You will help us continue to gather and share stories.

You will help take the needs and views of the community to politicians and decision-makers.

Your support will fund essential advocacy – the sort of activity that helped the passing of voluntary assisted dying legislation in Victoria.

You will help change attitudes and laws.

The more we can encourage a compassionate and informed approach to end-of-life issues, the more likely it is that societal standards and laws will accurately reflect the wishes of the majority of Australians.

Your gift to Go Gentle Australia will be used to pursue legislative and social change for the benefit of all Australians.

You will help safeguard progress and people.

Even if legislative advances are made, they can still be reversed or minimised.

Your gift will help safeguard progress and keep up momentum until all Australians have the comfort of knowing they have the option of going gently.

We invite you to have **more good conversations.**

If you'd like a confidential conversation about including Go Gentle Australia in your Will, please get in touch. We are happy to answer any questions or provide you with more information.

Contact **Kiki Paul, Chief Executive Officer**, via:

Mobile phone: **0412 624 799**

Email: **kiki@gogentleaustralia.org.au**

Whatever you decide, we are grateful for your interest and your time.

We urge you to keep having conversations about quality of life – and love.

Thank you!



Go Gentle Australia Limited is a registered charity.
All donations over \$2 are tax deductible.

