



**LEGISLATIVE ASSEMBLY**  
FOR THE AUSTRALIAN CAPITAL TERRITORY

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**SELECT COMMITTEE ON END OF LIFE CHOICES IN THE ACT**

Ms Bec Cody MLA (Chair), Mrs Vicki Dunne MLA (Deputy Chair), Ms Tara Cheyne MLA,  
Mrs Elizabeth Kikkert MLA, Ms Caroline Le Couteur MLA.

## Submission Cover Sheet

### End of Life Choices in the ACT

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**From:** Shinta Benilda  
**To:** [LA Committee - EOLC](#)  
**Subject:** End of Life Choices  
**Date:** Friday, 16 March 2018 11:05:35 PM

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Dear LA Committee,

I would like to support the choice for dying with dignity in the ACT.

The background of my thoughts are from my own experience when I took care of my late mum when she was really sick. My mum was an active person when she was younger, one day she got a bad stroke followed by lung failure, heart problems and other complications that made her bed ridden, unable to speak and has the worst time in her life for 6 months before she passed away.

Sadly, the memory of her in pain and tears while she couldn't do anything linger in my mind more than the happy time I spent with her. I think if the law permits it, she would rather choose to die with dignity rather than in such heartbreaking condition.

I hope when my time come someday, I will be able to choose to die with dignity. I do hope ACT government will help many of us with our future life choices by passing the law for end of life choices.

Kind regards,  
Shinta Benilda  
Braddon, Canberra