

Tips for speaking or writing to your MP and presenting a case for assisted dying.

- Be succinct; MP's are busy people.
- Simply ask them to read/listen and think about your perspective. In my experience it is better not to tell people what to think but allow them to come to their own conclusion independently.
- Focus on your aim.
- State your position and why you are fighting for assisted dying.
- State why you think assisted dying is feasible.
- Be prepared to answer questions based on your MP's personal experiences.

Below is the approach I used when meeting my MP.

Assisted Dying Key Points from a Terminal Illness Sufferers Perspective

Aim: I would like to put across a different perspective on assisted dying. I am not looking for any answers or promises. I would simply like you to listen to my perspective.

1. I am not elderly, I am not disabled, I am mentally astute and I look well but in fact **I am terminally ill** and reaching the end of my life. I have multiple inoperable tumours. I have sarcoma, a rare type of cancer.
 2. I do not want assisted dying. It is not my first choice. My first choice is to have a peaceful dignified death but if I am suffering and all other avenues have been exhausted **I would like the choice of assisted dying** to alleviate unnecessary pain and suffering for myself and my family.
 3. **I believe a robust model can be formed** that protects the vulnerable, with stringent criteria that includes; being terminally ill, in the last six months of life, to have exhausted all treatment options, to be in pain/suffering loss of dignity and to have been interviewed on more than one occasion by a doctor/qualified person.
- Further points in answer to questions:**
4. I have excellent palliative care but **palliative care cannot guarantee a peaceful death in all cases**. If the tumours on the right hand side of my abdomen grow fastest based on past experience I will stop eating, drinking and will find breathing very difficult as highly vascular tumours impact on my stomach and diaphragm. I will be continuously sick but will become unconscious and die, with pain and dignity managed. If the tumours on the left of my abdomen grow fastest I will suffer the problems mention previously but also other organs will be impacted, namely my bowels. Sickness and pain will be unbearable, as bowels will be blocked in multiple places and therefore inoperable. It is at this point I would like to opt for assisted dying, in the last throws of my life.
 5. If an elderly (or disabled) person fits into the criteria mention beforehand (Point 3) why should they too not be able to have the choice of assisted dying.
 6. I am here because of Noel Conway. Yes, he too would fit into my model.

Next Step: Write or arrange a meeting with your local MP.