

**From:** [REDACTED]  
**To:** [LA VAD](#)  
**Subject:** VAD  
**Date:** Thursday, 14 August 2025 7:53:24 AM

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Until you get to our age you may not realise that for us seniors , the greatest fear and anxiety is to go through a painful lingering death and having to depend on others  
.....horror of horrors..... to take care of even our own personal hygiene while we can only pray for our “god and creator” to come and get us . If only we could have that basic human right to choose to go when we know the time is right for ourselves, it would make the world a far better place for our remaining days . It’s now up to the NT govt to make the NT the best place for retirees and the elderly to live . Let us do it . Let us not worry that like Basel in Switzerland , Darwin will have that reputation of a GO-TO place for VAD and “suicide tourism”. What is more important is the wellbeing of our Territorian seniors . We the elderly can have that peace of mind knowing there is a compassionate option for us when we know the time is right for our forever rest. That time will be when we can no longer endure the pain and suffering of our advanced age related health issues

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Lim. Sincerely , [REDACTED] Poh

Sent from my iPhone