

From: [Bec Trimble](#)
To: [LA VAD](#)
Subject: Submission in Support of Voluntary Assisted Dying in the NT
Date: Friday, 8 August 2025 2:28:22 PM

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Hello,

I have previously engaged in the earlier consultation process. VAD is an incredibly personal and important legislative change that I fully support.

As someone who may need this option in the future the legislative change is a deeply personal and emotive topic.

My personal lived experience has shaped my deep belief in the need for accessible, compassionate, and safe end-of-life options. I have witnessed the prolonged suffering of loved ones whose only option was to endure pain until the very end.

1. Do you support making VAD legal in the NT?

Yes, I fully support making VAD legal and accessible in the Northern Territory.

Every person deserves the right to make informed decisions about their own body and their own death. The choice to end one's life peacefully on one's own terms should not be denied.

I recognise there are many in our community who are personally or morally opposed to VAD, and I accept their right of choice and beliefs, and I would say to those people don't want it don't use it. Legalising VAD is about offering a choice — not imposing a solution. If someone believes VAD is wrong, they can opt out. But that belief should not be used to block access for others who are eligible, informed, and want this option.

2. What eligibility criteria should a person need to meet before they can access VAD?

I believe eligibility should be based on clear, compassionate, and consistent criteria.:

- They should be diagnosed with an disease or condition that is causing enduring and unbearable suffering that cannot be relieved in a way the person finds acceptable.
- The decision must be voluntary and made without coercion, with evidence of informed consent.
- The person should undergo assessment by at least two independent medical practitioners to ensure they meet all criteria.. and this assessment should be accessible for remote residents

3. How could the NT ensure that an eligible person can access VAD in a safe and effective way, including people living in remote areas and Aboriginal and Torres Strait Islander people?

Accessibility must be central to the NT's approach, especially given the Territory's geography and population diversity. This could include:

- Investing in telehealth systems and/ for remote assessments and consultations,

- Ensuring culturally safe and inclusive information and services for Aboriginal and CALD.
- Providing training and support to local health professionals who can act as VAD providers or liaisons in regional and remote areas.
- Making information about VAD rights and processes available in multiple languages and formats, including aboriginal languages.

4. How could the NT monitor the process to ensure VAD is delivered safely and effectively?

A strong, independent oversight, ensuring that VAD staff and medical personal are well supported to provide VAD staunch as

- Clearly defined processes and guidelines.
- Understanding that all persons who seek this choice are independent and have unique and personal beliefs and values.
- Provide regular public updates and anonymised data
- Offer ongoing training and support to health professionals involved in VAD.

VAD is not about encouraging death, it is giving people a choice, and power to end of pain and suffering. The decision to die should never be easy, but for those with terminal illness it should be available and accessible.

Rebecca Trimble



Sent from my iPhone