

Voluntary Assisted Dying (VAD) at Aruma

1. What is Voluntary Assisted Dying?

Voluntary Assisted Dying (VAD) is a lawful end-of-life option in some parts of Australia. It allows a person with an advanced, progressive and life-limiting disease or medical condition, and who meet strict eligibility requirements, to receive medical assistance to end their life.

VAD is not available to everyone and involves a detailed medical assessment process.

2. What happens if you ask us about VAD?

If you ask about VAD:

- We will listen and respond respectfully
- We will explain how to contact appropriate external services
- We will continue to support you and respect your choices
- We will not stop you from seeking information about VAD, talking to health professionals about VAD, or accessing lawful VAD services

You do not have to make any decisions right away.

3. What can Aruma do

We can:

- Listen and respond respectfully if you ask about VAD
- Help you contact
 - Your treating doctor or medical team, and/or
 - The Voluntary Assisted Dying Care Navigator service in your state

- Support you to have private conversations or visits with external health professionals or VAD services (with your consent)
- Support you to access lawful VAD services, including supporting authorised external health practitioners to attend your home or place of support where this is permitted by law. If a transfer to another location is required under the relevant legislation or in your circumstances, we will help make those arrangements
- Help plan how your supports will continue if you decide to access VAD
- Continue to support you and the people close to you, before and after death.

4. What we do not do

Aruma is a disability support provider. We do not provide voluntary assisted dying services ourselves.

This means Aruma staff do not:

- Assess eligibility for VAD
- Give medical advice about VAD
- Witness VAD forms or documents
- Act as a "contact person" for the VAD process
- Prepare, mix, handle, store or administer VAD medication
- Keep the locked storage box or its key
- Give advice about how or when to take VAD medication

If VAD is provided, it is done by external authorised medical practitioners, not by our staff.

This does not stop you from accessing VAD if you are eligible. We will continue to provide your usual disability supports.

Choosing to ask about VAD does not change your right to receive disability supports from Aruma.

5. If some staff do not want to be involved

Some Aruma staff may have personal or professional reasons for not being involved in VAD-related activities. This is called conscientious objection.

Even if a staff member chooses not to be involved:

- Your care and disability supports will continue. We will make sure another staff member is available if needed
- We will still help you access information and external services

6. Your privacy and confidentiality

Asking about VAD is a private matter.

Unless you say you want them to know, or the law requires it, we will not share information about your interest or access to VAD with:

- Other participants
- Staff who are not involved in your support
- Family members or others.

We can talk with you about:

- Who you would like to be informed
- When and how information should be shared.

7. State and Territory differences

VAD laws are different in each state and territory.

If you live in NSW, Queensland, Victoria or the ACT, we will:

- follow the law that applies in your location
- respect your legal rights while following our role as a disability service provider, and
- provide the correct information and contacts for your state and territory.

8. Who to talk to

If you want to ask about VAD or end of life options, you can:

- Talk to your doctor or health care team, or
- Contact the Voluntary Assisted Dying Care Navigator in your state.

If you need support to access an appropriate person, speak with your support worker or service manager about this.

ACT Voluntary Assisted Dying Care Navigator Service	Ph: 02 5124 1888 E: VAD.carenavigators@act.gov.au
NSW Voluntary Assisted Dying Care Navigator Service	Ph: 1300 802 133 E: NSLHD-VADCareNavigator@health.nsw.gov.au
Qld Voluntary Assisted Dying Support Service	Ph: 1800 431 371 E: qvadsupport@health.qld.gov.au

Vic Voluntary Assisted Dying Statewide Care Navigator Service	Ph: 03 8559 5823 E: vadcarenavigator@petermac.org
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9. You can ask questions at any time

Talking about end-of-life choices can be difficult. You are allowed to ask questions, change your mind, or take time to think.

If you would like help making decisions, ask your support worker about [Aruma's Easy English Supported Decision-Making Guide](#).