

Dear Legislators,

I am writing to encourage you to pass the CT Aid in Dying bill.

I feel strongly about this issue and that it should be an option for people at the end of their lives. I worked as a CNA for 2 years and have taken care of people at the end of their lives. I was mostly struck by the suffering of people with advanced alzheimers. It was evident they were in pain when you moved them, their muscles were retracted and stiff and they were unable to communicate except through moaning. It was very difficult to see and very difficult on their families. I realize this bill wouldn't effect people with advanced alzheimers because they can't make informed decisions so medical aid in dying isn't available in that circumstance. I write about it here though because it is this experience that got me thinking about the end of my own life and how I would want medical aid in dying available to me and my family members. I would want the option to end my life if it got to an extremely painful and emotionally stressful state and I knew I only had a short time to live. The research shows that just having medical aid in dying as an option relieves fear and anxiety—even for those who never choose the option. People don't like to think about death but it is a part of life and I think people should have humane choices available to them, it is as simple as that.

Medical aid in dying is optional. Optional for patients and optional for doctors. No person is required to use it. No doctor is mandated to provide it. It is illegal to force someone to use it. Medical aid in dying includes strict eligibility requirements. A patient must be an adult, have six months or less to live, be able to make an informed health care decision and be able to take the medication themselves. All of these things make it obvious to me that this is an option that should be available to people and to not have this option seems inhumane to me honestly. So I am asking you to please, please pass this bill so people have this as an option at the end of their lives. You will be helping to relieve physical and emotional suffering and you will be allowing those who choose to do so to die in peace and with dignity.

Thank you sincerely.

Robin Demougeot, Fairfield CT