



Workshop Information Sheet

Background to Exit Workshops

In 1998, *Exit* pioneered the concept of workshops to help people better understand the legal and medical issues involved in end-of-life choices. Since this time, the program has spread to New Zealand and is shortly to expand to other countries. To date, more than 2000 people have attended Exit workshops. Exit currently provides two types of workshops.

- **Information Workshops**
- **Advanced Workshops**

Introduction Workshops

Exit International Information Workshops provide members of Exit with factual information about their end-of-life choices, including

- The law: suicide/ assisted suicide
- Advance Directives & Living Wills
- Depression and EOL choices
- Palliative Care
- Slow Euthanasia
- Important Drug outline
- Non-drug Methods: the 'Exit' bag and helium, carbon monoxide generators, the 'Peaceful Pill'
- After it's Over - death certificates, autopsies, inquests and coronials

To attend a workshop, people must be members of Exit and aged 50 years or over or be suffering from a serious illness.

Exit conducts Information Workshops several times a year in all cities of Australia and in other countries.

Advanced Workshops

Exit Advanced Workshops enable groups of Exit members to come together to make their own EOL devices (eg. Peaceful Pill, Carbon Monoxide Generator, Exit Bag).

Advanced Workshops are organised and are coordinated entirely by participants. Advanced workshops are conducted over weekends, usually in a remote, private location.

Eligibility

To participate in an Advanced Workshop, participants must be aged 65 years or over, have been a member of Exit for 12 or more months and must have attended an Information Workshop.

How to Attend a Workshop

To register for an Exit Workshop please call the Exit Office on **0500 83 1929** or email [**info@exitinternational.net**](mailto:info@exitinternational.net)
