



# Press Release

## **Elderly Aust couple suicide using 'Peruvian Option' Well couple travel to Lima to rationally suicide**

The decision by long-term Exit international members Beverly and Athol Whiston to travel to South America where they could electively and lawfully end their lives together has been highlighted this week in the Dutch media.

Beverly (79) and William (80) from Coogee, NSW were not sick, but decided to end their lives together while both still in good health.

As Athol said in a film recorded by the couple shortly before they died,  
"To even consider continuing into old age, separated, is unthinkable"  
Beverly added, "Why would I even think of leaving the other part of me behind, it's not possible, I can't do that, we are one"

After joining Exit, attending workshops, and studying their options they chose the (legal) 'Peruvian option' detailed in the Peaceful Pill eHandbook.

The best end of life drug Nembutal (sodium pentobarbital) is readily available in Peru and foreigners regularly take advantage of the situation to peacefully and reliably end their lives.

Athol and Beverly died together in Lima's best hotel in June 2017.

Their death was reported in the Peruvian press

<https://larepublica.pe/sociedad/888884-hallan-muertos-ancianos-esposos-en-un-exclusivo-hotel-de-miraflores>

Exit International director Dr Philip Nitschke said today that Athol and Beverly's death provided another important example of a growing demand by the elderly to have control over this most important final decision of their lives; when to die.

Speaking from Amsterdam, Dr Nitschke said the Whiston's case was very unusual, because the couple decided to go together, but part of a growing trend as populations age.

"The issue of a completed life is now more openly discussed and reveals the inadequacy of legislative end of life models that try and restrict options to those satisfying strict medical criteria.

'The Whiston's decision, like that of David Goodall who recently died in Switzerland, is an example of rational suicide, where such a decision and access to the best drugs is increasingly seen as a fundamental right of the elderly.

The Whiston's story has been highlighted in Dutch media this week

See: <https://www.nrc.nl/docu-death-with-dignity>

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