

# Self-euthanasia, a good death & end-of- life autonomy

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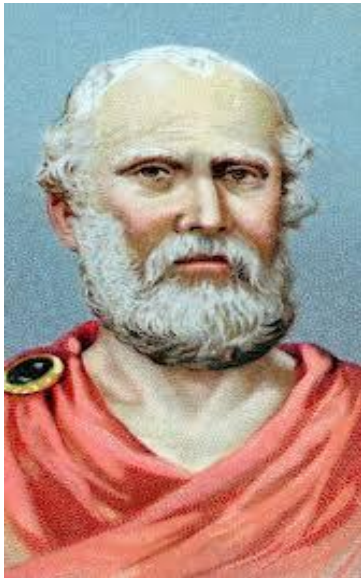
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# Si vis vitam, para mortem

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Plato – Sigmund Freud – Huib Drion



# Euthanasia: Schopenhauer 1788-1860

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‘only those who passed the age of ninety, will enjoy euthanasia, which is to say that without disease, without a stroke, without hawking, sometimes even without fading, usually while seated, they will, after having enjoyed their meal, die, or maybe better not so much die, but simply stop living’.

# A Good Death

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- (1) As in Schopenhauer it means you simply stop living at an advanced age.
- (2) In a final stage of palliative care you might glide away into the big sleep.
- (3) You might also end your life as a result of physician-euthanasia.
- (4) Or you might end your life as a result of self-euthanasia.

# Self-euthanasia & physician-euthanasia

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1- *Physician-euthanasia*: ‘the deliberate termination of the life of a person on his request by another person (in accordance with the ‘euthanasia-law’!)’

2- *Self-euthanasia*: ‘the deliberate termination of his or her own life by the person himself, under his own control, after clear and careful consideration, and carried out with due care.’

# Autonomy

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Self-determination or autonomy in the context of self-euthanasia and physician-euthanasia:

‘The attaining and keeping of control and authority over the process of preparing, deciding and bringing about the termination of one’s life with due care and concern.’

# Seneca 4 BC – 65 AD

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‘Dying well means escaping from the danger of living bad’

‘Bene autem mori est effugere male vivendi periculum’.

(Letters to Lucillius: 70)

# A self-chosen Good Death

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- (1) self-chosen after clear and careful consideration
- (2) in which the individual's role is as large as possible
- (3) with utmost care and without adding pain or suffering
- (4) that is not executed in forced loneliness
- (5) if at all possible, prepared in contact with loved-ones
- (6) considered (given the circumstances) as dignified
- (7) and accepted by the individual in peace and quiet.

In the case of self-euthanasia:

- (8) death is self-performed, and
- (9) death is self-determined.



# For further information

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