



# Press Release

## Euthanasia activist to launch End of Life Planning Guide

On Sunday 22 April, Australia's most well known Voluntary Euthanasia activist - Dr Philip Nitschke - will visit the Gold Coast to launch "**I Bequeath the Python**" – a new end of life planning guide.

Written by Exit International's Gold Coast Coordinator, Elaine Arch-Rowe, *I Bequeath the Python* is a fun but informative guide to everything from pre-planning a funeral and wake to organising an Advance Health Directive.

Inspired by her own, and her friends' lack of planning of what will happen at the end – who should be told, who would know where her personal papers could be found, what type of music and flowers she would like at her funeral – Elaine spent 12 months working on *Python* which is her first book.

"I wanted to write a short, easy-to-read book that would help older people to gather their thoughts of what they would like to happen after they've gone. This was especially the case since families often find it's an issue that is hard to bring up.

In addition to the handy hints and serious information contained in *Python*, there are cartoons, jokes and special sayings. Illustrated by 77 year old Gold Coast artist, Gordon Bell, *I Bequeath the Python* is an uplifting and humorous look at the end of life.

At 62, Arch-Rowe likes to think that her time is way off yet, but she draws comfort in knowing that she is now fully organised.

"There is a lot more to dying than meets the eye. A good death takes planning. I knew that I would not want AC/DC played at my funeral but I realised I couldn't count on my daughter to know that. So what better way is there than writing all my wishes down in one place.

*I Bequeath the Python* will be launched by Exit International Director Dr Philip Nitschke at 2pm on Sunday 22 April 2007 at the Mudgeeraba Memorial Hall, Railway St Mudgeeraba.

**For further information please call:**

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