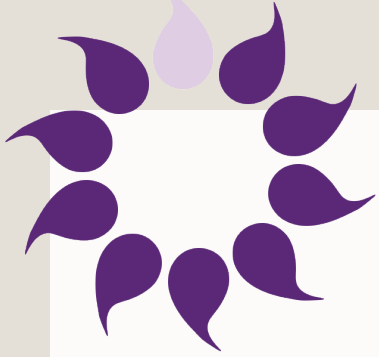




Welcome to Exit

Exit International was founded by Dr Philip Nitschke after the *Rights of the Terminally Ill Act* (NT) was overturned by the Australian Parliament back in 1997.

At the time, Australia had no national voluntary euthanasia (VE) organisation, let alone an international group. The state-based societies were all focused on law reform.

Yet the feedback that Philip was getting from people on the street, and those who phoned and wrote to him, was about the need for practical, self-help information: especially since the Northern Territory's world-leading law was no more.

Philosophy

Exit's philosophy is that it is the fundamental human right of every (older) rational adult to control the circumstances of their own death.

Good end of life decision-making requires the best information. Knowledge is power. Having an 'Exit Plan' can provide reassurance for the future. There is significant peace of mind in knowing that *you* are back in control.

Exit activities promote choice in all aspects of

end of life decision-making: the timing, location and the know-how. Having a practical plan in place means that you can stop worrying and get on with living life to the fullest.

Most people hope that they will never need to 'activate' their Exit Plan. Everyone can feel immense comfort from knowing that they can.



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EXIT WORKSHOPS



The first Exit Workshops were held in 1997. Workshops came about in response to ongoing questions about how to have a peaceful and reliable death at a time of one's choosing.

Philip knew that he needed a method of imparting information to many at once. Generally speaking, the questions were coming from older people who were not sick. Everyone said that they wanted to be prepared for the future, 'just in case'.

In particular, people wanted to know what pills they could take, in what amounts, and where to get them. People also wanted to know about the law. For example, could be with their loved one when the time arrived? Philip was well placed to provide the answers.

Since their beginning all those years ago, Workshops have grown. Hosted by Philip Nitschke, Exit holds workshops annually in every Australian capital city as well as in London, UK. The duration is around four hours.

Over the years, Workshop content has evolved. Today, the program is based upon the *Peaceful Pill Handbook*. Topics include: drugs (lethal, sedative and supplementary), gases (inert and poisonous), legal issues (how not to help) as well as the results of Exit's R&D (eg. the Sarco or the new 'Kairos Kollar').



Workshops are interactive with a priority place on audience questions. Providing Exit Members with the opportunity to have their questions answered is considered vital. Given the sensitivity of the topic, many people feel constrained in who they can talk to about these issues. Knowing that you are in a safe, friendly and supportive environment can make the world of difference.

It is Exit's aim that participants leave an Exit Workshop, confident in the knowledge they have acquired, and with a feeling that they are back in control.

The schedule for Exit Workshops can be found on the Exit International website. Registration is via the website or by phone (in Australia on 1300 10 3948).

While age restrictions apply at Exit workshops, exceptions are always made on the basis of serious illness and/ or suffering.





LOCAL CHAPTERS



Exit Chapters are small, informal groups that enable Members to come together for support and information-sharing in their local area.

Each Chapter runs things their own way. Most hold meetings several times a year. Some organise external speakers to come and discuss related issues (eg. how to write an advance health directives). Others are more focused on practical issues such as how to make your own Exit bag.

Chapters are generally coordinated by one or more volunteers who schedule meetings and bring Members together.

There is currently an Exit Chapter group in every Australian capital city as well as in some regional locations (eg. Newcastle and the Northern Rivers). There are also Chapters in New Zealand and in London.

Over the years, some Exit Chapters have come and gone. Their existence is dependent upon the level of interest at the local level and the willingness of one or more volunteers to lead the way.



One thing we do know is that Chapters play a critical role in providing grassroots support, as well as a local contact point.

Exit is proud to have had the same volunteers coordinating several of our groups for the past 20 years. The organisation is very grateful for this support and goodwill.

Exit always welcomes the creation of new Chapters. If you think you would like to get involved and organise / coordinate a new Exit Chapter in your area, please let us know.



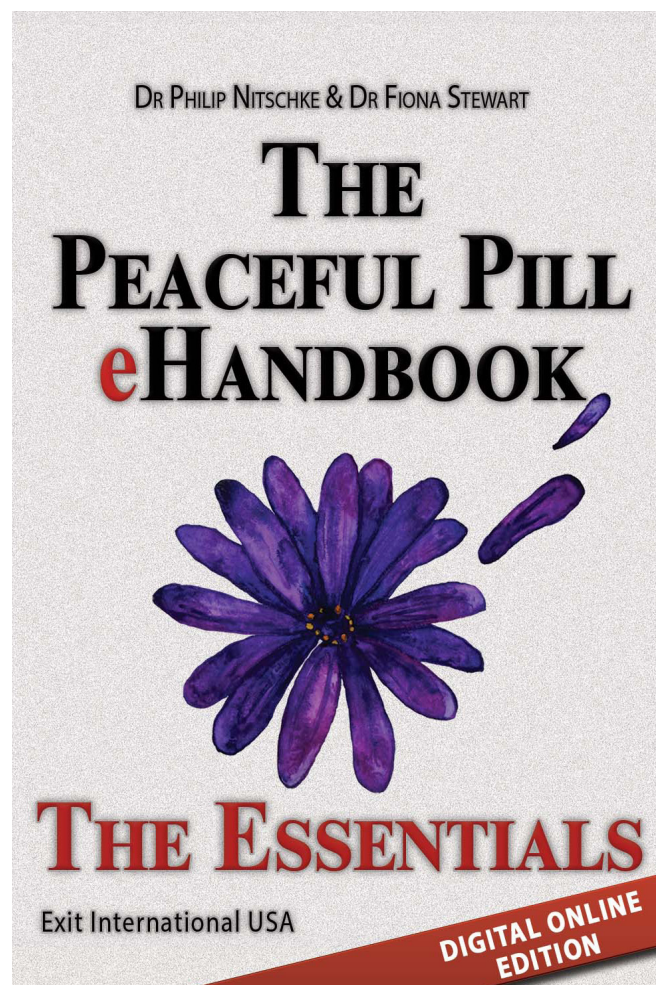
Over the past 20 years, the *Peaceful Pill eHandbook* has become the most authoritative and best selling book on end of life choices globally.

Following on the heels of Derek Humphry's ground-breaking, *Final Exit*, which was first published in 1991, Exit's Peaceful Pill eHandbook (online) and Handbook (print) has provided thousands of people around the world with the information that they have needed in order to prepare for a self-determined, peaceful and reliable death at a time of their choosing.

The *Peaceful Pill Handbook* is published in both online and print formats. (print and online editions available).

The online edition is continually updated. The print edition is updated annually. The book is published in the Netherlands and sold exclusively at: www.peacefulpillhandbook.com. Exit members receive a 30% discount on both the online and print editions.

THE BOOKS

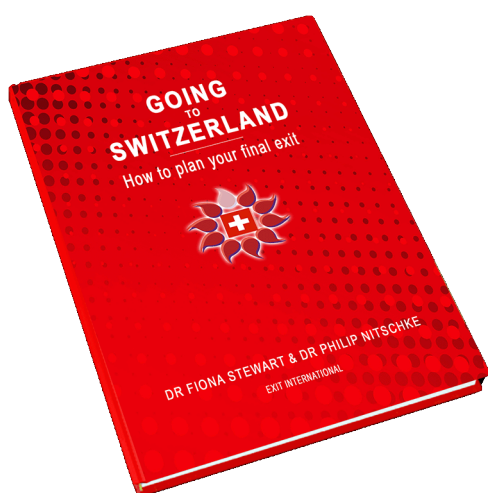


The book is published in six languages: English, German, Dutch, Italian, Spanish and French.





GOING TO SWITZERLAND HOW TO PLAN YOUR FINAL EXIT



In response to the rising popularity of Switzerland as an end of life 'destination,' in 2023 Drs Philip Nitschke and Fiona Stewart wrote a second book titled 'Going to Switzerland: how to plan your final exit'. This book is published in both online and print formats.

Going to Switzerland is a user's guide to the whole Swiss assisted dying process, including the different Swiss clinics (eg. Athanasios, Dignitas and The Last Resort), a discussion of Swiss law, advice on how to qualify, what is involved in the approval process, and what to expect before, during and after the assisted suicide. *Going to Switzerland* is published in the Netherlands and available globally in different languages.

For more information see:



www.peacefulpill.com



www.goingtoswitzerland.net

ONLINE



WEBINARS

Exit Webinars began as a monthly series of online workshops during the pandemic. Since that time, Webinars have assumed a new importance as a means of providing Exit Members around the world with *timely* information about practical end of life issues.

In 2024 - 25, Webinars have covered topics such as: 'old age rational suicide', 'how to avoid mistakes at the end' and our 'Open Mic' session which selected 25 participant questions for discussion.

Webinars are hosted by Philip Nitschke and held on Zoom. They last around two hours, allowing time for audience Q&A. Registration is via the Exit International website.

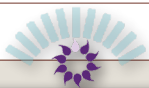


SNIPPETS

In contrast to the longer-form Webinars, Exit's Online Snippets are one-hour, single-topic online sessions. Snippets are intended to offer a concise and focused snapshot of the selected topic. The scheduling of Snippets and Webinars is interspersed throughout the year.

Over the past 12 months, Snippets have been held on topics as diverse as: different methods, different deaths, does Nembutal cause drowning and does nitrogen hypoxia cause convulsions? Attendance at both Webinars and Snippets is limited to Exit Members and PPeH Subscribers. Recordings are published in the *Peaceful Pill eHandbook*.

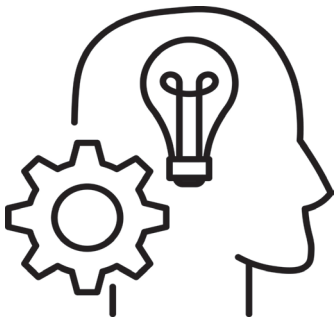
EXIT
SNIPPETS



EXIT ONLINE DISCUSSION FORUMS

Exit uses the Internet to connect Members through the ****Peaceful Pill Online Forums****. Launched in 2011 as a safe and private space for the discussion of end-of-life issues, the Forums are a hub of activity within the Exit community. The Forums enable Exit Members around the world to connect with each other. This special online space also allows for the sharing of information as well as support and friendship. Philip Nitschke is, of course, active in the Forums.

We are sorry but the Forums are not open to Exit Members/ Subscribers in the UK due to the new *Online Safety Act*.



Research & Development

At the core of Exit's philosophy and activities is our Research and Development program.

The R&D focus of Exit is reflective of the interests and talents of its Founder, Philip Nitschke.

Before Philip went to Sydney Medical School, he completed a doctorate in applied physics at Flinders University in Adelaide. An inventor by heart, Philip brings together a unique skillset that blends science and medicine. Philip knows how to invent and he has great conviction that how one dies is a decision best decided by the person whose death it is. Rather than by, for example, the medical profession or the State.

Philip's first invention in the end of life space was the 'Deliverance Machine'. This device was used by four, terminally ill patients to end their lives during the time of the Northern Territory's *Rights of the Terminally Ill Act*. For many years, this machine was on display in the British Science Museum in London where it was acquired in 1998 as part of the Wellcome Collection.

More recently, Philip's R&D has been focused on four key areas:

1. 3D-printed **Sarco** capsule - The Sarco took more than 12 years to be realised. The device was used (successfully) by an American Exit Member in Switzerland in September 2024. Exit must wait for the criminal investigation which is now underway in



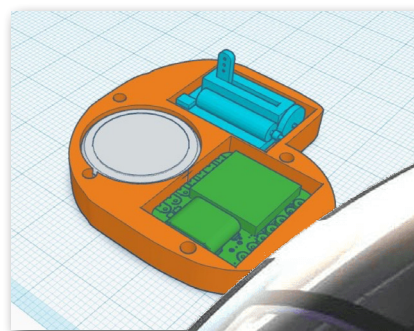
the canton of Schaffhausen to be completed before the Sarco can be used again in a different jurisdiction.

2. A second R&D focus of Exit is the '**Mercy Switch**' illustrated below. The idea behind this switch is for a way that a person with dementia can control their death as soon as they lose mental capacity. The passive activation of a lethal drug would not need to involve others.

3. **AI Mental Capacity Testing** - The use of AI is increasing exponentially and in many varied ways. Yet psychiatry is one profession that has been slow to embrace this challenge. The question guiding this area of Exit's R&D is can AI assessment of a person's mental capacity be more accurate and contain less subject bias than a real, human psychiatrist? Exit is exploring this hypothesis.

4. The newest R&D focus for Exit is the new '**Kairos Kollar**'. This simple collar may prove a game changer in providing a simple, inexpensive, home-made, reliable and peaceful means of self-elected death.

Because the final device will be comprised of inexpensive, everyday items and because its assembly will lend itself to being done at home, Exit expects that the Kollar will not find itself subject to government restrictions; simply because it can't be.





Bequests & Donations

Exit International has three main streams of income:

1. Memberships
2. Donations
3. Bequests

Memberships

Memberships of Exit International underwrite the day to day running of the organisation in terms of administrative costs and staffing. Note - Philip does not receive a salary from Exit. Memberships fund Australian staff only.

As with any organisation that works in the area of end of life choices, Exit has an attrition issue. Although we do not necessarily see this as a problem. The death of members and the relative advanced age of most members does mean that the rate of membership rarely grows. It does remain steady.

Recognising that Exit members are usually in their retirement years or on the pension, Exit has not raised the cost of membership for the past 20 years.

Donations

From time to time Exit receives donations, small and large. These donations help the organisation be able to do those extra activities that otherwise would

not be possible (convening conferences, funding annual briefing meetings for Chapter Coordinators). While these donations are not tax deductible in Australia, they are greatly appreciated. Donations in the US are tax deductible if made to Exit Generation because of its 501(c)3 status.

Bequests

Over the years Exit has been the beneficiary of considerable generosity from our members. Many members continue to name Exit International in their wills. When this money is paid out it makes the world of difference to the organisation's activities.

We urge you, in reading this now, to please consider Exit in your will.

The official name of Exit is Final Exit (Australia) Ltd. The organisation's address is PO Box 37781 Darwin NT, 0821 Australia on online at: www.exitinternational.net

In the US, the organisation is Exit Generation, 8105 Birch Bay Square St Ste 103, Blaine, WA 98230 or online at: www.exitgeneration.org

