



Be Not Afraid

THE GIFT OF PALLIATIVE CARE

DISCUSSION QUESTIONS

RESPECT LIFE



After watching the *Be Not Afraid: The Gift of Palliative Care*, consider the following questions:

PEACE AT THE END OF LIFE

1. Consider the comparison made between accompanying people at birth and accompanying people as they approach death. Describe what you think makes these two moments sacred.

2. If your own death was drawing near who would want to accompany you at that time? In what ways could you accompany someone at the end of their life?

A TRANSITION FROM CURE TO COMFORT

3. How might Dr Natasha Michael's suggestion that involving a palliative care team early on – not just at the very end – help the patient, as well as family members and friends to adjust as an illness progresses?

4. Think of some of the challenges a patient and their family face when there is no longer any possibility of curing a disease. Do you think is it important for the inevitability of death to be clearly recognised and talked about?



PALLIATIVE CARE - TREATING THE WHOLE PERSON

5. Why do you think palliative care also includes care for family members and others close to the patient? How might care for the family contribute to the care of those who are sick?

6. Do you agree that having access to palliative care creates the best environment to help people die well?

LETTING GO WHEN THE TIME IS RIGHT

7. Using overly burdensome or extraordinary means to keep people alive is described in the video as 'violence' to a person at the end of life? Describe some considerations that would help you to decide what treatments might be too burdensome in the final stages of life.

8. Why is it important to understand the terms *overly burdensome treatment* and *extraordinary means*?



PLANNING FOR THE END OF LIFE

9. The video raises the issue of fear as one approaches death. How might discussing a person's fears with them assist in caring for them better?

10. As part of end of life planning, what benefits can you see in appointing a trusted person who understands your values to make decisions when you are unable to?

EUTHANASIA

11. Some argue that people should have a right to end their life if and when they choose. What are the reasons outlined in the *Be Not Afraid* video for focusing on the common good rather than an individual's freedom regarding euthanasia and assisted suicide?

12. How would the legalisation of euthanasia change the relationship that doctors and carers have with the sick and disabled people they care for?
