



Instructions for Voluntary Assisted Dying (VAD)

- A Membership with Phönix Care**
- B Application for VAD**
- C Green light**
- D VAD in Switzerland**

You will find a list of costs in a table on page 6.

The Phönix Care association is a Swiss organization near Basel that offers voluntary assisted dying on the basis of the legal requirements.

Unlike other countries, Swiss law allows doctors to prescribe a lethal dose of sodium pentobarbital under certain conditions.

Various documents are required for voluntary assisted dying. It is the responsibility of the person requesting VAD to obtain these documents.

These instructions are intended to help people who wish to die in completing the formalities.

We would like to point out that it can sometimes take time to organize everything. We provide information about the costs and the procedure so that you know what to expect.

Requirements for VAD:

- Membership with Phönix Care
- Application and biography
- Sound mind
- Terminal illness or unreasonable disability or unbearable pain and suffering
- Autonomous wish, no external influence
- The wish to die is well-considered and stable
- Medical reports
- Relatives are informed

Elderly people in particular should have easier access to a VAD. From the age of 85, the probability of suffering an acute event that leads to incapacity but not death increases enormously (brain hemorrhage, stroke, fall, heart attack, etc.).

A MEMBERSHIP with Phönix Care

Membership is a prerequisite for VAD.

There is a one-time registration fee of CHF 100.

The annual membership fee is CHF 50.

Once we have received the CHF 150, you will become a member and can request a consultation and/or VAD at any time.

Once payment has been received, you will receive confirmation by email.

This confirms that you have been thinking about the options available at the end of life for some time. As the stability of this wish is one of the criteria for a VAD, this proves that it is a decision that has been considered for some time.

B APPLICATION

You can fill out your application and biography directly online!

Or you can email us at contact@phoenix-care.ch or send the application by mail to: Phönix Care, Postfach, CH-4145 Gempen.

Your written application should include the following:

1. Filling out the PDF

With this application, you ask Phönix Care to organize a VAD for you.

In it, you describe your circumstances and the illnesses/pain you are suffering from and why you wish to die.

You explain why your life is no longer sustainable for you and mention the treatments you have received so far and the prognosis of the illness(es).

You describe your personal and family situation.

Have your family and loved ones been informed?

Who will accompany you?

Phönix Care does not make a VAD dependent on the consent of family members, but they should be informed. They should have the opportunity to understand your death wishes and to say goodbye to you - they will then be better able to cope with the loss.

We want to avoid problems with uninformed relatives at all costs.

Once you are a member and we have received your application, we will contact you by telephone.

2. Medical reports

- * Current medical reports
- * Older medical reports, if available.

The reports must include all diagnoses, current state of health, therapies, medications, and prognosis.

3. PASSPORT/ID (identity card)

Valid passport or identity card (scan/photo).
The original must be carried when entering the country.

C "Green light"

If your documents are complete, Phönix Care will give you the "green light" and provide you with detailed information about the next steps of your VAD.

"Green light" means that a VAD can be carried out.
You determine the date in consultation with us.

The cost of the "green light" is CHF 3'500 and has already been paid at this point

Once you have received the "green light" and paid the fee, you can arrange the date for the VAD.

Additional documents required for travel to Switzerland

Before you travel to Phönix Care in Switzerland, a date must be agreed and the documents listed below must be submitted:

- Valid passport or identity card (bring the original with you!)
- Valid passport or identity card of the persons accompanying you
- Birth certificate of the person wishing to die in **international** format **with the names of the parents, original with stamp, not older than 6 months.**
- Proof of residence, for example, electricity bill, not older than 6 months.

Additional information regarding your marital status:

If you are married (and your spouse is still alive)

- Birth certificate of your spouse
- **(also no older than 6 months and including the names of the parents!)**
- Marriage certificate
- Copy of spouse's identity document

If you are widowed

Death certificate of spouse (original or certified copy) and marriage certificate.

If you are divorced

The original or a certified copy of the divorce certificate.

If you are single

Proof that you are single, e.g., a note on your identity card. If you do not have such a note on your identity card, you must provide confirmation from a notary or public authority.

See also the "Everything at a glance" table at the end.

Arrangements for after death

We require the following information from you:

- Name and address of the person to whom the death certificate should be sent
- Name and address of the person or funeral home/cemetery to which the ashes should be sent (if you wish them to be returned)

D VAD in Switzerland

We will be happy to advise you on your journey to Switzerland and your stay here and assist you with the necessary arrangements.

Consultation with our doctor

In Switzerland, you will have a **consultation** with our doctor. The doctor will have received the written documents in advance, will therefore be familiar with your situation, will write a report for the authorities, and will issue the prescription for the NaP.

Visit from your VAD accompanying person

The visit from the accompanying person usually takes place the day before at your hotel.

We at Phönix Care require you to sign a power of attorney so that we can collect the lethal medication (sodium pentobarbital = NaP) from the pharmacy, explain the procedure, assess the condition of your veins, answer any questions you may have, and get to know each other.

Procedure for VAD

In order to take the working hours of the authorities into account, the VAD begins early in the morning.

First, you will sign some documents that are required by the authorities. Once all the documents have been signed, you will have time to say goodbye to any relatives and friends who are present.

Then you will lie down on the bed and we will insert an IV with saline solution. We will show you exactly how to open the IV, as only you are allowed to open it.

The moment the IV is opened will be filmed, as this is the only way to prove that you opened it yourself.

The authorities

After death has occurred, the police will be notified by the VAD attendant. The police will then inform the search and rescue services and the coroner. This is standard procedure, a VAD must be reported as an unnatural death in Switzerland. The waiting time varies depending on the capacity of the authorities.

An accompanying person must confirm their identity by signing a document.

After that, the procedure is the same as for a natural death.

Costs for performing VAD in Swiss francs (CHF)

For the "green light"	3,500
Preparatory work to obtain the "green light" (including processing of reports by a Swiss doctor)	
VAD in Switzerland	7,100
Doctor's visit/prescription	1,200
VAD procedure	2,600
Costs for coffin, transport of the deceased to the crematorium, cremation including urn, dealing with authorities, death certificate, and shipping costs	3,300
TOTAL	10,600

The entire amount must be paid into the Phönix Care account at least one week before the VAD.

Payments via bank transfer to the account of the Phönix Care association. The amount must always be transferred in Swiss francs, and bank charges are to be borne by the member.

If the money has not been received, the VAD will not take place.

Credit cards and checks cannot be accepted.

The costs have been calculated tightly, so the association is grateful for any donations.

Account for payments:

Phönix Care, 4145 Gempen

Bank: Raiffeisenbank Liestal/BL
IBAN: CH49 8080 8008 9921 9943 7
SWIFT/BIC code: RAIFCH22XXX / 80808

Finally, here is a table summarizing all the documents you need:

Documents required for an VAD in Switzerland	Married	Single	Widowed	Divorced
Passport or identity card - Bring original to Switzerland - Send a copy in advance	X X	X X	X X	X X
Passport or identity card of the life partner, copy	X			
Birth certificate stating the names of the parents, international Birth certificate of the life partner stating the names of the parents	X X	X	X	X
Marriage certificate	X			
Certificate of marital status (sometimes stated in passport)		X		
Divorce certificate				X
Death certificate of spouse			X	
Certificate of residence	X	X	X	X

Appendix 1: Legal provisions

According to Swiss law, it is legal to enter Switzerland as a member of Phönix Care for the purpose of a VAD.

In certain countries, persons who assist in a VAD may be prosecuted in their home country. However, no punishment of accompanying persons has been observed in any country to date.

The identity of the accompanying persons is known only to Phönix Care and the investigating authorities.

Traveling to Switzerland for VAD requires courage and a strong will, also on the part of the accompanying persons.

If you have any questions or problems, you can always count on the support of Phönix Care.

Last but not least, a little humor can help ease this unusual situation, which is sometimes perceived as "abstract" or "absurd."

Appendix 2: Obtaining medical reports and documents

You have a legal right to your medical records/doctor's reports, copies of CT and MRI reports from specialists, and discharge reports from the clinic or your hospital stay. You do not need to state why you need them – you are entitled to them.

Some family doctors have been advised by their professional associations that they could be prosecuted if they release reports knowing that they are needed for VAD. Similarly, someone could be admitted to a psychiatric institution for endangering themselves.

It is advisable to wait until you have received the reports before informing a doctor you trust about your plans.

The more doctors hear about their patients' wishes and learn to respect them, the greater the likelihood that VAD will also be legalized in other countries.