



Annual report 2018

Dear lifecircle members

I am pleased once again to report on the activities of our association.

In the last annual report, I informed you of the plan to set up bereavement support groups, including for those who are anticipating the assisted death of a relative. Several groups have implemented this initiative abroad and in Switzerland it was set up with the help of our active assistant Arnold Kausch in particular. In Switzerland we have over ten members available to provide advice and support to other members. However, no-one has yet taken up this offer in Switzerland. We don't know whether to draw the conclusion that there is no demand or that members and relatives are reluctant to accept this assistance or that they may not need it. Nevertheless, it is good and sensible to be able to continue offering this form of assistance from people with personal experience and I offer my heartfelt thanks to the "Oristalgruppe", as the former bereavement group has been renamed, for the meetings and willingness to help.

From the end of 2017 to the end of 2018 the number of active members has increased from 1130 to 1440. To ensure that our organization remains small and personal, the Board has decided to limit the number of active members and once we have reached 2,000, no more will be admitted until the number falls again. We have reached the limit in terms of workload and capacity and only in this way will we be able to continue to maintain the quality of our work. Membership as at 1.4.2019 had already reached 1658.

I have good news on the pharmacy problem. The only pharmacy in the BL canton providing us with the drug has been very pleasant to work with. We can pick the drug up at the pharmacy on the day of a person's assisted death by presenting his or her authorization. As the patients are usually seriously ill, this is certainly a good solution to avoid them having to make their own way to the pharmacy. Although having to fetch each dose individually on the day of the assisted death significantly increases the effort the foundation has to make, we are all grateful for this option, which keeps the "emergency exit" open. Many thanks to the pharmacy! In this context, we'd like to remind you once again of the DVD "Emergency Exit", which can be ordered on our website or at https://www.medienprojekt-wuppertal.de/v_187. It shows the process of an assisted death at Eternal Spirit Foundation. I hope none of you ever needs this emergency exit, but it's good to have one and it provides vital confidence.

The "Chreemer Kari" communal living project in Biel-Benken has made tremendous progress. All three buildings have been completed; moving in is expected to be on time in September 2019. We increasingly need to think about what we'd like as alternatives to nursing homes, because the 1968 generation will not want their treasured autonomy constrained in such a conventional facility. This means the financial support of the cooperative "Chreemer Kari, Projekt Miteinander" (Togetherness Project) is certainly a step in the right direction.



In terms of promoting quality of life elsewhere, "lifecircle" has donated a total of CHF 65,000 to the following institutions: Insieme Basel, Visually Impaired Basel, PluSport (disabled sports) Switzerland, Kinderspitex Nordwestschweiz (charitable association caring for extremely sick children), IVB Disabled Transport Basel, Swiss Alzheimer's Association, Swiss ALS Association, Equilibrium Association for overcoming depression and the Centre for Promoting Development. As the treasurer will report, the recipients have expressed their great appreciation to our association.

In 2018 the "lifecircle" association received support from Markus Frehner and Arnold Kausch in planning two very interesting events. The two panel discussions "Assisted death in old age and dementia" in Liestal and "Assisted death and suicide prevention" in Münchenstein were successes. We were also pleased with the lively discussion in the question and answer session. Other events to which I was invited but that we did not organize ourselves were a panel discussion in the Elisabethen church, Basel, a discussion in the "Zischtigsclub" programme on Swiss television, as well as participation in the "Nachtcafé" tv talk show in Baden-Baden. All three events can be watched on our website under "News".

"Café Goodbye", mentioned in our last annual report, is now up and running, managed by our competent and empathetic qualified nurse, Veronika. Both Mr Frehner and Mr Kausch have actively supported her. Since Ms Kummer has been trained in assisted death and adult education in addition to her nursing qualification, she is particularly suited to run the round table discussions in Café Goodbye. The first event took place in January and was well attended. Details of the other events are on the website <https://www.cafegoodbye.ch/> . These really worthwhile events take place once a quarter; you'll be inspired.

Another occasion in which we are actively involved is an all-day event about dementia. The "1st Dementia-Meet Basel" takes place on Saturday 18 May in Allschwil. Details of the programme are at <http://www.demenzmeet.ch/meet/basel/> I highly recommend this event as dementia will affect more and more people in the coming years, both the ones who are afflicted and those close to them. We want to give people the opportunity to exchange information on all aspects of dementia because people must be allowed to speak freely about this illness.

Something else I'm very happy about is that almost a year ago we welcomed two psychiatrists to our team, which has proved itself to be worthwhile. My desire to help even people with reactive depression or incipient dementia has been fulfilled. However, we must be careful not to overload the two psychiatrists, so we remain unable to assist people whose illness is exclusively psychiatric.

Our aids, including wheelchairs, walkers, walking sticks, electric wheelchairs, toilet seats etc., are still underused. Please get in touch when you need such aids.

With kind regards

Dr. med. Erika Preisig, President of the association „lifecircle“