



BROUGHT TO YOU BY:



UPCOMING CEU COURSE

VSED: A Peaceful, Legal Way to Die On Your Own Terms

About the Topic:

- This program will provide information about Voluntarily Stopping Eating and Drinking (VSED.) We will examine how, with the proper support, this is a peaceful and comfortable way to hasten death that's legal in all 50 states and supported by every major world religion.

Upon completion of this program, the participant will be able to:

- Understand VSED and the parameters under which it is a legal option.
- Identify the ways it is different from Medical Aid in Dying and Assisted Dying.
- Recognize the ways to support someone through the VSED process.
- Understand the importance of planning ahead and utilizing the proper support before making this choice.
- Recognize how death doulas, care teams, and loved ones can support clients when they make this informed choice to hasten death through VSED.

About the Speaker:

Catherine Durkin Robinson is a death doula and educator with Anitya Doula Services. She graduated from the University of Vermont's End-of-Life Doula program and is a credentialed member of the National End-of-Life Doula Alliance. Catherine became a queer-informed, certified inclusive doula through Metro Inclusive Health and incorporates psychedelics in her practice through the Diaspora Psychedelic Society and as a board member and educator with the non-profit organization End-Of-Life Psychedelic Care. She was also a longtime hospice-trained volunteer and registered pre-need counselor in the state of Florida before relocating to Chicago in July 2022. Her varied career includes 30 years as a political organizer, 10 years as an educator at the high school and college level, and 10 years as a newspaper columnist in Tampa. You can find her at www.anityadoulaservices.org.

DATE: February 29, 2024

TIME: 4:30PM - 6:00PM

PLACE: Asbury Court —

1750 Elmhurst Rd.

Des Plaines, IL 60018

RSVP required to attend.

Please RSVP to Amanda Cortez at acortez@asburycourt.com by February 27th.

Other things to note:

- Light snacks and drinks will be provided.
- Complimentary 1.5 CEUs. If your organization requires it, we will facilitate a registration fee of \$5

www.seniorhelpers.com/il/des-plaines