# LETTER

Dear David and Martha

Forgive the typed letter but I am struggling and my handwriting is poor.

I am writing to say goodbye. As you know I have PSP (Progressive Supranuclear Palsy. )

This illness is torture and I will never be free of it . It has taken my energy, balance, vision and communication and other things but not my mental awareness. Since I was diagnosed with this disease my quality of life has declined. I can no longer enjoy things I used to – running, dancing, socialising, even eating is a struggle and potentially dangerous. I would rather not have this illness but the suffering it brings has made me decide to go to Switzerland for an assisted suicide. Choosing this way to die is my choice and what I want.

I am devastated to leave my family behind, but many friends have said they would probably take the same road if they were in my position.

I believe in a loving and compassionate God – I have faith in him and hope you will also understand.

I have fond memories of our times together and cherish them greatly.

With thanks for your friendship.

Goodbye and with lots of love

Sarah