

Assisted Dying Service

Quarterly Report, Quarter 1 2025/26

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Foreword

Health New Zealand | Te Whatu Ora (Health NZ) is responsible for overseeing and monitoring all operational aspects of the Assisted Dying Service, including collecting data and generating summary reports. Information continues to be released quarterly, in line with the calendar year.

Due to low numbers, some quarterly data (such as the number of applications by month and region) cannot be reported to protect the privacy of the people engaging with the service.

Please note that the current report reflects a summary of individuals' interactions with the Assisted Dying Service within the three months from **1 July to 30 September 2025**. Accordingly, medical assessments and outcomes may refer to applications initiated in a prior quarter.

Detailed reporting of the cumulative data since the first year of service (November 2021 – November 2022) is available on the Health NZ website: **Assisted Dying Service yearly reporting**.

More information on assisted dying can also be found in the Registrar's report. The Registrar (Assisted Dying) serves as a safeguard under the End of Life Choice Act 2019 and submits an annual report to the Minister of Health on the Assisted Dying Service's operations. Their latest report is available on the **Ministry of Health** website: **Assisted Dying - Regulation & Reporting**.

For the complete text of the Assisted Dying legislation, please follow this link: **End of Life Choice Act 2019**.

Contents

Foreword3

Assisted dying service activities this quarter5

 Overview of assisted dying service5

 Demographic summary of applications6

 Applications by region7

 Number of re-applications7

 Assisted deaths by location7

Assisted dying service activities this quarter

Overview of assisted dying service

Between 1 July and 30 September 2025, the service received 286 applications for assisted dying. There were also 141 applications active that had been initiated before this quarterly reporting period.

Attending medical practitioners (AMPs) completed 277 assessments and independent medical practitioners (IMPs) completed 220 assessments. Psychiatrists also completed some assessments (numbers withheld due to low numbers) in this period. In total, 193 applications were confirmed as eligible.

AMPs facilitated 127 assisted deaths during this quarter.

Of the applications reviewed during this period, 97 were still in progress as of 30 September 2025.

During this quarter, 112 applications did not proceed to an assisted death due to:

- the application being found to not comply with The End of Life Choice Act 2019
- the applicant withdrawing their application
- the applicant is found non-eligible or not competent to give consent at, or following, assessment
- the applicant dying due to underlying conditions.

Of the 286 applications received during this quarter:

- 79.7% were Pākehā
- 3.1% were Māori
- 48.3% were Female/ Wāhine; 51.7% were Male/Tāne
- 78.3% were aged 65 years or older
- 80.4% were receiving palliative care at the time of the application
- 62.3% had a diagnosis of cancer.

Demographic summary of applications

A demographic summary of the 286 applications received this quarter is presented in Table 1 below.

Table 1: Demographics of people that have applied for assisted dying services in the period

Demographic summary		Applications ³	% of applications
Ethnic group ¹	Māori	9	3.1%
	European	231	79.7%
	Asian	9	3.1%
	Other, incl. Pacific	41	14.1%
Sex	Female/Wāhine	138	48.3%
	Male/Tāne	148	51.7%
	Gender diverse	0	0.0%
Age Group	18-44 years	9	3.1%
	45-64 years	53	18.5%
	65-84 years	169	59.1%
	85+ years	55	19.2%
Diagnosis ²	Cancer	177	62.3%
	Neurological condition	26	9.2%
	Chronic Respiratory Disease	25	8.8%
	Cardio-vascular condition	11	3.9%
	Other organ failures	4	1.4%
	Multiple/Co-Morbidities	9	3.1%
	Not known ⁴	32	11.3%
Receiving palliative care at the time of application?	Yes	230	80.4%
	No	56	19.6%
	Not stated	0	0.0%
Reported a disability at the time of application?	Yes	21	7.3%
	No	265	92.7%
	Not stated	0	0.0%

Notes:

1. Total ethnicity has been used. This means that individuals reporting more than one ethnicity are included within each category to which they identify. Ethnicity in this report is based on patient records in the health system, while in the previous reports ethnicity in the application form was used.
 2. Total diagnosis has been used. This means that individuals presenting with multiple diagnoses are included within each applicable diagnostic category.
 3. Valid repeat applications are included as unique instances. This means, in cases where an individual submits multiple applications during this period, their information is recorded in the demographic data each time.
 4. 'Diagnosis not known' includes individuals who have applied but have not yet completed their first assessment with their AMP as well as those that withdrew, died before this assessment was completed, or were ineligible.
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Applications by region

Between 1 July and 30 September 2025, the service received 286 applications for assisted dying. Reporting by individual districts is unavailable due to low application numbers in several areas, which may compromise data privacy.

- Northern 79 27.6%
- Midland 67 23.4%
- Central 53 18.5%
- Southern 87 30.4%

Number of re-applications

During the reporting period, 38 individuals made more than one application for an assisted death. There are several reasons why an individual might make more than one request. This includes but is not limited to:

- the applicant being assessed as ineligible at the time of the first application, and choosing to reapply
- the applicant withdrawing their original request and then deciding to reapply
- an observed change in the applicant's circumstances which affects their eligibility (e.g., a change in prognosis)

Assisted deaths by location

Between 1 July and 30 September 2025, 127 people had an assisted death. Assisted deaths can take place at the person's home or elsewhere in the community. The summary by location is:

- 83 (or 65.4%) at the person's home
- 9 (or 7.1%) in a public hospital
- 35 (or 27.6%) in a community facility (e.g., aged residential care, hospice, retirement home, funeral home).