

September, 2016 BALI

My younger cousin, Janelle was a frequent visitor to Bali and since I've moved here she has stayed for longer periods.

Janelle had a very checkered life.

You could probably call her a 'bad girl'.

She smoked a lot, had previously used a lot of drugs and was a heavy drinker but a committed Christian.

In March, 2016 in Australia, she was diagnosed with end stage Liver disease. I cried and cried when I heard this and she called me and said—please don't cry or worry—**God's got this.**

She immediately stopped drinking, but it was too little too late.

In September, 2016 my cousin, Janelle came to Bali from Perth to join friends to celebrate her 50th birthday.

A week after the birthday, she told me that she had had a very restless, painful night and that she probably needed to go to BIMC to have the toxic fluid removed from her liver & abdomen area. Apparently this is common to liver disease sufferers and is done by a needle in the area and a vacuum system to suck it out. Sounds awful. But is only day surgery and local anesthesia.

I took her to BIMC and she told me that the process should be quick and easy and that I should come back later.

I came back an hour later and Janelle had been admitted to the hospital.

She seemed fine although in pain and then she told me: **"MUM'S HERE "**

Her mother had died 16 years prior.

Then she really surprised me and said: **"THE ANGELS ARE HERE"**

I had to leave for an appointment and I said I would come back later.

As I was about to leave my house again to go back to BIMC, I got a phone call from the Nurse Liaison who told me that Janelle had had a heart attack and they were working on her. I knew if they told me 'they were working on her' was not a good sign.

The nurse then asked me why I didn't have a Do Not Resuscitate Letter.

My response—**We didn't know she was that sick.**

Janelle did not regain consciousness and they put her on a resuscitator.

When I arrived, it was obvious she had died and was just being kept alive by the machine. The angels had indeed taken this much loved but crazy soul. Janelle was so out there but kind and she never met a stranger, so I can just see her hugging the angels in welcome.

I then had to break the news to family members and get her younger sister to send me a Do Not Resuscitate Letter from Australia. It was very difficult and heartbreaking for everyone.

As it turned out, Janelle died early that evening whilst still on the machine.

Janelle had no health or travel insurance and not much money, so I settled the bill. It was RP 60,000,000 for one day and they hadn't done the liver procedure.

I then notified the Australian Consulate and their duty officer gave me the names of 2 funeral companies.

I called Pak Agus of Antara Funerals and he arranged Janelle's remains to go to the morgue and an unattended cremation the next day.

He was incredibly efficient and helpful and explained that I should not keep her ashes in my home as the Hindu religion has rules about it.

I also paid for all of this. About RP 20,000,000.

We all know how difficult the grieving process is and I still hear her voice and her fun laughter. You never really get over it, you just get more used to it.

Several months later, another cousin came from Australia on holiday and we had arranged for her to take the ashes back to Janelle's children.

The ashes were handed over to our cousin, Karen at the entry to the airport and it was sealed with police tape. As she went through customs, the officers checked the seals and the Janelle's cancelled passport and all of the paperwork. This was not only sad for Karen but quite terrifying as it was so alien to her. There were no issues with the ashes container when she went through customs in Australia.

So the things we learnt from this situation were some of the following;-

- Have an easy access medical file containing medical history, up to date listing of medications.
- Have either health insurance or travel insurance and if you can't be covered because of pre-existing problems you need back up money to pay the bills. Credit Cards with a substantial limit.
- Phone chargers and adapters.
- Up to date contacts list, especially including overseas country codes, so you do not waste time looking things up.
- Lots of pulsa on your phone
- Prepare a list and advise your friends and family of your care wishes should you be unable to communicate (Five Wishes)

Sharyn Machin