

# **WHAT'S A DEATH DOULA?**

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# WHAT WE WILL COVER

What is a Death Doula?

What services do they  
provide?

How do you find one?

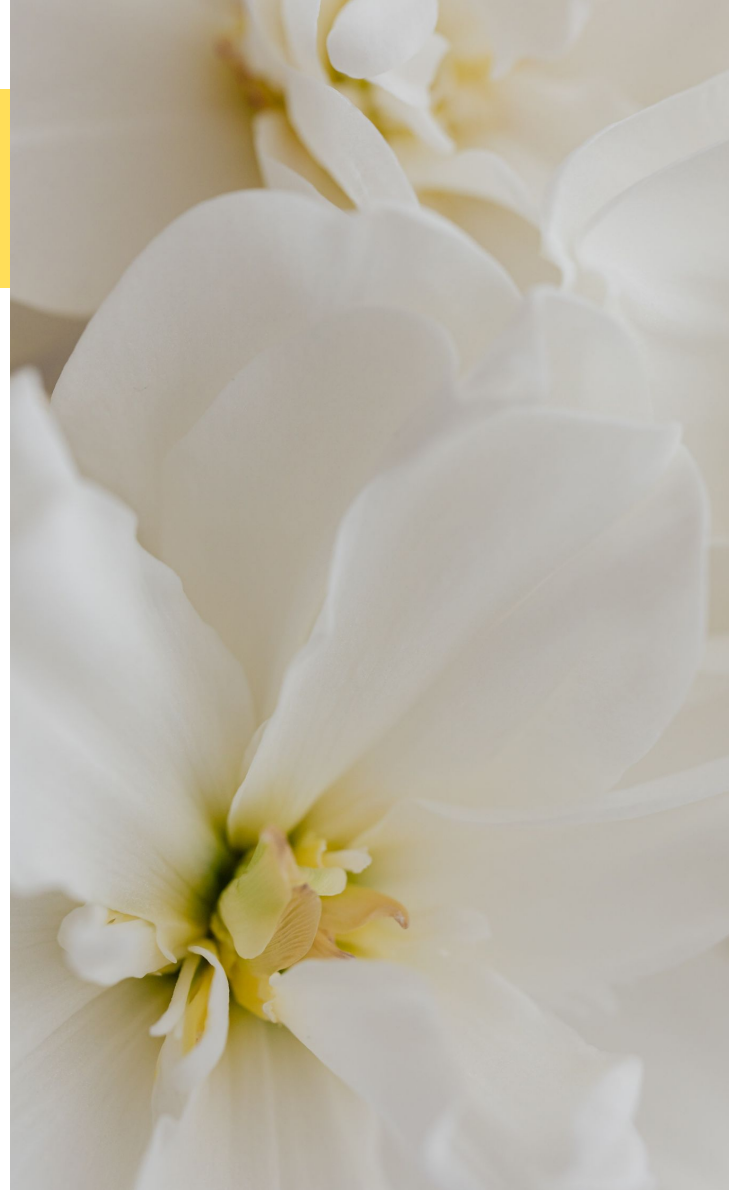
Other Resources



# WHAT IS A DEATH DOULA?

AKA an End-of-Life Doula, Death Coach, etc.

A non-medical support professional trained to provide holistic care and support for a person and their family through the end-of-life transition.





# WHAT SERVICES DO THEY PROVIDE

Planning & Preparation

Support in the Dying Process

Support Following the Death

# PLANNING & PREPARATION

- . Assessing Needs and Desires
- . Quality of Life Management
- . Documents (Advanced Care and Medical Directives)
  - . Vigil Planning
- . Disposition and Funerals
- . Spiritual and Emotional Needs (Meaning Making, Worries, Unfinished Business, Life Review, Legacy Work)



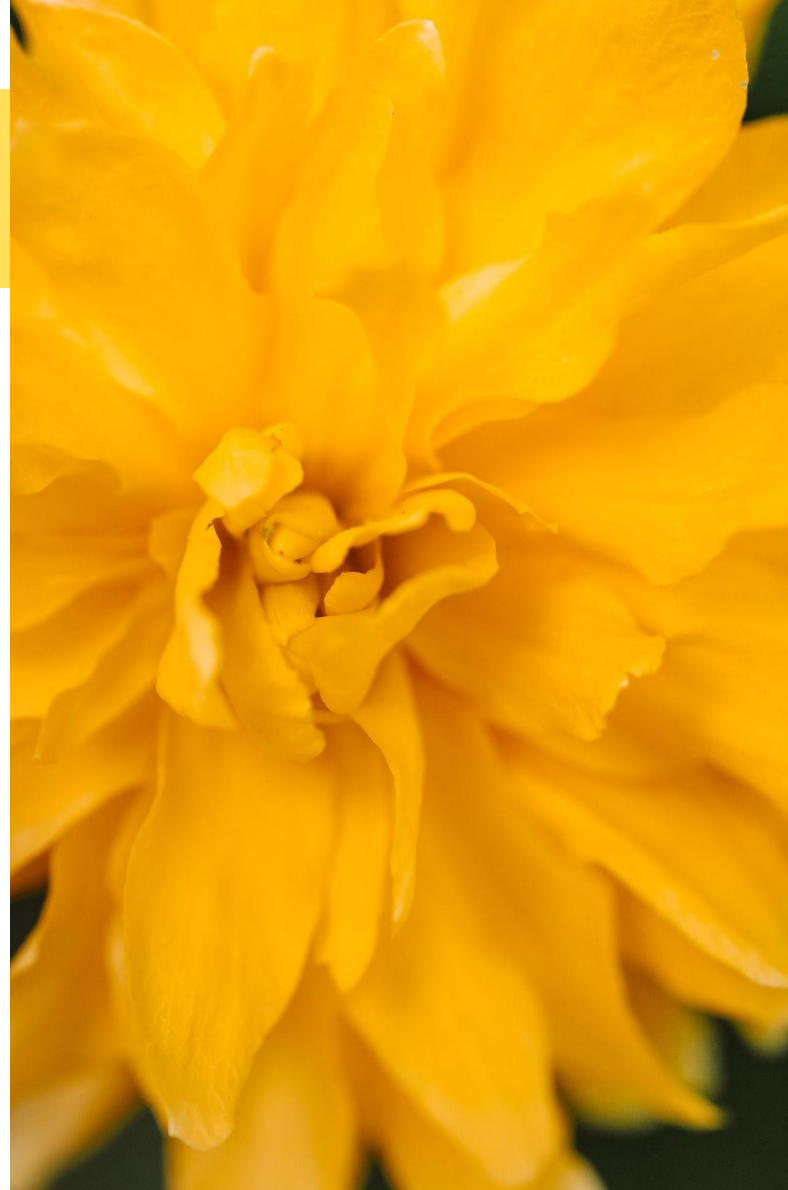


# SUPPORT IN THE DYING PROCESS

- . All Previous Steps As Appropriate
- . Emphasis On Pain Management and Quality of Life
- . Deeper Emotional and Spiritual Support
- . Family Respite and Support
- . Vigil Management
- . Assisting Immediately Following the Death (Washing and Preparing for Visitation, Contacting Service Providers, Ensuring Wishes are Carried Out)

# SUPPORT AFTER THE DEATH

- May Help Complete Home Funeral or Assist in Funeral Processes
- May Help Family Complete Legacy Projects
  - Family Reprocessing
  - Bereavement Support





# HOW TO FIND A DOUL

- . Consider What You Want and Need
- . Visit An Online Directory or Reach Out To A Trusted Training Program:
  - NEDA: <https://www.nedalliance.org/>
  - INELDA: <https://www.inelda.org/>
  - Doulagivers: <https://doulagivers.com/>
  - Quality of Care: <https://www.certifiedcaredoula.com/grief-care.html>
  - Going with Grace: <https://goingwithgrace.com/>

# OTHER RESOURCES

· Funeral Consumers Alliance (National: <https://www.funerals.org> and State: <https://www.funeralsnc.org/> )

· Cake Online Advance Planning Documents: <https://www.joincake.com/>

· Kitchen Table Conversations: <https://kitchentableconversations.org/>

· National Hospice and Palliative Care Organization: <https://www.nhpco.org/>

· EOL Collective: <https://collective.round.glass/End-of-Life/welcome>

· Five Wishes: <https://fivewishes.org/>

· Death Over Dinner: <https://deathoverdinner.org/>

· What's Your Grief: <https://whatsyourgrief.com/>



A background image featuring several white orchids with yellow centers, arranged in a circular pattern on a light blue textured surface. A semi-transparent yellow horizontal band is overlaid across the center of the image, containing the text.

**Questions?**  
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