



## **T R U** END-OF-LIFE DOULA

### **What services can an End-of-Life Doula provide?**

An End-of-Life Doula practices non-medical holistic death care that assists the family and the dying person navigate through the physical, emotional, spiritual and practical aspects of one's dying journey. These services could encompass:

- Funeral planning & guidance.
- Bedside companionship and support in talking about death & dying. - Holding bedside vigil.
- Holistic death care: ritual body washing, anointing, and dressing.
- Home funeral guidance.
- Grief support and resources.
- Family and client support in addition to hospice care.

### **How can having an End-of-Life doula benefit your end-of-life journey?**

Allowing support from an End-of-Life Doula can alleviate stress and worry as death approaches. Having a doula help you decide how you want your final days to be, how you want to be honored once you are gone and what funeral home you will use can bring ease and comfort during a possibly stressful time. Having someone by your side advocating for you, helping your family with planning and sitting by your side keeping you company during those final months, weeks and days can bring a sense of peace to your home, your family, and yourself.

### **What can you expect from your TRU End-of-Life Doula**

Once an EOL Doula has been placed with you they will give you a call to talk about your wishes and they can step in with an open and compassionate heart and a listening ear to address your concerns and needs. After that first phone call you and your EOL Doula will set up a schedule that fits your needs for a minimum of four sessions. If more time is needed, further plans will be made at that time.

### **How do you get an End-of-Life Doula on your TRU Team?**

Let your nurse or social worker know that you would like to meet with an EOL Doula and they will get you connected with someone right away.



*Affirming life at every step of your journey with illness and loss.*