END OF LIFE

DOULA APPROACH

Transforming the Way People Experience Dying and Death

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OVERVIEW OUTLINE

- What is an End of Life Doula
- How It Fits Current Care Choices
- What People Want at End of Life
- Doula Approach & Tools
- Paths of Service
- Doula Training
“If it hadn’t been for my doula’s help, I wouldn’t have known how to be present in the powerful last moments of my father’s life. I will forever be grateful to her for the gift of her knowledge and guidance.”

—Niki S.
WHAT IS AN END OF LIFE DOULA

- Modeled on Birth Doula
- Support & Guidance
- INELDA’s Three-Phase Model
- Philosophy & Values
- The Role Beyond the Role
- Evolving into the Future
“When I look back now, I think of the doulas as angels who transformed my mom’s dying into an experience with unforgettable meaning that I will carry through my grief and for the rest of my life.”

—Donna F.
HOW IT FITS CURRENT CARE CHOICES

- Death is Still Taboo
- Medicalization of Care
- Gaps in Hospice
- NHPCO & Beyond
- Private Practitioners
“The End of Life Doula approach addresses the gaps we see in what our hospice can provide. The doulas help to ensure our patients’ needs and wishes are met, while easing the anxieties and fears of loved ones.”

—Hospice CEO
WHAT PEOPLE WANT AT END OF LIFE

- The Basics
- The Question of Hope
- Knowing They Mattered
- Finishing Business
- Peaceful Death
- Family’s Wishes
- How Doulas Serve
Deep Active Listening
Exploring Meaning
Legacy Projects
Vigil Planning
Guided Imagery
Ritual
Reprocessing Emotions
Early Grief Work
“I didn’t start out with the goal of paving a new path for end of life doulas in private practice. But, what has evolved has been a beautiful platform from which I’ve been able to offer a new way of looking at, treating, and experiencing death.”

—Cory
PATHS OF SERVICE

- Hospice Doula Volunteer
- Regular Hospice Volunteer
- Hospice Doula Employee
- Solo Community Practitioner
- Doula Group or Collective
- Community Advocate
DOULA TRAINING

- INELDA Training Course
- Format of Training
- Content
- Experiential Exercises
- Manual
- Certification
- Continuing Growth
“Serving the dying and their family is a humbling and intimate experience. It is beautiful to see a family laboring death, touching it with no fear and being open to what unfolds.”

—Jeannie SK