

# Demystifying Death: Navigating the Last Chapter of Life

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# Who I am

- Death doula
  - End-of-life chaplain
  - Bereavement counselor
  - Spiritual director
  - Unitarian Universalist minister
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# End-of-life care

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# Palliative care

- Focuses on comfort and symptom management: whole-person care
  - Can be provided alongside aggressive care such as chemo or blood transfusions
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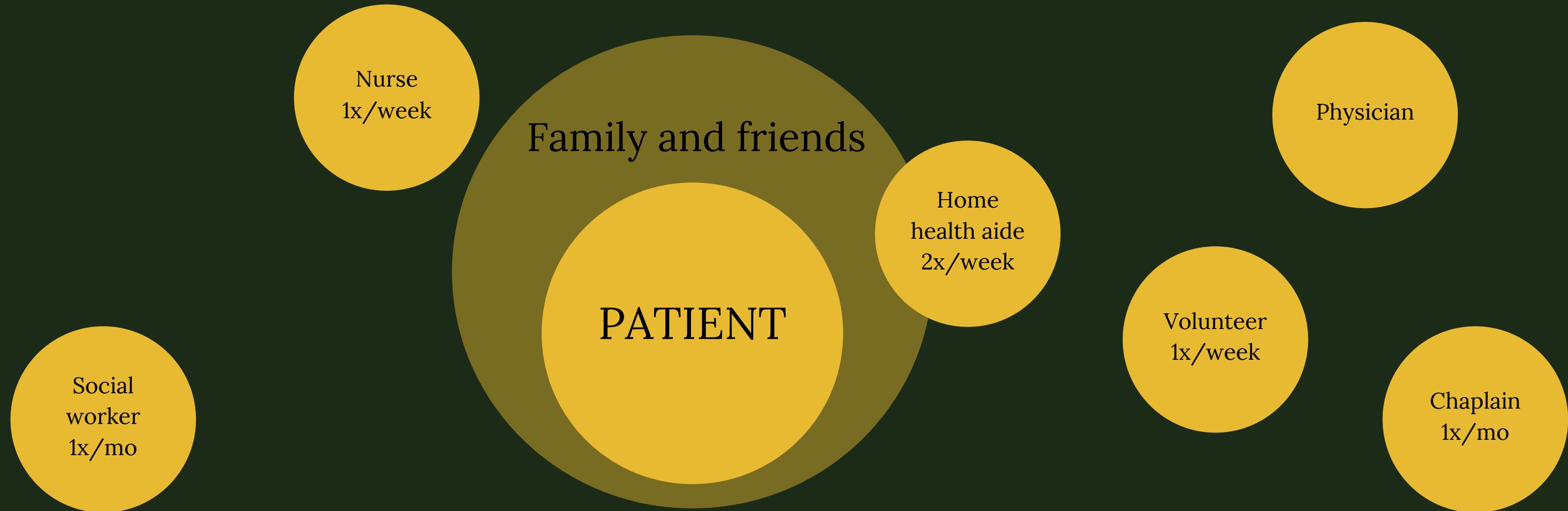
*Yeof Andah/HarperCollins*

# Hospice care

- Focuses on comfort and symptom management: whole-person care
- Must have a terminal diagnosis with a prognosis of six months or less
- Cannot receive aggressive treatment for the underlying disease, only symptom management



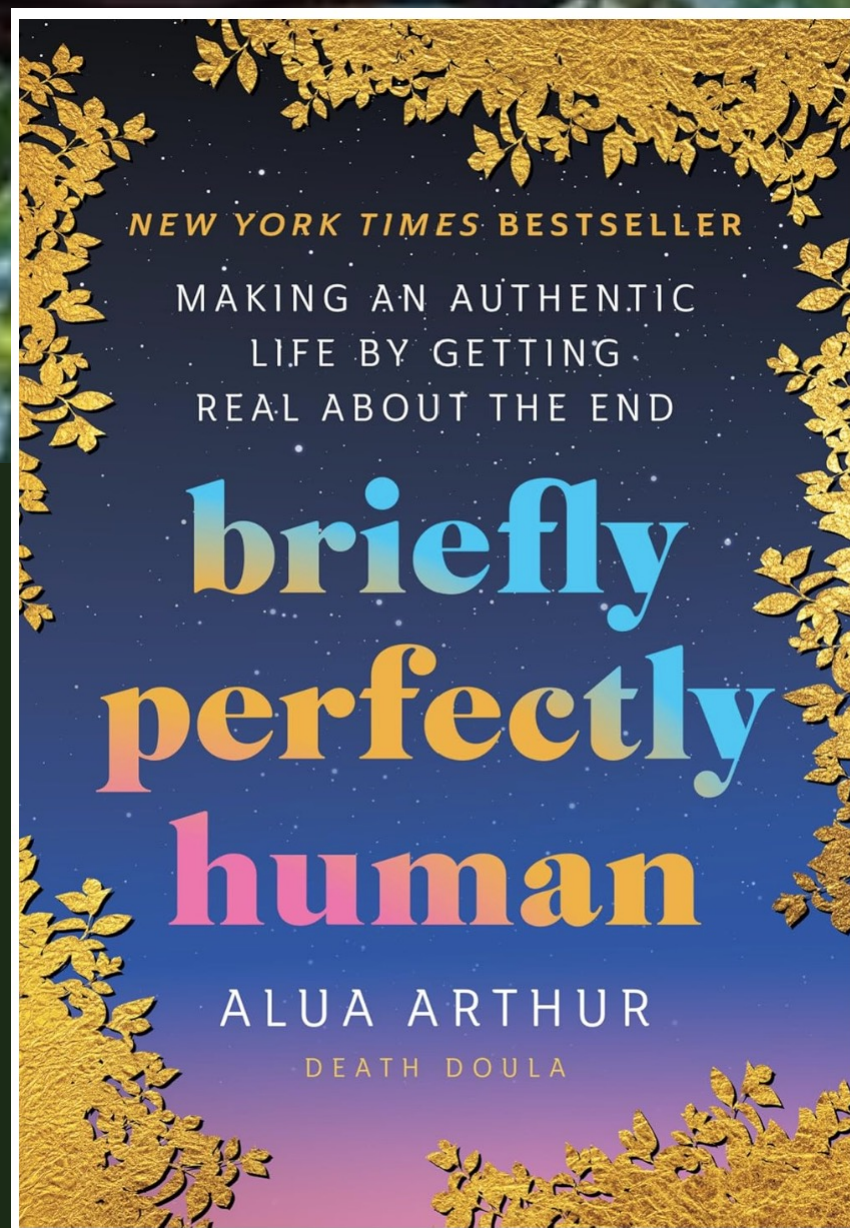
# The hospice team





Yeofi Andoh/HarperCollins

# Alua Arthur



- Bestselling author, “Briefly, Perfectly Human”
- Death doula
- Lawyer
- Founder and facilitator, Going with Grace



Yeofi Andoh/HarperCollins



# Who trains death doulas?



[inelda.org](http://inelda.org)



[nedalliance.org](http://nedalliance.org)



[learn.uvm.edu/program/end-of-life-doula-at-uvm/](http://learn.uvm.edu/program/end-of-life-doula-at-uvm/)



[internationaldoulalifemovement.com](http://internationaldoulalifemovement.com)

Going with  
Grace

[goingwithgrace.com](http://goingwithgrace.com)





Who becomes  
a death doula?

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# What a death doula does

- Help those in a patient's circle of care discuss, understand, accept prognosis
  - Assist with end-of-life planning
  - Connect clients with community resources
  - Serve as an advocate with health care team
  - Facilitate remembrance services
  - Provide bereavement counseling and referrals
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# What a death doula does

- Help patients and loved ones sort through and understand options
  - Facilitate discussions about hard choices
  - Offer end-of-life education
  - Translate confusing jargon
  - Offer physical comfort
  - Discuss spiritual and existential concerns
  - Sit with uncertainty
  - Provide space for conversation as well as quiet
  - Affirm and support choices
  - Sit vigil and model doing so
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# Doula support

Family and friends

PATIENT



# Who oversees death doulas?

- Doulas aren't regulated, licensed, or licensed by a national body.
  - Typically, death doulas are self-employed.
  - A doula may have minimal training, education, and experience in how to provide spiritual and emotional support.
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Who pays for a death doula?

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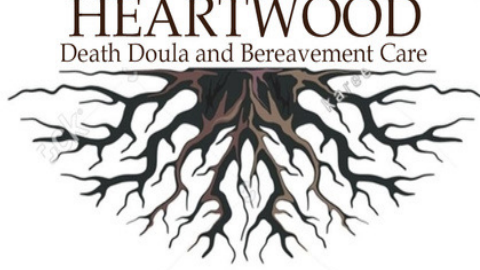




# Date with Death Club

- Explore mortality in community
  - Free online meetings monthly
  - Third Saturday of each month, 9-11:30 a.m. Eastern
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# Contact me

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