

# End-of-Life Doulas

An End-of-Life Doula can support you at any stage of an illness, usually starting with a life-limiting diagnosis or serious decline in health, whether your own or someone else's.



It can be hard to know what to do next when facing serious health-related changes. An End-of-Life Doula (EOLD) helps people navigate these changes in a compassionate and informed way. They offer a range of nonmedical supports including social, emotional, practical, and spiritual resources depending on your needs and wishes.

EOLDs can assist with all kinds of planning – from thinking ahead about health care choices and legal planning, organizing 'going away' parties or legacy projects, funeral planning, and talking about what to expect when someone is dying.

EOLDs can help coordinate family, friends, and informal care networks. They can also help facilitate important conversations. They may also provide caregiver respite or other practical assistance.

An EOLD can inform you and those close to you about useful health and social care resources, and assistance in accessing them. If you wish, they can also support different ways for you to bring meaning to this stage of life through activities, rituals, and/or ceremonies.

EOLDs can assist with funeral arrangements, ceremonies, and after-death paperwork. Some EOLDs may help you wash and/or keep a person's body at home until the funeral. EOLDs also offer support for the bereaved, including linking to additional services if needed.

EOLDs provide a range of supports in the last days of life, including bedside vigils, facilitating religious or spiritual requests, and helping family and friends say goodbye.

Note: Individual EOLDs may provide different services from the ones noted here. Some people who do this kind of work call themselves by different names such as a 'Death Doula' or 'Death Midwife' (among other names). It is recommended that you learn more about EOLDs before you work with one to make sure they are a good fit for you.

Navigating a path

Bridging care supports

Planning

Coordinating family & friends

As the end of life nears

After a death

