



# Certified End of Life Doula

## Introduction

End of Life Doulas is a relatively new area of care. What do we do?

We work with patients, their families, friends and caretakers. We are the bridge of communication between Hospice and the people we serve. Doulas are non-medical. We don't give medical advice or treatments unless we are licensed to offer.

## List of Services

1. Be a companion to the person who is dying, we are a supportive presence to hold space for the patient and their loved ones. Reduce the stress that is present with and coordinate any care that needs to be taken care of.
2. Suggest interventions that will aid the care and comfort.
3. Help to facilitate unresolved issues, listening for anything that needs to be identified. Doing some forgiveness work.
4. Advance Directives: If they have not already been done. It's a legal document that will express the patients wishes for healthcare and pick a health care proxy- someone to speak for the patient, if they are not able to speak for themselves.
5. Assist with any legacy pre-planning, wills; paperwork..things to consider to protect your loved ones. Handling our digital life.

6. Planning the Vigil: Help the patient and family to plan how they would like to have in the last 24-48 hours of the persons life. Who they want there, keeping the space sacred.
  7. End of Life Planning: Help with planning for the wake, funeral and eulogy. Green/natural burials and cremations.
  8. Writing the Obituary: helping the patient family to write their own obituary
  9. Writing the Eulogy: Helping the family to write their own eulogy
  10. Creating remembrances: Helping the patient/family to leave life stories behind, writing, recording, videotape, songs, photo-albums. Be creative with different ideas. Life reviews
  11. Finding Peace and acceptance: Helping the patient to find meaning in their life and their contributions to this life. Family, community, work etc this is very healing.
  12. Support the Patient and loved ones through the entire end of life journey. Assuring the patient and loved ones that I am here for them. Will walk through this experience with them. Will stay with them after their loved one has passed. Grieving is an important part of losing someone and should be given the time to do it properly.
  13. Hypnosis - to relax or release what isn't serving you
  14. Life Coaching which includes CBT Counseling
- Other references and referrals are available.



**Mari-Lyn Harris**

Life Transition Advocate

*"What's your exit strategy?"*

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