

End-of-Life Doula Advisory Council

Frequently Asked Questions



What is an End of Life Doula?

- A non-medical, support person
- Provides a wide range of holistic services
 - Physical
 - Emotional
 - Spiritual
 - Practical support

What can an End of Life Doula provide?

- Support and care before engaged with hospice
- Additional care if already engaged with hospice services
- Hands-on, non-medical care and support
- Companionship to the dying person and/or family and caregivers
- Bedside Vigil*
- End of Life planning and guidance
- Ceremony and funeral education
- Bereavement support

Benefits of having an End of Life Doula?

- Comforting presence
- Non-judgmental
- Family-centered
- Whole-person care
- Teamwork
- Community resources

How to receive support from an End of Life?

- Visit National End of Life Doula Alliance for a state by state directory of doulas in your community at <http://www.nedalliance.org/doulas-by-state-a---m.html>
- Inquire with your local hospice agencies, some may have an end of life doula program

**Being physically present in someone's final hours.*