



End-of-Life Doula Program

the end of life deserves as much beauty, care and respect as the beginning

We at Douglas County Visiting Nurses Association understand that the thought of our lives coming to an end can be a very scary and overwhelming concept. We view death as a normal and natural part of the circle of life. The End-of-Life Doula Program assists the community with this process by advocating, educating and providing support. Our Doulas will serve as guides to assist individuals and their loved ones with end-of-life decisions and choices so they can focus on living life to the fullest.

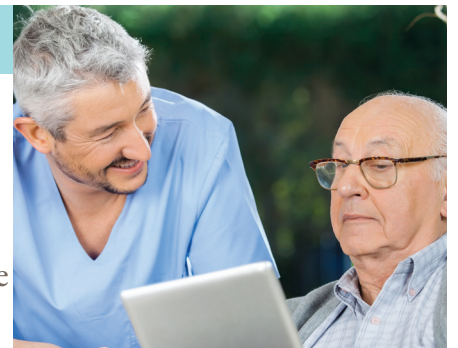


Advocate

- ◇ Serve as a point of contact for other agencies and support services
- ◇ Ensure the individual's end-of-life wishes are articulated and realized by finding the specific way each person wants to experience their own "good death"
- ◇ Assist with communication of the individual's wishes so they are carried out to the best of their ability

Educate

- ◇ Educate individuals and families on community-based services and resources available to them
- ◇ Guide individuals through the process of writing a living will, advanced directives and funeral planning
- ◇ Educate individuals, health care professionals and community on the death process and normalize the journey



Support

- ◇ Support individuals through the process so they can live their idea of their best life in order to reduce anxiety and fear
- ◇ Assist in coordinating appointments with other caregivers to help minimize the overwhelming sense that can occur through this experience
- ◇ Provide individualized time at bedside
- ◇ Provide bereavement support
- ◇ Assure individuals and loved ones they are not alone in this journey
- ◇ Support individuals on a non-judgmental, non-medical, holistic path



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