



End-of-life Doulas

Doulas are specially trained companions who fill the gap between family and professional care. Their support allows people to feel more able to cope with death, dying and loss, whether at home, in a nursing home or hospital.

Doulas take a flexible approach and can:

- talk through practical requirements
- help think about wishes for the end of life
- empower people to continue to engage with normal everyday life
- give time to assist with attending to the small but meaningful day-to-day things that matter
- draw upon and bring together the goodwill of friends and neighbours
- act as a mentor and advocate for the person who is dying
- support when complicated feelings arise
- liaise with health professionals
- help to create a safe, compassionate and accepting environment
- explain what to expect
- advise about available resources
- create opportunities for sharing, rituals or prayers
- continue to offer support to friends and family after the time of death - including helping you to keep the body of your loved-one at home