



### What is a Doula?

An End of Life Doula is a companion to someone who is dying and the dying person's loved ones. An End of Life Doula is a non-medical person who gives support physically, emotionally and spiritually to someone else. They may also be medically trained nurses, doctors, home health aides etc. **The End of Life Doula's job is to be a supportive presence to the dying and the loved ones of the dying.**

### What a Doula will do.

Having been trained in the three phases of end of life care, the doula can be a resource for the patient and the family. Explaining what they are experiencing and offering appropriate suggestions that they may or may not consider to do for comfort for the patient.

Examples of what they will do:

- Companion to the dying and the dying persons loved ones.
- Suggesting interventions for comfort.
- Helping to facilitate unresolved issues
- Advanced Directives
- Planning the Vigil
- End of life Planning
- Writing the Obituary
- Writing the Eulogy
- Creating Remembrances
- Finding Peace and Acceptance-Helping the patient to find meaning in their life and what their contribution was to this life
- Support the Patient and Their Loved Ones through the Entire End of Life Journey

### What a Doula will not do.

The End of Life Doula ***is not a home health aid and is not there to do any hands on care*** e.g. Bathing, toileting, feeding etc. If the doula wants to help with any of these duties that will be up to his or her discretion. The EOLD is there to only be a ***companion to the dying and their loved ones.***

The Doula ***does not*** make **ANY** decisions related to end of life care for the patient **directly.**

The Doula will not project their own beliefs and will always remain non-judgmental.



Doulagivers®

## END OF LIFE DOULA FAMILY AGREEMENT AND DISCLAIMER

### AGREEMENT

The End of Life Doula will follow the laws for a home aid/companion aid in the state where he/she is practicing. The guidelines to be followed are under that states department of health regulations. It is the doulas responsibility to contact the department of health in order to be compliant with all rules and regulations in the state where he/she is practicing. If the Doula is working with an agency, she/he will follow the laws that the agency works under and they will be covered under the agencies liability insurance. He/she does not need to contact the department of health if working with an agency.

If a Doula is not working under an agency and chooses to be an independent contractor for gainful employment, he/she is required to have liability insurance.

I \_\_\_\_\_, agree to keep all personal and medical information confidential at all times.

I \_\_\_\_\_, hereby understand the expectations of my End of Life Doula and understand the End of Life Doula never does any direct care and is only a companion to the dying patient. I release \_\_\_\_\_ of any liability as per this agreement.

\_\_\_\_\_  
Signature Date

Printed Name of Family Member

\_\_\_\_\_  
Signature Date

Printed Name of Doula