

End-of-life Doulas

Are you feeling overwhelmed following your diagnosis and would like emotional or practical support? Would you and your loved ones benefit from having supportive conversations about death and dying? You may benefit from support from an end-of-life doula.

How can an end-of-life doula help me?

End-of-life doulas can offer practical and emotional support, including:

- Helping around the house e.g. preparing a meal, washing up or walking the dog.
- Supporting you to engage with hobbies and social activities.
- Helping you co-ordinate with other services and forms of support, at the Hospice and in your community.
- Supporting with Advance Planning for end-of-life and funeral planning, should you wish.
- Providing information about what to expect at the end of life.
- Helping you make decisions and choices about your care.
- Listening, non-judgmentally, and having conversations around death and dying with you and those around you.
- Supporting you to engage with spirituality or your religion, should you wish.
- Providing your loved ones with practical and emotional support when they're grieving.



What can I expect?

- You'll be matched with an end-of-life doula who will meet you for an initial introductory chat, to find out more about you and discuss how they might be able to help. You'll have chance to ask questions and decide if you want to carry on meeting with them.
- If you decide you'd like to progress, they'll visit you on a regular basis, on a time and day you both agree to. This is usually at home but can also be at St Gemma's.
- Your end-of-life doula can work with you for as long as you wish – whether you want support with a specific task or ongoing support. They can also support your family and loved ones.

All our practicing end-of-life doulas are trained, insured and DBS checked.

If you'd like any further information about end-of-life doulas or would like to arrange support from one, please contact 0113 218 5540.