

The background features decorative wavy lines in shades of blue and green, flowing across the top and bottom of the page. The main title is centered in a large, blue, serif font.

On Being an End of Life Doula

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This is Your Time



My Story

From educator to Death Doula

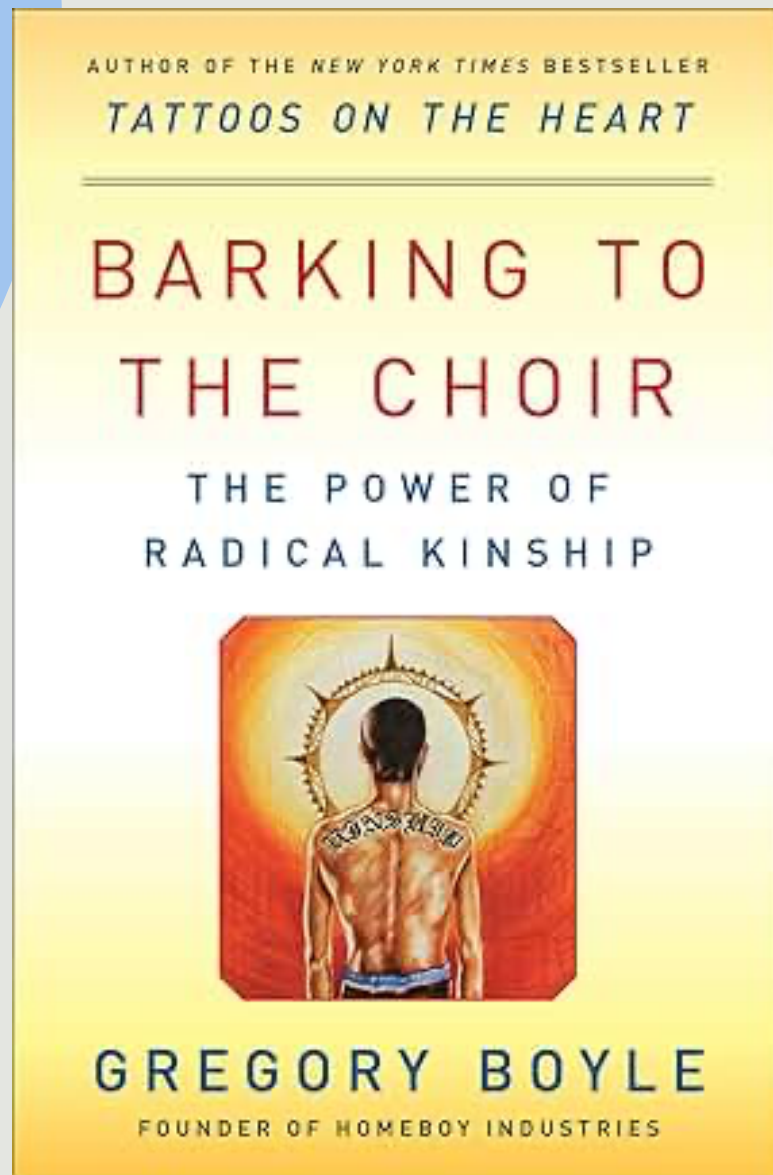
What does a Death Doula do?

- End of life support
- Legacy work
- Grief support/education

Why do I do this?



Why does this matter?



Pg. 81

“Until they find a cure for dead people, it’s the best we can do”

Doula vs Hospice





What is the difference?

Both hospice care teams and death doulas support people at the end of life - but they play very different roles.

Hospice Care

Hospice is a medical service focused on comfort rather than curing illness.

- Who provides it: Doctors, nurses, social workers, chaplains, aides
- Main goal: Manage pain and symptoms, support quality of life
- When it starts: Typically when a patient is expected to have ~6 months or less to live
- Where it happens: At home, hospice centers, hospitals, or nursing homes

Hospice Care Cont.

What they do: Pain and symptom control (medications, equipment)

- Medical monitoring and care plans
- Emotional and spiritual support
- Help for family caregivers (including respite care)

Hospice is covered by insurance/Medicare in most cases because it's a clinical service.

(Advantages and disadvantages to this)

Death Doula

A death doula provides non-medical, holistic support before, during, and shortly after death.

- Who provides it: Trained (certified) individuals (not medical professionals)
- Main goal: Emotional, spiritual, and practical guidance
- When it starts: Anytime—sometimes months or even years before death
- Where it happens: Usually wherever the person is (home, hospice, etc.)

Death Doula Cont.

- What they do: Help plan end-of-life wishes (legacy projects, rituals, experience)
 - Provide companionship and presence
 - Support difficult conversations about death
 - Assist families during the dying process
 - Offer vigil support (being present at bedside)

Death doulas are typically paid privately and are not part of the healthcare system.



The Goal is Partnership

Hospice Care Teams

Doctors

Nurses

AND Death Doulas

work together to support people at the end of life.

When they work together the patient gets the most compassionate, comprehensive care.

End of Life Support



Who is the Patient?

End of life care is about one person and one person only - the patient.

Many people will have good intentions...the role of a death doula is to keep the focus on the patient's wishes.

(The Pitt - Coffee Break)



To Start

Offers a calm, reassuring presence during a difficult time

Helps the dying person process fears, regrets, or unresolved feelings

Supports family members through anticipatory grief and stress

Encourages meaningful conversations and closure

Ask ALL of the questions

End of Life Support



Honestly answer questions about what to expect during the dying process

Plan for (and execute) Non-Verbal Days

- Preferences for care

- People (Me?)

- Smell

- Sound

- Rituals (Faith)

- Location



End of Life Support

Obituary

Announcement of Death

Early years

Adult Years

Ceremony Information

The power of telling your own story!

End of Life Support

Funeral/Memorial

Wake

Open Casket/Closed Casket

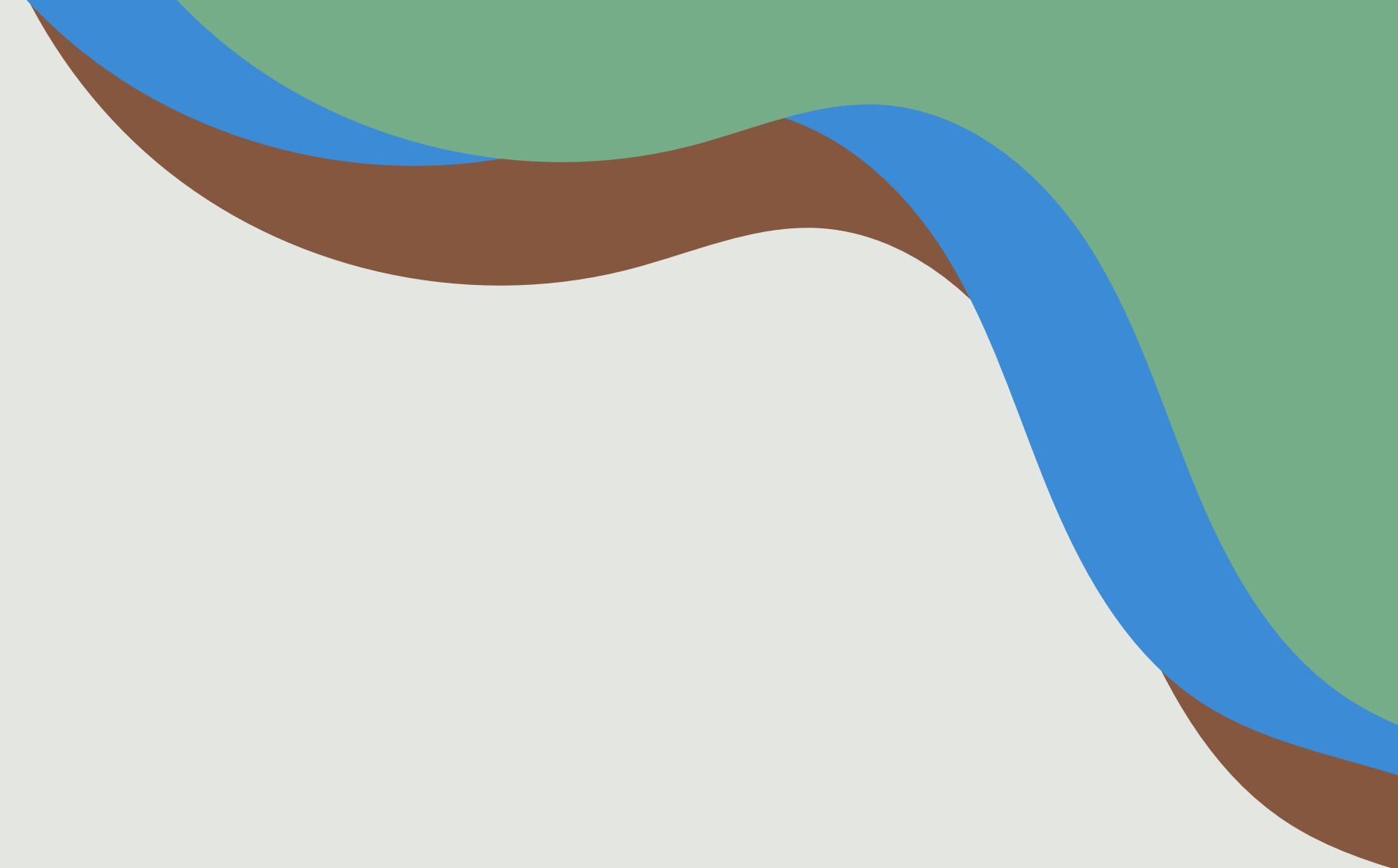
Religious

Food

Who involved (Eulogy?)

Music

Readings/Poems



End of Life Support

Remains (So many options!)

Embalmed

Science

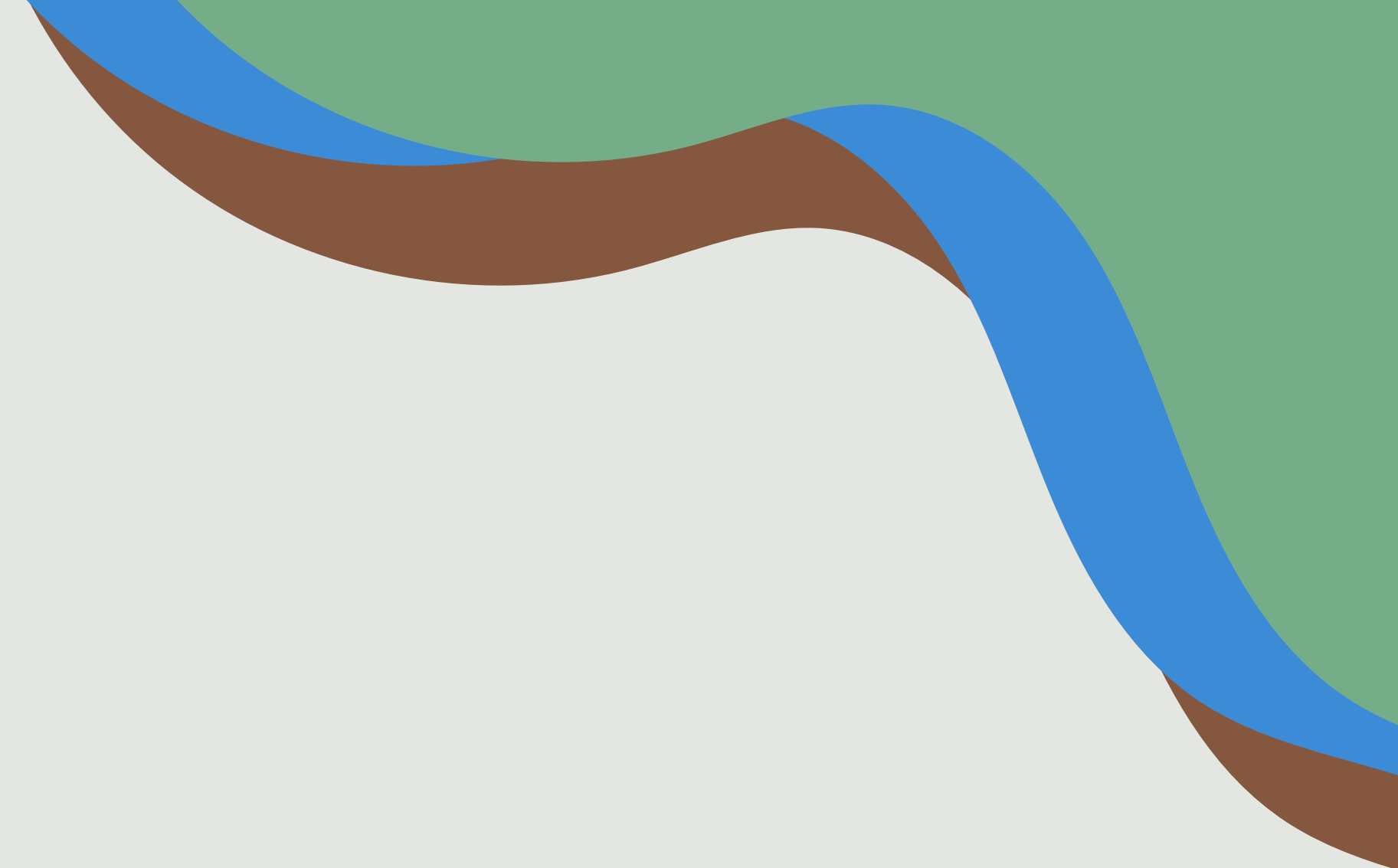
Buried

Cremated (Water or Fire)

Buried at Sea

Fireworks

Green Burial



Legacy Work



What is Written Remains

The Latin proverb "Verba volant, scripta manent", translated as "spoken words fly away, written words remain" (meaning what is written remains), is often attributed to Caius Titus, a Roman senator. It highlights the permanence of written records over the ephemeral nature of spoken words, a concept recognized since ancient Roman times.



**Have you lost a loved one?
What do you wish that you
knew about them?
What questions were left
unanswered?**

Types of Legacies

01

**Personal
(Family and
Friends)**

02

**Professional
(Career
Impact)**

03

**Social
(Community
/World)**

04

Emotional

Material Possessions



- Such As:
 - Wealth
 - Property (Home, Car, Boat?)
 - Possessions (Jewelry, Art?)
 - Photos
 - Intellectual/creative contributions
(Intellectual Property)

How Legacy Work Helps with Grief (Stages)

Denial

Anger

Bargaining

Depression

Acceptance (Kubler-Ross)

Finding Meaning (Kessler)



Grief Support/Education



Grief Support

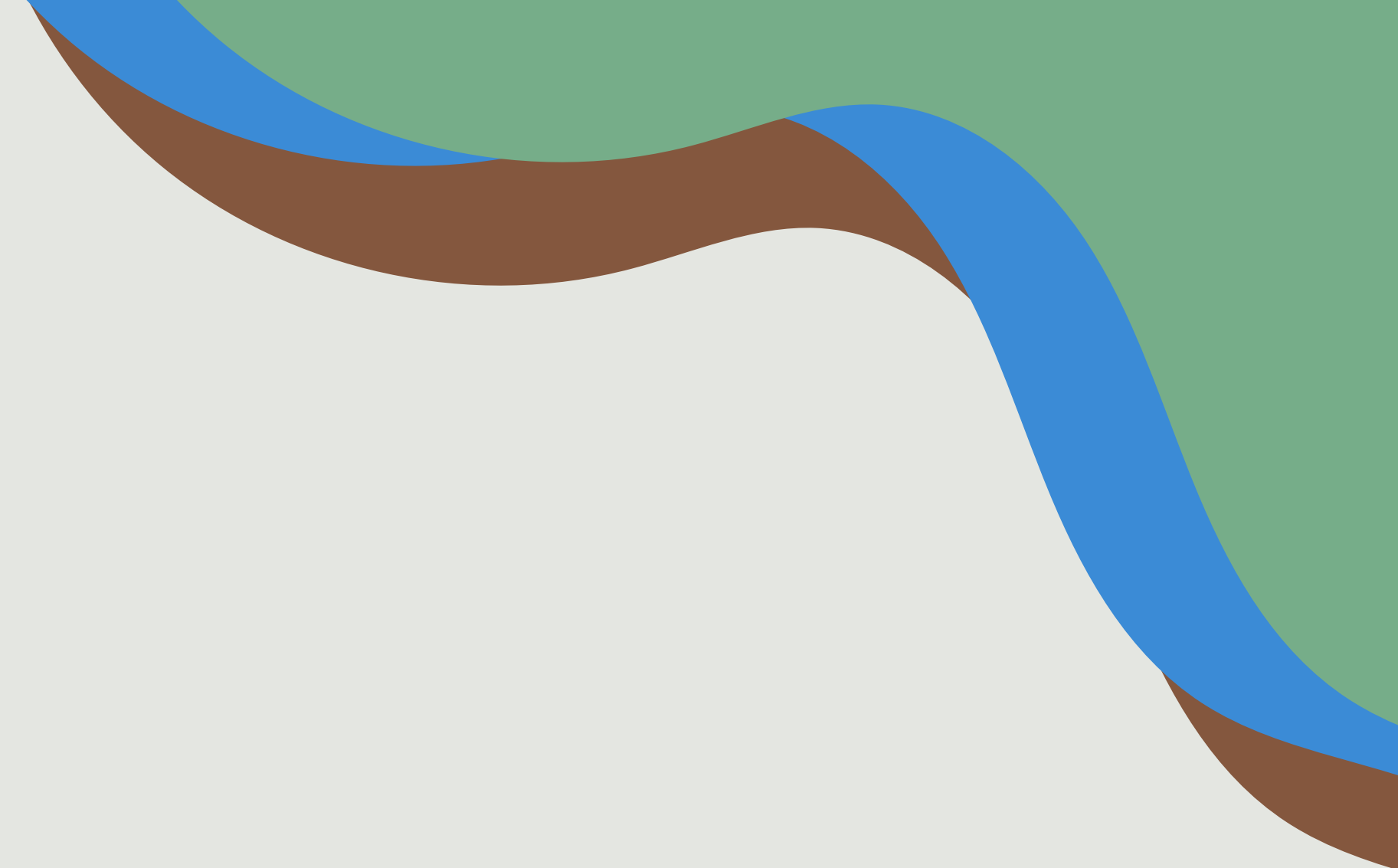
Families

Medical Staff

Organizations

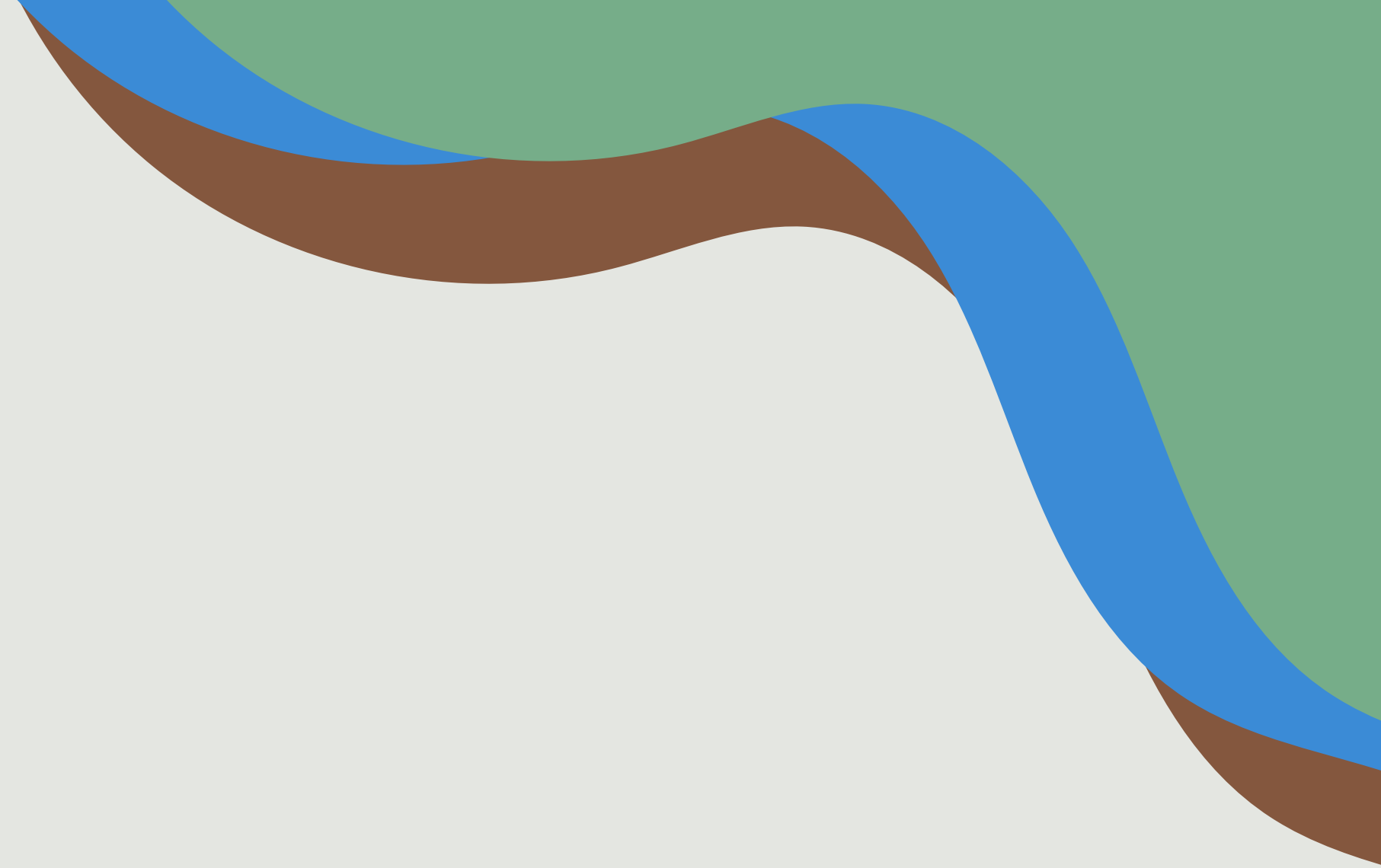
Schools

Individuals



Grief Support

Families



Grief Support



Encourages healthy coping strategies:

Grief education can introduce practical techniques like reflection, peer support, and boundaries rather than avoidance or emotional shutdown.

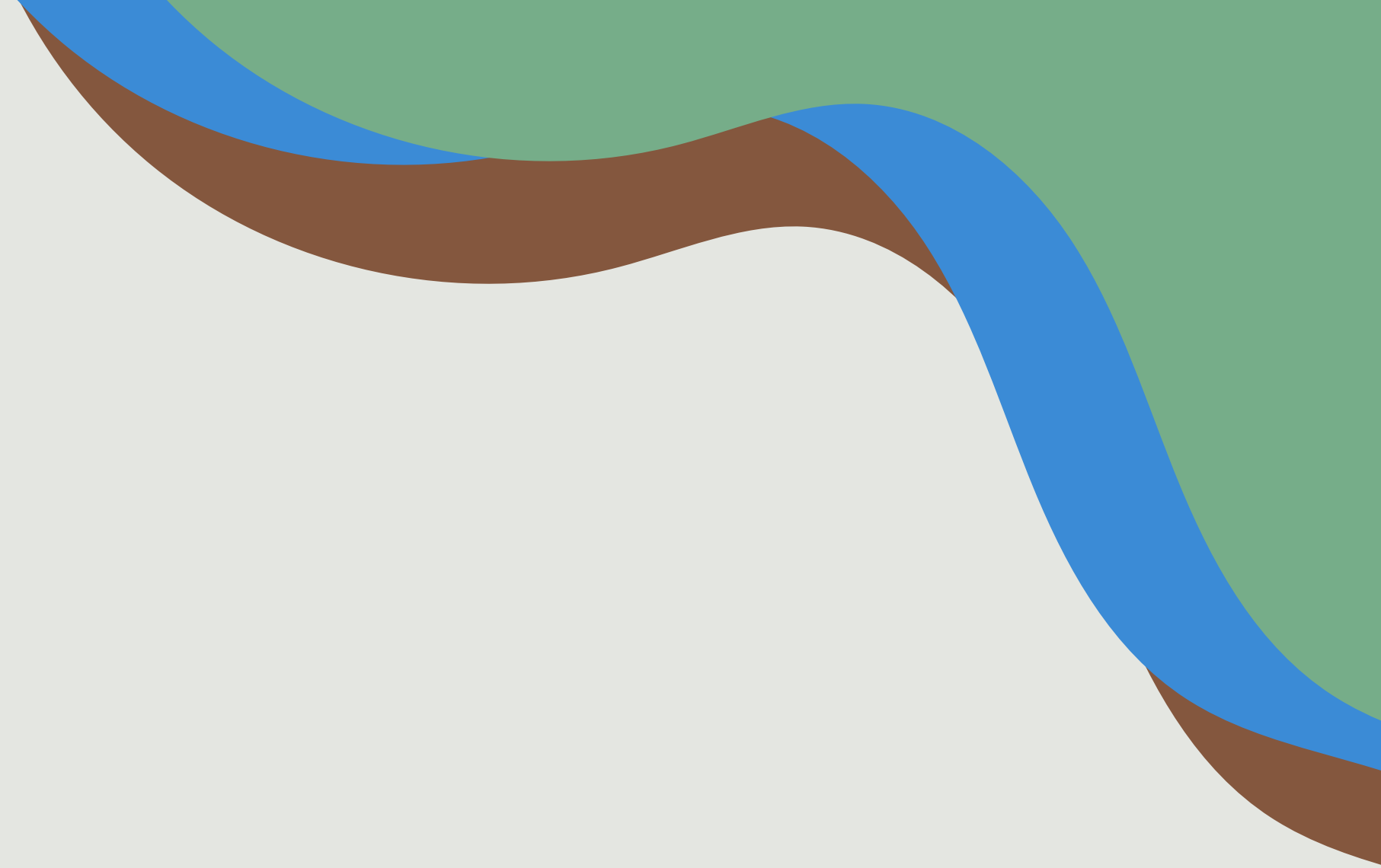
Grief Support

Reduces stigma around emotions:

Many grieverers feel pressure to “stay strong.”
Grief support helps to normalize grief as a human response, making it easier to seek help when needed.

Grief Support

Medical Staff





Grief Support

Improves patient and family care:

Healthcare professionals frequently support patients and families during loss. Training helps them communicate compassionately, avoid harmful clichés, and respond appropriately in emotionally intense situations.

Grief Support

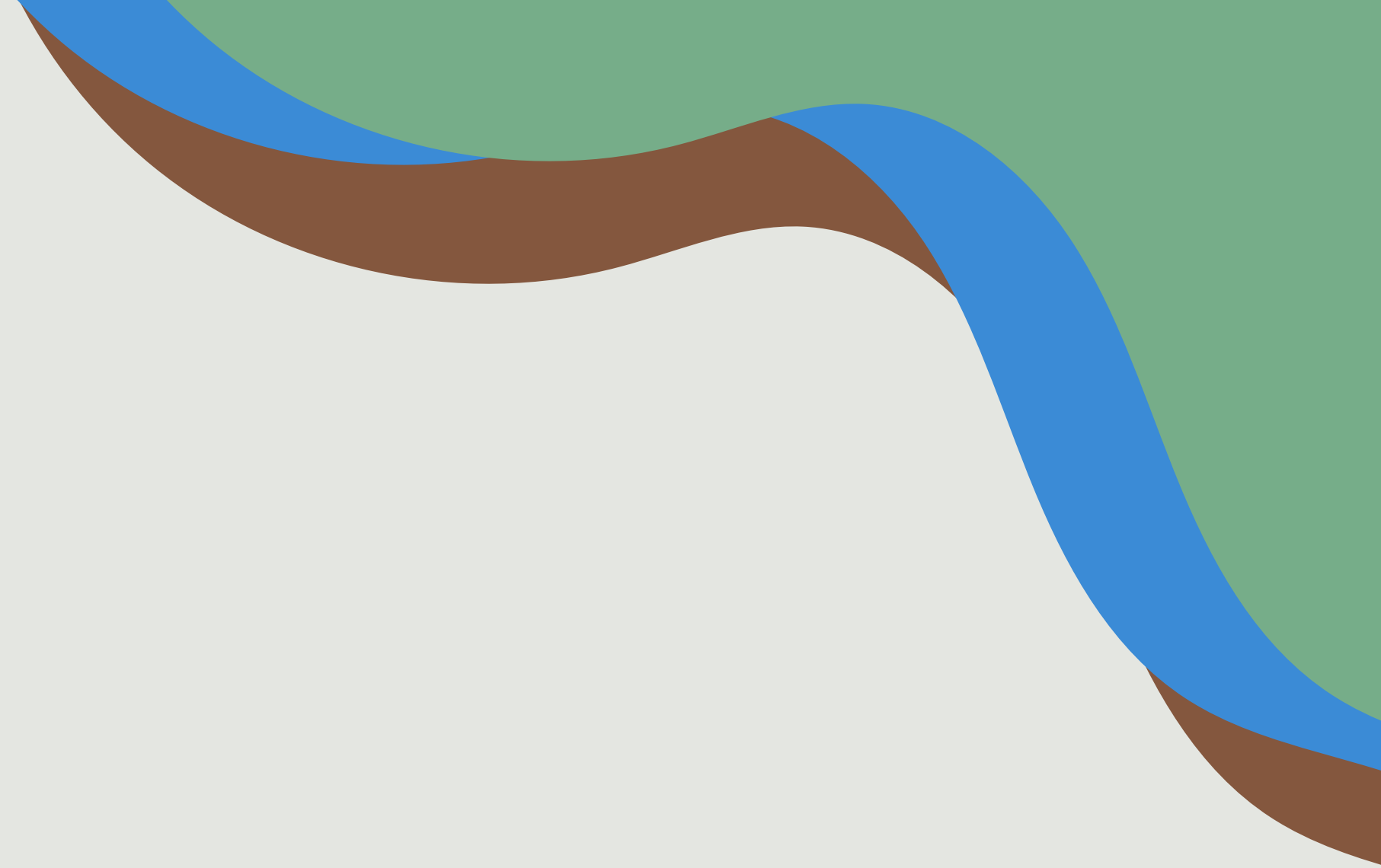


Reduces burnout and emotional fatigue:

Repeated exposure to death and suffering can lead to burnout or conditions like Compassion Fatigue. Grief education provides staff with tools to process their emotions instead of suppressing them which protects long-term mental health.

Grief Support

Organizations





Grief Support

Strengthens team support and communication:

When grief is openly acknowledged, coworkers are more likely to check in on each other, debrief after difficult days, and create a supportive work culture.



Grief Support

Enhances professionalism and decision-making:

Unprocessed grief can affect judgment, empathy, and focus. Addressing it helps grievers stay present and make clearer decisions under stress.

Now you know a gal!

“We really could use the support of someone like you...but it is so hard to find a death doula in the area!”

Please. Call. Me.
Contract Basis
Consulting
Education





Contact Me

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tomorrowmourningllc.com

Instagram

Facebook

The Only Guarantee



Questions

What are you still wondering about??

