Meet the End of Life Doulas
Live & Interactive Discussion with members of The International End of Life Doula Association

End-of-Life Doulas are non-medical companions to the dying and their families. Doulas do not take the place of hospice personnel; rather, they complement other services that a dying person and their family may be receiving, including hospice or palliative care.

A nonprofit organization dedicated to bringing deeper meaning and greater comfort to dying people and loved ones in the last days of life.

Thurs., Oct. 28 @ Noon EST

Julia Andino  Kris Kington-Barker  Marady Duran  Valoria Walker

Panel of Instructors
The International End of Life Doula Association

Positive Aging Sourcebook ProAging
Resources for Professionals in the Field of Aging
MEET THE END-OF-LIFE DOULAS

Panel Discussion with Instructors from INELDA
Topics

- End-of-Life Doula History
- INELDA Organization History
- End-of-Life Doula Role / Services
- COVID19 Assistance
- Benefits to Patients/Family Members
- End-of-Life Doula as Independent Practice Doula
- Benefits to Community-Based Organizations and Partnerships
- Importance of Cultural Recognition
- Why train with INELDA
History of End-of-Life Doulas

- The International End-of-Life Doula Association’s model for doula work was introduced in 2003 at Continuum Hospice in New York City by INELDA founder Henry Fersko-Weiss.
- The end-of-life doula model was based on the modern doula approach that began in the late 1960s in the U.S.
- The roots go back centuries into cultures from around the world and rituals performed by specially recognized individuals in those communities.
The End-of-Life Doula Role: Scope of Practice

Pre - Services
● Life Review
● Advance Care Planning
● Vigil Planning

Bedside - Services
● Set Presence of the Space/Room Atmosphere
● Education on Signs and Symptoms
● Vigil Implementation

Post - Services
● After-Death Care
● Assistance with Funeral / Burial Logistics
● Education / Grief / Bereavement
Doulas for COVID and Sudden Death

Volunteer work providing
● End-of-life support for COVID patients, using active listening and good communication skills
● Grief support for family members
● Conduit to resources for family and friends
Preferences for the Dying Setting

Trends in EOL care at home and hospice

● 7 in 10 Americans surveyed would prefer to die at home
● Fewer Americans are dying in a hospital than at home
● Hospice agencies at home primarily serve in an advisory role and from a distance
● Medicare data reveals a nurse or aide averages 30 minutes per day in a patient’s home

“I thought when dad was admitted to hospice, mom would finally have someone to relieve her with the daily caregiving she had been doing for the last two years.”

- Linda N. Caregiver
Prevalence of Caregiving

- The U.S. long-term care system is unpaid family members
- 1 in 5 Americans are caregivers, 87% care for an adult over 50 years old
- 24% of adult caregivers are caring for two or more adults
- Caregiving occurs among all generations, racial/ethnic groups, income levels, gender identities and sexual orientations.

Source: Caregiving in the U.S. Studies 2020
Home Hospice Care Services

- Caregiver works with the hospice team and patient to develop a care plan
- Caregiver provides most of the physical care for the patient including medications
- Hospice provides a 24/7 phone number, answered by a nurse
- Round the clock nursing care/respite are not a hospice covered benefit
Volunteer vs Independent Practice Doula

HOSPICE VOLUNTEER DOULA

- Hospice In-house Training
- Work schedule subject to hospice volunteer coordinator
- Work under hospice supervision
- Perform other tasks when requested
- Work with the hospice team to serve their patients

INDEPENDENT PRACTICE DOULA

- Specific training
- Client / Doula contract
- Fee, sliding scale, or pro bono
- Determine their work load/clients/schedule
- Can subcontract other doulas
Independent Practice Doula, continued

- Work in various settings:
  - Hospice, hospital, home, nursing homes, assisted living
- Clients can include patients, caregivers, family members, community and faith-based organizations
- Work from the scope of a doula care model
- May offer additional specialties:
  - advanced care planning, grief counseling, trauma, etc.
- Work through face-to-face or virtually meetings
Companionship in Death across Cultures

● To be a companion of the dying and the bereaved means to be an active participant in their journey

● It’s not about assessing, fixing, or resolving someone’s grief. It’s about being totally present and being a guardian of their soul.

● It’s grounded in cultural humility

● It’s about learning, observing and bearing witness
Cultural Variations

- Language and cross-cultural miscommunication
- Different values and beliefs, practices and rituals
- Different views of end of life issues and concerns
- Particular historical, social, and political context
- How and where we die; what we think about death and dying
Challenges and Understanding Cultural Variations

- Support quality communication
- Develop awareness
- Pay attention to intersecting identities
- Support culturally sensitive alternatives to traditional palliative and end-of-life care
- Be introspective of your personal attitudes, beliefs, and values
How to Find a Doula for Your Needs

https://www.inelda.org/find-a-doula

Envision a world where life stories lead to...
INELDA Instructors

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Julia Andino
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Dr. Jamie Eaddy, Director, Program Development

Changing the Face of Dying

International End of Life Doula Association
QUESTIONS?