



END OF LIFE DOULA PROGRAM

With the coordination of the Lead Doula, a doula team will be an on-going presence as death approaches. In prior consultation with the dying person and family, the Doula helps with the following:

- *Create an atmosphere of peace and calm, incorporating wishes of the dying person and their family, in deciding who is to be there at the bedside, special foods, music, aromas sacred readings, inviting them to express their love and care, perhaps with legacy projects*
- *Answers questions of fear*
- *Explain the signs of death*
- *Create a bedside vigil with Doula presence until after death*
- *Provides initial Bereavement support*

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If interested in becoming a trained Doula, or desire to experience the services of an End of Life Doula for your loved one, please call Crossroads House and ask for Kathy or Jeff



CROSSROADS HOUSE
END OF LIFE DOULA

ENRICHING
END OF LIFE
COMFORT CARE



ENSURING THAT
"NO ONE DIES ALONE"



What is a Doula?

DOULA is defined as one who accompanies and comforts.

Traditionally, a BIRTHING DOULA, or MIDWIFE is a person experienced in childbirth who provides information, as well as emotional and physical support, to a mother before, during and just after childbirth.

An END OF LIFE DOULA is a person who supports and guides people through the dying process. They bring deeper meaning and greater comfort to the dying process.



“YOU MATTER BECAUSE YOU ARE YOU, AND YOU MATTER TO THE END OF YOUR LIFE. WE WILL DO ALL WE CAN NOT ONLY TO HELP YOU DIE PEACEFULLY, BUT ALSO TO LIVE UNTIL YOU DIE.”

DAME CICELY SAUNDERS

AN END OF LIFE DOULA IS.....

A person specifically trained and experienced in deathbed guidance and support, implementing the program curriculum from INELDA (International End of Life Doula Association).

- ◆ The end of life doula stays with the dying person and their family 24 hours a day for the entire length of the active dying process
- ◆ They provide emotional, spiritual and physical support to the dying person and family prior, during and after the death.
- ◆ As caregivers face the death of their loved one, they often feel exhausted, anxious and direction-less, because they are not given classes or instructions on what to do or expect. End of Life Doula compassionately offer guidance and education during this special and intimate journey.

BENEFITS:

- ◆ Creation of legacies that families treasure
- ◆ Sense of control with pre-planning
- ◆ Optimal symptom control management
- ◆ Increased family communication
- ◆ Greater emotional and spiritual support
- ◆ Respite for family members
- ◆ “NO ONE DIES ALONE”
- ◆ Better overall quality of service
- ◆ Support throughout bereavement period
- ◆ Less anxiety

CROSSROADS HOUSE MISSION IS TO FUNDAMENTALLY CHANGE THE WAY PEOPLE PREPARE FOR AND PARTICIPATE IN THE DYING PROCESS.

The desire of Crossroads House is to enrich care at end of life wherever people die, and ensure that no one dies alone,

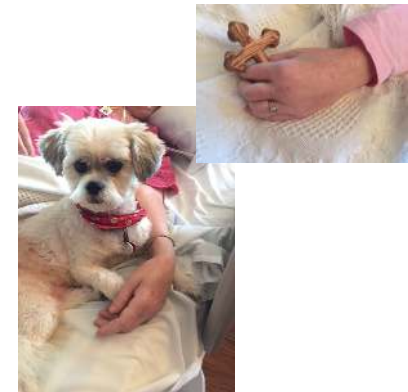
as well as...

TO PROVIDE END OF LIFE DOULAS FOR ANYONE IN THE COMMUNITY THAT DESIRES ONE, WHEREVER THEY MAY BE.

TO EDUCATE THE COMMUNITY, HEALTH CARE FACILITIES & PROVIDERS ON HOW TO ENRICH THEIR END OF LIFE CARE.

TO PROVIDE THE COMMUNITY WITH KNOWLEDGE ON HOW TO PREPARE FOR END OF LIFE CARE, STARTING WITH HOW TO BEGIN WITH IMPORTANT FAMILY CONVERSATIONS.

TO TRAIN COMPASSIONATE VOLUNTEERS TO BECOME END OF LIFE DOULAS, TO ENSURE A QUALITY END OF LIFE EXPERIENCE THAT EVERY HUMAN BEING DESERVES.



Crossroads House Volunteer writing down stories from our dying resident to be passed down for future generations....