

# WHAT IS A DEATH DOULA

**A Death Doula is a non-medical professional trained to provide emotional, physical, spiritual, and informational support to a patient and family before, during, and after death. Death Doulas are also known around the world as: End of Life Doulas, Transition Guides, Death Coaches, and End of Life Guides.\***

*\*Cited from: Doulagiver's Institute: doulagivers.com*

## **1 Why hire a Death Doula?**

Death doulas offer comfort and guidance to both the dying and their loved ones, providing valuable companionship during end-of-life care.

With their experience and dedicated time, they assist individuals in expressing their needs and emotions. Their presence eases the burden of self-advocacy, ensuring compassionate care throughout the end-of-life journey.

## **2 When to hire a Death Doula?**

Hiring a death doula as soon as possible offers invaluable support through every stage of the dying process. They provide a safe space for open conversations, alleviate anxiety and guilt, and help develop personalized plans for the environment and care. From pre-planning to coordinating visitation to sitting vigil, a death doula offers comprehensive assistance, including spiritual guidance, end-of-life rituals, grief support, and honoring the person's legacy in creative ways.

A death doula ensures that every aspect of the journey is handled with compassion and care, helping to alleviate anxiety and honor the person's legacy in meaningful ways.

## **3 What will it cost me?**

Hiring a Death Doula's cost varies as they are independent contractors. Typically, rates range between \$20 to \$100 per hour, with some offering package plans. Don't let the price deter you; many are open to discussing budgets and financial constraints to ensure accessibility.

Most importantly, Death Doulas are driven by a genuine desire to assist and support.

## **4 How do I find a Death Doula?**

If you're seeking a Death Doula in your area, there are a couple of avenues to explore. You can start with a simple Google search or ask for referrals from trusted sources.

I serve as a certified Death Doula, my name is Beth Montgomery. You can reach me through my website or email for support and guidance. (*Virtual appointment available*)

**Point camera here**



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