

LeadingAge

The Role of an End-of-Life Doula
Alongside Hospice & Palliative Care

What if
...we could change the face of dying?

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What if
...the doula approach could change your practice?

What is an End-of-Life Doula?
The word 'Doula' originated in ancient Greece to describe a woman who serves.
Commonly, birth doulas guide mothers and families through the labor of birth. I believe that the same planning, structure, and reverence should be given to the labor of dying.
As a professional End-of-Life Doula, my experience and personal philosophy of death lends insight and meaning into the last season of life.
I'm prepared to guide you physically and emotionally, avoiding unknown hazards and despair. I'll smooth the path and walk with you down a difficult, uncertain journey.
My scope-of-practice begins with initial Medicare enrollment and spans the developmental stages of aging, progressing into vigil during the active dying process.
Open your mind to the idea of a guide.

Introduce sacredness by discovering what makes your client feel safe, loved, special, peaceful, joyful and surround them with those things.

"Doulas help restore sacredness to dying, provide respite to exhausted caregivers, bring deep meaning to the dying experience, and prepare people for the last breaths."

HENRY FERRIS-WISS
CARING FOR THE DYING
THE DOULA APPROACH TO A PEACEFUL DEATH

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What if
...your leaders have a negative death narrative?

87% of people report having a negative death narrative

55% of Americans surveyed agree that they "hurry" about getting old

Lying to Ourselves
Do you explain away from failure?
Do you change your motive based on fear?
Do you overcompensate?

Bias helps us manage the terror of death.


Lying to the Dying
We listen only with part of our mind while also thinking about other things
We focus on how we are being received
We share our own thoughts and experiences before the other person is finished
We imagine that we understand without checking or clarifying what we've heard
If we manage to be present, we only hear words and could miss body language

Word cloud: death, funeral, cremation, nursing homes, unknown, memorial, experiences, media, homicide, hospitals, grief, genocide, sickbed, hospice, funeral, cremation, funeral homes, nursing homes, unknown, memorial, experiences, media, homicide, hospitals, grief, genocide.

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
What if LeadingAge

...our training makes us part of the problem?



Therogenic Suffering?
Power Differentials?
Pain & Suffering?

*"You will receive your ass
safety for the care of your patients,
and will give no drug, perform no operation,
for accidental purposes, even if ordered,
for less suggest it."*



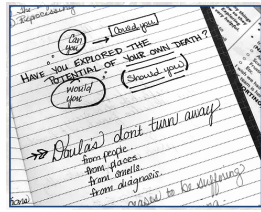
be treated as a human being - even after death
 maintain a sense of appropriate hope
 express feelings on approaching death in one's own way and pace
 participate in decisions concerning one's own care
 expect continued attentive care to and through comfort measures
 maintain individuality despite the beliefs of others
 be free from pain
 have their questions answered honestly
 discuss religious and spiritual experiences - whatever they mean
 their body to be treated with sanctity before and after death
 be cared for by sensitive, knowledgeable, compassionate professionals
 who understand the journey of facing one's own death

The dying person's Bill of Rights

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What if LeadingAge

...you could inspire a different holistic culture of dying?



Build it. Understand it. Use it.

- History with experience
- Conscious or unconscious
- Emotional Intelligence
- Professional forethought

**Put yours away,
so you can bring theirs to the table.**


- || Distorted experience
- || Inappropriate projections
- || Emotional hostage negotiations
- || More complicated grief

Myths impact treatment choices, options, relationships, experience, and grief.

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What if LeadingAge

...you could mold this orientation to your specialty?



Initial Consult & Evaluation

- Medicare vs. Medigap
- Rehabilitation vs. Long-term Care
- Securities vs. Assets
- Physicians vs. Insurance
- Subsidies, Federal & State programming

Health-care & Funeral Directives Planning

- Advanced Care Directive vs. Living Will
- General vs. Durable Power of Attorney
- Pre-Need vs. Life Insurance

Caregiver Structuring & Orientations

- Pricing, Availabilities, Insurance
- Tiers of Care vs. Scheduling

Family Education & Mediation

- Personal Care Hours & Consultation
- Sitting Vigil & Ritual Completion
- Funeral Preparation & Fulfillment
- Burial, Cremation, Vaults
- Shrouding, home and green burial
- Grief, processing, and follow-up

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What if

...you knew what was around the corner?

start

1 Encourage Story Telling

2 Receive the Story: Genuine Interest + Active Listening

3 Curiosity & openness leads to meaningful engagement

4 Ask Questions and reflect themes and pivotal moments

Life Review

...a progressive return to consciousness of memories and unresolved past conflicts for reevaluation and resolution. It is a normal, developmental task of the later years, a private process that differs with each individual.

I believe in a better way.

The Life Cycle Completed
Erik H. Erikson

My stance is simple:
If professionals understand the stages of aging, they have a responsibility to add positive, intentional guidance.

Most studies of aging are medical, and leave a lot to be desired. As a Doula specializing in Gerontology, I believe in a holistic approach to quality of life.

My theoretical orientation is key:
Based on the psycho-social work of Erik Erikson, Lars Tornstam, and others, I believe that the last season of life can be lived successfully.

With intentional purpose, the older-adult can reach a state of acceptance and joy we call *Gerotranscendence*.

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What if

...you could prepare and support your clients to and through the stages?

sterile dreams morphine nurses
dehydrated oxygen
atropine rattle
sickbed breathing
atropine mottling unsure
sterile tension
DEATH

HOME

OUR PLAN

- explain the meaning of their reactions
- introduce a sense of acceptance
- work through the experience
- recognize the symptoms of "disoriented alertness"
- realize that death doesn't have to be terrifying
- deepen the meaning
- share life stories (memory, stories)
- bring balance to negative emotions
- create a sense of connection
- increase capacity of response
- give emotional/spiritual support

FOLLOW YOUR DREAM

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What if

...the client (and their family) were prepared?

ATTEND THE EMOTIONS IN THE ROOM

Focus on Client

Abundantly clear boundaries lead to service with intentional guidance and insight, to then manifest into professional rapport. Confronting incongruity, exposing manipulation, and mediation can be expected.

Purpose
There is a mutual understanding of what the Doula's role should be.

Time Frame
How long the Doula will be present for the expected visits should be clear. The client realizes that the contractual relationship will end in an orderly and agreed upon schedule.

The needs of the client and family come first. This priority to paramount. Doulas have particular expertise that aides in every stage of bereavement and grief.

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What if 

...you were the ONE thing?



It's here to help!
 Katlyn@CtandMGallatin.org
 www.EOLDoulaTN.org

"This is a blessing in my life, that I am grateful for."



Katlyn Green Clifton, a native of Sumner County, Tennessee is a practicing eldercare consultant, trainer, and grief coach in the Nashville area.

Her life in eldercare began as a young volunteer and has blossomed into a holistic standard of care practice. She is the Executive Director of CtandMGallatin, an independent living retirement campus offering positive, intentional retirement living on-site and transition guidance through social work advocacy and case management.

Katlyn's role as a professional End-of-Life Doula began during her undergraduate studies at Freed-Hardeman University. While studying psychology, she began to care for a friend with a terminal diagnosis in the home under hospice services. It was then that she discovered her passions for end-of-life care, chaplaincy, and grief care.

While enrolled at Western Kentucky University for a Master's degree in Clinical Mental Health Counseling (CMHC), Katlyn studied specialties in aging, grief, and counseling intervention. Her field work during practicum, internships, student teaching, and clinical training were served in: chaplaincy, grief counseling, end-of-life care, hospice services, funeral implementation, family mediation, aging development, and social work.

Katlyn then went on to continue her education, completing her work as a Certified Senior Advisor (CSA), a Certified Senior Occupancy Specialist (CSOS), a Certified End-of-Life Doula (EOLD), and a Master's of Business Administration (MBA). On the horizon, Katlyn looks to next complete her Doctorate of Leadership in applied Gerontology. She often talks about her love for learning being the gateway to a higher standard of care and deeper meaning in practice.
