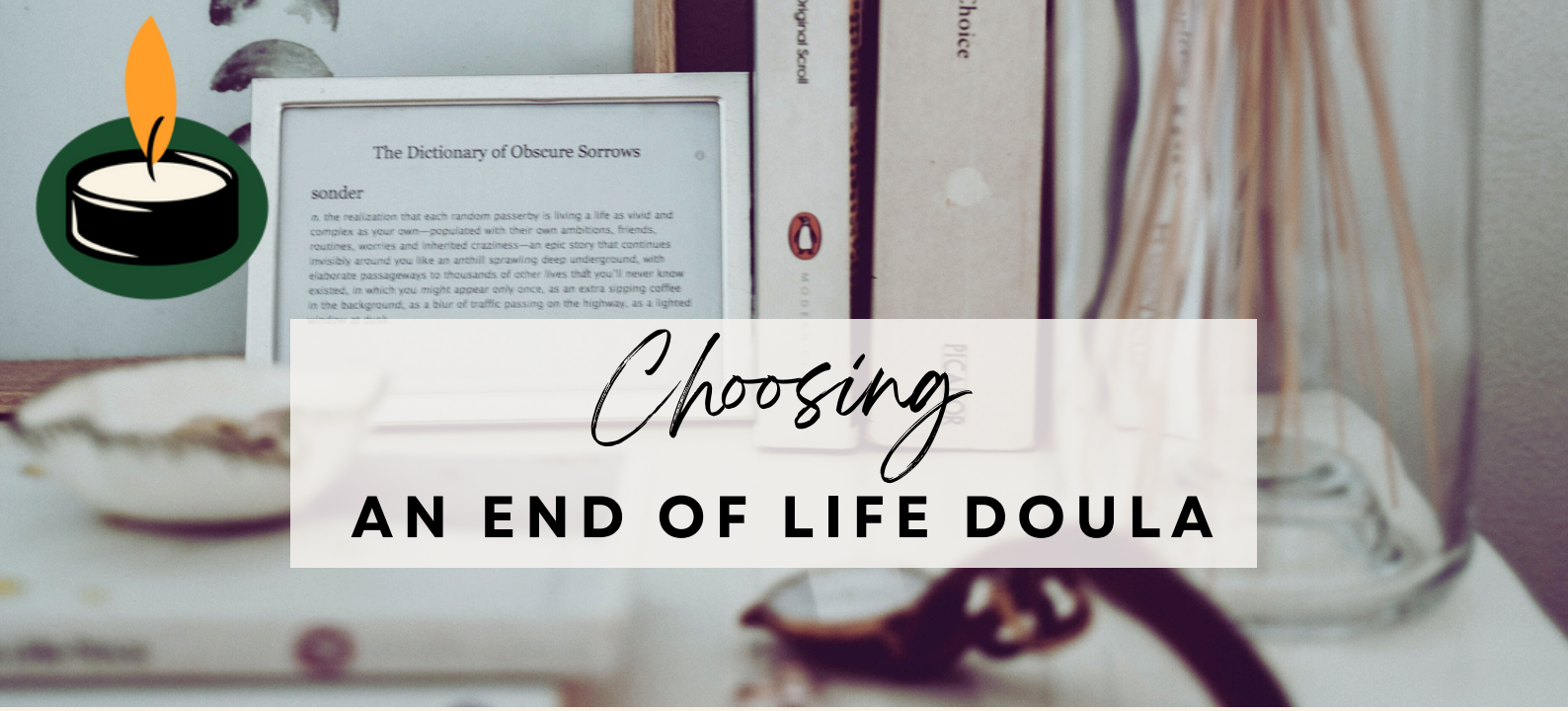

Choosing AN END OF LIFE DOULA

Doula care is deeply personal, you'll want to choose someone you feel comfortable with and who respects your wishes.

We recommend scheduling a few interviews or consultations and exploring the following:

Understanding the Doula's Approach

- How do you describe your approach to end-of-life care?
- What does a "well-supported death" mean to you?
- How do you balance emotional, spiritual, and practical support for clients and their families?

Training, Experience, and Scope

- What kind of death doula training have you completed, and with which organization(s)?
- How long have you been doing this work, and what drew you to it?
- How do you collaborate with hospice, medical teams, or spiritual care providers?
- What services do you not provide, so I can understand your scope of practice?
- Can you provide references for your past work?

Fit and Compatibility

- What do you do if a family member disagrees with the wishes of the dying person?
- What kind of clients do you feel you work best with?
- What would you want me (or my family) to know about how to make the most of our time together?

Emotional and Spiritual Support

- How do you support clients who are experiencing fear, anger, or spiritual distress?
- Do you offer or facilitate rituals, readings, or bedside practices?

Logistics and Boundaries

- How do you structure your services – hourly, by package, or by phase of care?
- What does your availability look like for urgent needs or night-time support?
- How do you communicate with clients and families (phone, text, in person, video)?
- Are there any boundaries or policies you hold that it would be helpful for us to know?

Closing

- What's one thing you hope every family understands about the dying process?
- What do you wish more people knew about what doulas can offer?
- How will we know when our work together is complete?

After asking these questions, trust your instincts. Many choose a doula who *listens to their concerns*, *communicates effectively*, and *demonstrates empathy and compassion*.

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