

# WHAT IS A DEATH DOULA?

EMPOWERING CHOICE AT END OF LIFE



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A growing service in Australia, there are many names that the role of a 'death doula' is known by, for example: spiritual midwife, death midwife, end of life guide, death companion. Doula is a Greek word meaning 'person of service', and while more commonly associated with birth, a death doula's role is to provide non-medicalised support, resources, and options to people with a life-limiting condition, or those planning for, or approaching, their end of life. A doula can provide a broad range of services depending on individual and family needs, throughout all the stages of end of life transition.

## WHAT DOES A DOULA DO?

Services a Doula can provide include, but are not limited to the following:

- Phone consultation and support
- Family and 'support team' assistance
- Personal 1:1 and vigil presence for a person at the end of life
- Coordination of services and care
- Development of networks of support and care
- Support in arranging after death care, ceremony, support to family
- Liaison with medical teams, hospitals and all others involved
- Provision of compassionate support for family and friends
- Make the death an intimate and personal experience for everyone involved whether medical support is required or not and whether in the home, hospital, hospice or residential facility.

# NDAN

NATURAL DEATH  
ADVOCACY NETWORK

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