



An End-of Life Doula in Every Senior Care Community



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*Advocate . Educate . Engage . Inspire*



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Washington

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*GP Doula Collective*

- Maureen Kures RN, CEOLD
- Bonnie Blachly MN, RN, CEOLD
- Kathy Bates BS, GMHS, CEOLD
- Colleen Hewes MSN, RN, CEOLD
- Kathleen Putnam MS, RDN, CEOLD

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## Objectives

- To inform participants about Gentle Passage Doula Collective
- To explain reasons to have an educated End-of-Life Doula in every Senior Care Community
- To share aspects of the work we do to prepare Doula's for the work environment
- To experience the work of an End-of-Life Doula
- To learn about our DSHS approved Training Program for Nursing Assistants and others who want to do this work.



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## RESEARCH

Symptom Experiences of Residents Dying in Assisted Living (Comparative Study, 2006)

**Results:** comparable to those in other settings

- Concerns about communication among care providers
- Inadequate monitoring of the decedent
- Lack of staff knowledge specific to symptom management

**Conclusion:** Policies, structures, and Processes are needed to ensure that EOL care needs are met.



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## Mission Vision Values

- To create a community of trained death doulas to empower compassionate end-of-life care for individuals and their loved ones.
- To have professional end-of-life doulas in every senior care community and home care agency so everyone has access to resources to support a “good death”.
- Increasing competency of Doulas through ongoing education, support, and compassion.

**Education-** Monthly Training Webinars, Workshops,

**Support-** Mentoring and Coaching

**Compassion-** Collaborative Community

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## Maureen Kures

### Importance of Advance Directives

- Health Care Power of Attorney
- Living Will
- CPR Directives
- Conversation



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## Bonnie Blachly

- Spiritual Care
  - Religious or spiritual belief
  - Influence on health care decisions
  - Important rituals
  - Priest, rabbi, shaman, or spiritual leader



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## Colleen Hewes

- Legacy Work
  - WE WILL BE KNOWN FOREVER BY THE TRACKS WE LEAVE NORTH AMERICAN DAKOTA PROVERB
  - Life Review: A personal story
  - Legacy: A Gift From One Generation to The Next
  - Legacy Projects: The Heart of the Matter



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# Kathy Bates

## Rituals and Ceremonies at the End of Life

- Rituals
- Why we need ceremonies
- Ritual when death is near
- Self-care rituals for end-of-life healthcare workers



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# Kathleen Putnam

## Grief and Trauma

- Grief literacy
- Tasks for Grief
- Holding Space
- Becoming Trauma-informed
- Healing and Resilience

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## *Experiential Exercise*

- The Death Deck



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## *Training Program*

- DSHS approved Training
- 14 hours of training both in-person or by remote learning via Zoom
- Death Café
- A Different Kind of Doula on Win Win Women

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