

# Family Information Guide: Understanding the Role of a Death Doula

## A Compassionate Resource for End-of-Life Support

This guide is designed to gently inform individuals and families about the supportive role a Death Doula can offer during the journey at the end of life. Our hope is to provide comfort and clarity as you consider the options available to you and your loved ones.

### What Is a Death Doula?

A Death Doula is a caring companion who provides emotional, spiritual, and practical support to individuals and families before, during, and after death. Their presence is rooted in compassion, helping to ease the challenges that can arise during this tender time.

### How Can a Death Doula Support You?

- A warm, compassionate presence and attentive listening
- Guidance with meaningful conversations, legacy projects, and rituals if these are desired
- Emotional and spiritual support for family members, tailored to your unique needs

### What a Death Doula Does Not Provide

- Medical, nursing, or clinical care
- Services as a substitute for doctors, nurses, or palliative care professionals
- Legal or financial advice

### Working Together with Other Supports

The support offered by a Death Doula is intended to complement the care provided by medical teams, as well as your family's cultural and spiritual traditions. We work alongside other caregivers to honor your wishes and needs.

### Your Choices Matter

Please feel free to accept or decline any aspect of Death Doula support at any time. Your comfort and autonomy are always our priority.

*Spirit Led Counselling | Sharon Mackenzie | NSW*