Experienced Doula offers compassionate support for end of life care needs

Final Season Doula

Julie Derby Jaecksch

I became an end of life doula when I was looking for my next way to be of service to my community. A dear friend suggested this new calling and I instantly resonated with the idea.

No one chooses a terminal diagnosis, health crisis or a debilitating chronic condition that brings them to the last months of their life. Everyone can choose how they want to live during the final season of their life. As your end of life doula I can guide, empower and support you in fulfilling your choices.

Hospice is a wonderful service, and the organizations are full of dedicated professionals. However, the time that hospice has with everyone under their care is limited. An end of life doula will complement the hospice care team and be present alongside the client's family and friends and can help provide dignity at the end of their life.

Doulas can guide a dying person when family members and loved ones might not feel comfortable. The person in their final season might prefer to be assisted, through this transition, by someone with relevant education, experience and kindness who is not a friend or family member.

Part of being a doula is educating people about their end of life choices. I provide a presentation about advanced care planning and ways an end of life doula can be of assistance. You do not need to be nearing the final season of your life to complete advanced care documents. Only about 1/3 of adults have put their end of life wishes into writing. I can guide you in making these decisions to ensure that your wishes are honored and that your loved ones understand your choices. I can walk beside you during your final season, providing compassionate care and support that is from my heart.

> *"People who are willing to contemplate their aging, vulnerability and mortality often live better lives in old age and illness and experience better deaths than those who don't."*
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> *Katy Butler, The Art of Dying Well.*

Along with training as an end of life doula, I continue to be immersed in several multi-year interdisciplinary programs and have completed the requirements to become a member of the National End Of Life Doula Alliance.

For more information please visit: **www.FinalSeasonDoula.com** or phone **925.369.2015**.

I offer a complimentary phone consultation to see if I am the right end of life doula for you.