



End-of-Life Doula Standards & Checklist Guideline

Doula Requirements

1. **Networking & Referrals** – Connect families with additional support, such as grief counselors, deathcare professionals, or community resources.
2. **Holistic support** – during an illness journey towards recovery or death, while helping to the person to live their best life.
3. **Effective Communication Skills** – Practice deep listening, open-ended questioning, and holding space for emotions without judgment.
4. **Advocacy & Empowerment** – Support clients in navigating medical and healthcare systems, ensuring their voices are heard.
5. **Legacy & Life Review** – Facilitate storytelling, memory-sharing, letter-writing, or other legacy projects to honour the dying person's life.

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6. **Holistic Advance Care Planning** – Work with families to create a care plan that aligns with the dying person’s values, beliefs, and preferences. Assist clients in discussing and documenting their wishes, including advance directives.

7. **Understanding of Cultural & Spiritual Diversity** – Respect and support diverse traditions, religious beliefs, and cultural practices around death and dying.

8. **Shows initiative** – The ability to anticipate what a persons needs might be and prepare accordingly.

9. **Vigil Planning & Support** – Help plan the atmosphere, rituals, and presence for the final days and hours, ensuring a peaceful environment.

10. **Practical Assistance during illness** – Be willing to assist with personal cares, and practical tasks if required.

11. **Compassionate Presence** – Provide emotional and spiritual support to the dying person and their loved ones.

12. **Ongoing Education & Development** – Commit to continuous learning in end-of-life care, including staying informed about legal and ethical considerations.

13. **Self-Care & Professional Boundaries** – Maintain personal well-being and set healthy emotional boundaries to sustain this work long-term.



14. Knowledge of End-of-Life Options – Be well-versed in palliative care, hospice, voluntary assisted dying, and home death options.

15. Funeral & Memorial Planning – Help families explore meaningful ways to honour their loved one, including alternative and eco-friendly funeral options.

16. Body Care and After Death – Be knowledgeable and comfortable assisting families with after-death care, including washing, dressing, and cooling the body.

17. Grief & Bereavement Awareness – Offer compassionate support and connect to resources for grief, understanding different ways people process loss.

