

The Dying Year

Being an End-of-life Doula from a Distance

View the April 1, 2020 NEDAlliance webinar by Merilynne Rush and Diane Button [here](#).

1. Check in with your feelings. Check in with your clients' feelings. Be in frequent contact.
2. Step up your self-care — you can't draw water from an empty well.
3. Know your gifts; now is the time to do what you do best
4. Reach out and make yourself available — many are unfamiliar with facing mortality
5. Advance Care Planning — step up your knowledge
6. Getting into hospice is more important than ever — share what you know
7. Observe your clients virtually; do a head-to-toe assessment and provide comfort measures
8. Life review can be done over the phone
9. Legacy project ideas (by Diane Button)
 - The heart letter — help write letters to be send later
 - Christmas in April — designate and write notes for precious posesions to give away
 - Birthday cards — can be written now with your assistance, to be mailed by you later
 - Record the sound of their voice — so they won't be forgotten
10. Drive by doulas — visit through the window and do something entertaining like dance!

Resources

[Shared Decision-making Tool during Covid-19](#) — NHPCO

[Hospice Foundation of America](#)

Hospice News — [Hospices Turn to Telehealth to Reach Patients During Covid-19](#)

[OregonFuneral.org](#) Resources and Education page has very complete information that is up to date about dying at home, safety, home funeral, disposition options, etc.

[The Conversation Project](#) Conversation Starter Kit — initiating Advance Care Planning

[Five Wishes](#) printable free online Advance Directive

[StoryCorps](#) — to record your life story or the sound of someone's voice

Nurse Educator Barbara Karnes [blog posts](#)

American Psychological Association's [Covid-19 resources](#)

[Association of Death Educators and Counselors](#) Covid-19 Response Content for Thanatologists

[A guide to well-being during Covid-19](#) by Rick Hanson