



Initial Consultation | \$50

This one-hour consultation can take place either in-person, phone, or via Zoom. This is a tailor-made session in which we get to know one another and figure out how I can support you and your family.

End-of-Life Document Organization | \$300

In this unique, 2-hour consultation we will meet with you to uncover and discuss all of the important end-of-life decisions. These are the wishes you have for how you will spend your last days and how your loved ones will complete your affairs after your death. This level of thought and organization is extremely helpful in tying up loose ends and offering you freedom to maximize your participation in life.

First meeting includes the bulleted list below. Second meeting is to review and finalize formal plan.

- End-of-Life Wishes—where and how you want to spend your final days, care and treatment of your body, funeral/cremation/memorial decisions.
- Advance Care Plans—who you will assign as durable power of attorney for healthcare, your desires for life support, healthcare decision making, body/organ donation.

Legacy Work | \$300 and up

(Independently or added to End-of-Life Support Plans) Doulas and/or art therapists will work with you and your support system to create and execute legacy projects. Legacy projects include things like letter and card writing, video and voice recording, photo sessions, gathering of photos and memorabilia for memory books, and other creative endeavors. Legacy work helps deepen the exploration of the dying person's life and creates a physical artifact to leave behind for loved ones.

In-person Doula Support | Hourly Rates \$40-\$100

These visits are generally in-home or facility visits with the dying person and their loved ones but can also take place virtually during the pandemic. End-of-life doulas provide non-medical, practical, personal, spiritual and emotional support. These visits are customized and look different for everyone but generally include:

Honoring and protecting the dying through patient advocacy, comfort care, guided meditation, creating and implementing a vigil plan, creating and implementing a sacred space through touch, scent, light and music therapy.

Honoring and protecting the family through family advocacy, education of death and dying, resource sharing and respite for caregivers.

Hourly rate includes: access to your doula electronically and by phone from 7a-10p; daily visits during active stage of dying and through death; bereavement and grief processing following death.

Body Care Support/Home Funeral Guidance | \$50 per hour

Post-death body care includes things like washing, anointing, dressing or shrouding. We can teach you to do these things and we can do it together or we can do it for your loved one. This sacred ritual is something we recommend whether you have a home viewing or not. In this case, it would be done before the body is removed from bed and taken to its final destination.
