

SEEKING SERENITY

PHYLLIS PACKAGE

COMPASSION CARE + END OF LIFE
COMPANIONSHIP

What is end-of-life companionship?

End of Life Companionship is my term for long-term support. This is a client-based relationship, working with the client for several months to years. This differs from my other packages, where I work closely with both the client and their family for shorter durations, limited by the stages and types of illnesses involved

End of life companionship focuses on accompanying the client through the early stages of their diagnosis. This could include someone who has received a diagnosis with several years to live and are wishing to get certain matters in order or junior and senior citizens looking to educate themselves about the future and plan accordingly

We initially focus on advance planning and education, ensuring the logistical items are taken care of before we start a long-term care plan, this includes a la cart sessions tailored to your specific needs

The client indicates when they would like a session. The sessions could range from:

- Emotional Support
- Spiritual Support
- Navigating Grief
- Diagnosis Education/ Research
- Help Finding Communities & Support
- Advocacy
- Appointment Support (I will accompany you)
- Pre-Planning for Appointments (listing questions and concerns along with preferences)

What is the purpose?

The purpose is to help clients come to terms with their illness and cope with their grief, while providing a clear path that allows them to live more peacefully

This service is designed to relieve families of medical, financial and emotional burdens by handling end-of-life planning

Who is best served by end-of-life companionship?

This service is best suited for junior and senior citizens looking to for advance planning and education. It is also ideal for individuals who want to become more comfortable with death and dying, or those who have recently received a diagnosis, have a life expectancy of several years and are looking to prepare logistically and spiritually

- **Recently Diagnosed Individuals**
- **Death Curious Individuals**
- **Junior Citizens (45+)**
- **Senior Citizens (65+)**

How are sessions scheduled?

Clients receive five sessions, which can be used for end-of-life planning or spiritual and emotional support. Additional sessions are available a la cart and can be scheduled whenever the client desires

What is a la cart?

A la cart means the client can choose the type of session they want, whenever they want, at an hourly rate, without needing to purchase another package



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Compassion Care is the term I use for the basic services I provide, which every individual is entitled to. This includes:

Regular visits: The frequency of visits will be determined by the stage of illness. Options include once a week, twice a week, or every other week. Each package comes with a set number of visits for each stage, sessions and additional visits can be added as needed

Emotional support: Companionship and active listening

Spiritual support: Providing comfort and support for spiritual or religious practices, including personalized approaches based on the individual's beliefs. Help facilitate Mindful and meditation practices, ritual, ceremony, and prayer

Advocacy: Ensure the wishes of the individual are honored, and advocating those needs with healthcare providers

Education: Offering information about the dying process and help alleviate fears and anxieties

Advanced planning: Assisting with estate planning, advanced directives, and listing of digital accounts and passwords

Legacy work: Creating letters, cards, photo books, recipe collections, memory boxes, video recording, voice recordings, sewing projects with memorable items and much more!

Grief support: Help clients and families navigate grief by offering support and resources

Facilitating conversations: Encourage open discussion about death and dying, help families address fears, unresolved issues and legacy concerns

Add-ons to any package:

- ☐ **\$150+ Organization and declutter:** Help create a peaceful and comfortable space for individual and families. Pricing is based on availability of Doula, priority of project, and size of project, I will work with you and accommodate your needs and find a suitable solution if the project is too large

Together, we will create a more comfortable environment during this sensitive time. We will thoughtfully assess items and plan for the future by discussing and managing personal belongings, ensuring that cherished possessions are honored and that decisions are made collaboratively. This process not only honors memories but also fosters emotional clarity and peace

Notes:



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