

SEEKING SERENITY

GILBERT PACKAGE

COMPASSION CARE + CAREGIVER SUPPORT
+ FINAL DAYS SUPPORT

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

Final Days Support:

On-call assistance available for 72 hours prior to an individual's transition. This crucial time is often filled with emotional challenges, yet essential tasks still need attention—such as tending to pets, preparing meals, and managing laundry and dishes. I will coordinate with hospice services to provide support for you and your family, including participation in, planning, and scheduling a vigil if desired.

Services included in final days support

- Meal planning and preparation
- Guest and visitor mediation
- Errand assistance
- Light housekeeping
- Post-event cleanup, including the removal and appropriate handling of medical supplies (e.g., briefs, pads, sponges,) to create a comfortable environment for your family to grieve.
- Making Phone call to mortuary and scheduling appointment

Aftercare Family Visit: Follow-up visit to assist the family in processing and grieving.



Miranda Abril

602-622-1008

Miranda@Seekingserenityaz.com

Seekingserenityaz.com

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Caregiver Support: Scheduled support to allow family caregivers time to rest and recharge ensuring they have necessary breaks each support package comes with a set number of hours and can be scheduled in one to two-hour increments. Additional Support hours can be purchased, subject to availability of Doula

Note: I am unable to provide medical assistance, bathroom support, or administer medication. However, I can offer companionship and support to your loved one, and peace of mind for the caregiver

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

- ☐ **FREE Vigil:** Each package includes the option to add a vigil at no extra cost. I believe vigils are an essential part of my role as an End of Life Doula, but it is ultimately the client's choice whether to include this service



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What is a vigil?

A vigil refers to a supportive gathering during which family and friends come together to be present with a loved one who is nearing death. The primary goal is to ensure that the individual is not left alone during this significant and often vulnerable time

A Vigil includes:

- Presence
- Vigil schedule
- Ceremony, rituals and practices
- Prayer
- Support
- Sharing of memories
- Music
- Quiet time

Notes: