

SEEKING SERENITY

END-OF-LIFE DOULA WELCOME PACKET



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Dear Families,

I am honored that you are here; I understand this may be a time of significant change, grief, and uncertainty. Please know I am here to offer support, guidance and compassion every step of the way. My commitment is to approach this journey with the utmost respect and kindness, while ensuring that your loved one receives the dignity they truly deserve.

My goal is to support you, your family and your loved one in whatever way is most needed- whether that means easing the burden of daily tasks or offering a compassionate space to express your emotions, Please know that I am here to support you every step of the way.



Sincerely,

Miranda

Owner, Seeking Serenity LLC

Why I chose this path

In 2008, at age 16, I had my first experience with hospice when my great-grandfather was brought home from the hospital due to complications from a stroke. The hospice nurse guided us through that moment, and I remember being so thankful she was there. She offered comfort, support, and knowledge. She informed us of changes, provided guidance on tasks, and knowing she was there brought us peace of mind. In that moment, I knew I wanted to be there for others the way she had been for us; I just wasn't sure how.

Later in life, I began my program in the healing arts. In 2023, a few weeks before I began school, my stepfather died. I was thrown into a supporting role and I learned about some regulations in hospitals and the steps involved in planning a funeral and the mortuary process.

I knew this was my calling. I changed my minor to End of Life Doula the following day. Six weeks into my second course, my great-grandmother was placed on hospice due to complications from a stroke. I learned the hospice process from the hospital to transition. I witnessed each step involved and tended to a loved one in their time of need while offering support and care to others involved.

One week after my great-grandmother passed, my grandmother was diagnosed with stage three, triple-negative breast cancer, prompting me to create a package that could help her and others like her with long-term companionship. As we navigated symptoms and treatments together, I knew I could offer help to more than just the terminally ill, or dying individuals. I could create a longterm relationship that could last decades.

Each personal death has brought me closer to this journey, providing more education and experience. It has made me a stronger person for you and your loved ones. This is my calling, my passion, and my purpose: to guide and support others through the dark forest that is death, helping them and their loved ones find their way to the other side.

What is an End-of-Life Doula?

In our society, death is taboo. We don't talk about it until it happens, leaving us unprepared to understand our loved ones' wishes and ill-equipped for the process ahead. An End-of-Life Doula is a trained professional who will hold your hand through the entire journey and guide you through the unknown.

My goal is to help create a supportive and compassionate experience for the person who is dying, while assisting them with end-of-life tasks, and offering support for their loved ones and caregivers.

As an EOLD I may assist with:

- Emotional Support
- Education
- Advocacy
- Navigating Grief
- End of Life Planning
- Legacy Work
- Facilitating Conversations
- Holistic Care
- Spiritual Support



I CAN HELP WITH THIS!

FAST FACTS:

- ✓ Only 25% of Americans have advance planning complete
- ✓ 75% of Americans have never talked about death
- ✓ 1 in 3 adults will have to make medical decisions for a loved one who is unable to communicate wishes
- ✓ Less than 50% of adults report having end of life conversations with loved ones



AND MAKE THIS FEEL LESS SCARY!

Palliative Care vs. End-of-Life Doula

Palliative Care

Licensed medical professionals

Symptom management

Medical treatments

Aims to enhance comfort and wellbeing

Addresses physical symptoms

Available at any stage of illness

Goal shift when entering Hospice
(Sometimes Hospice enrollment requires
cessation of curative or aggressive
treatment)

Hospice also manages symptom relief and
pain management

End-of-Life Doula

Non - medical

Trained and Certified

Work alongside medical professionals

Aims to enhance comfort and wellbeing

Available at any stage of illness

Practical support

Spiritual support

Emotional support

DID YOU KNOW-

**STUDIES FOUND THAT PATIENTS WHO USE
PALLIATIVE CARE + INTEGRATIVE MEDICINE + CHEMO OR MEDICINE,
LIVED 3-6 MONTHS LONGER!**

Hospice Care vs. End-of-Life Doula

Hospice Care

Licensed medical professionals

Specialized Hospice professionals

No longer seeking curative treatments

Aims to enhance comfort and wellbeing

Available when life expectancy is 6 months or less

Manages symptom relief

Pain management

Hygiene & bathroom needs help

Administers medications

Routine check-ups

End-of-Life Doula

Non - medical

Trained and Certified

Work alongside medical professionals

Aims to enhance comfort and wellbeing

Available at any stage of illness

Practical support

Spiritual support

Emotional support

***I WORK CLOSELY WITH
MEDICAL PROFESSIONALS
TO ENSURE THE HIGHEST
QUALITY OF CARE!***

Your Support



Contact

602-622-1008

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Days

Mon – Fri

Hours

7am–4pm



Reschedule

Rescheduling is simple and convenient—feel free to call or text! While a 48-hour notice is ideal, I understand that life can be unpredictable.

Packages

DOROTHEA

Compassion Care + Caregiver Support + Practical Support
+ Final Days Support

GRACE

Compassion Care + Practical Support + Final Days Support

GILBERT

Compassion Care + Caregiver Support + Final Days Support

BLANCHE

Compassion Care + Final Days Support

PHYLLIS

Compassion Care + End of life Companionship

Every Package Includes

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.



Add-ons

Practical Support: Light housekeeping, laundry, grocery pickup and organization, meal planning assistance, and help with appointment reminders and scheduling—addressing all the small tasks that can accumulate. Additional support hours can be purchased, subject to availability of Doula

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

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

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

\$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



Session Information

What does a compassion care session look like?

Compassion care sessions are designed for one-on-one coaching and support with the elderly, ill or dying individual. During these sessions we will discuss a melody of themes. Ranging from end-of-life planning, to working on legacy projects.

What do Caregiver Support hours look like?

Caregiver support hours are designed to give the caregiver respite. During these sessions I may sit quietly, reading to myself or your loved one, or working on needlework, while your loved one rests, naps or watches TV. Please note that this is not a structured support session but rather a companion session, designed to give you time to focus on other tasks or take a well-deserved break, knowing your loved one is being cared for.

- **Memory caregivers:** The caregiver must always be home (I can offer out of home support with practical support hours)
- **Other caregivers:** They are free to leave during the session

Sessions can be scheduled in 1-to 2-hour increments

What can you do during a Caregiver Support hour?

- | | |
|--|---|
| <ul style="list-style-type: none">• Relax• Watch a TV show or movie• Take a shower• Take a luxurious bath• Drink a <i>hot</i> cup of coffee• Read a book• Work on a hobby• Talk with a friend• Work on other household tasks | <ul style="list-style-type: none">• Pay bills• Make important phone calls• Self-care• Go to an appointment• Run an errand• Grab a cup of coffee• Go walk around a store• Get your hair cut |
|--|---|

Session Information Cont.

What do Practical Support hours look like?

At the beginning of a Practical Support session, we will chat about your current needs for the day, and we will assess most important or urgent tasks. These tasks include:

- Light housekeeping
- Grocery pickup and organization
- Meal planning assistance
- Help with appointment reminders and scheduling
- Laundry

If you purchased an organization package, Practical Support hours will be used. I prefer the client to be home during Practical Support hours so they can answer questions or provide guidance on specific tasks within the home.

How are hours scheduled?

At the end of each session, we will discuss the type of session best suits your needs for the next visit. Depending on the stage of illness, I may visit your home multiple times a week to perform different types of sessions.

For example:

- **Monday-** Compassion care session with just the client
- **Wednesday** -Practical support, where I would assist with laundry, and other household tasks
- **Thursday-** You have an appointment, so you schedule a caregiver support for respite.

Note: I am unable to provide medical assistance, bathroom support or administer medication. However, I can offer compassion and support for your loved one.

Final Days Support

Quick guide

I aim to schedule visit on days hospice is in. For some clients, I would like to see them at least once a week to assess the loved one's current state. As we approach the final days, we will make plans for the vigil if the family and loved one have chosen to have one. We will also review the wishes we have worked on together, and I will educate you on what the final days may look like.

You will need to contact me when the client has reached this stage if I don't have a visit planned for a few days. This is where the 72 hours on-call assistance comes in. Typically this stage will be entered when your loved one has a 40% PPS rating from your hospice worker, I will be available anywhere between 1-3 hours a day for three days helping the family in any way I can.

Having a 40% does NOT mean your loved one will be dying in 72 hours - this is just a good time to educate you of what is ahead, prepare and increase visits so I don't miss anything as things progress.

SUMMARY:

- ✓ You will need to call if I haven't seen your loved one recently, or things have progressed quickly **(40% on PPS)**
- ✓ We will review your loved ones wishes
- ✓ I will educate you on the process ahead
- ✓ Having a 40% does NOT mean your loved one will be dying in 72 hours - This just lets me know I need to increase visits

COMMUNICATION

CONTACT DETAILS

602-622-1008

Call and leave a message if I don't answer.

What is “Final Days Support?”

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.

Memory Caregivers

Caregivers of dementia patients are among some of the most stressed and stretched- thin caregivers, and frequently do it alone. I can assist with helping the caregivers.

Unfortunately, many dementia patients cannot communicate their final wishes, but the family still needs support, education and respite.

Clients seeking help with their loved one who has dementia can purchase a standard package for the regular price. All the support will be directed towards the family. Though compassion care hours will still be charged, as I will continue to work directly with my client. My hope is that, at times, I will be able to communicate with your loved one if they are still having a "good day."

There are some caveats with this type of package. A family member will need to be present during both Caregiver Support hours and Practical Support hours to ensure the comfort and safety of the loved one, as well as to cover liability concerns for myself. I understand this may be frustrating, but I can offer Practical support hours outside of the home, such as errand running to remedy this frustration.

SUMMARY:

- ✓ Family member will need to be home at all times
- ✓ I offer out of home errand help

Phyllis Package

Long-Term Support

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

SUMMARY:

- ✓ I work with clients for several months to years
- ✓ Aimed towards individuals rather than whole families
- ✓ Eight sessions to start- then a la cart for as long as the client desires

How to purchase hours

Tier Pricing

During our consultation we agreed upon a pricing tier within the sliding scale. Additional hours will be purchased at that rate. This can be found on the first page of your pricing agreement.

How to repurchase

Give me a call or send me a email stating what you are looking for. Based on my current schedule I may or may not be able to take on additional hours.

Honesty & Paying it forward

Choosing the tier that reflects your financial ability helps make this service accessible to others who may need a lower tier. Your honesty supports a community of care and fairness

SUMMARY:

- ✓ Purchase at the tier level discussed during your initial consultation.
- ✓ Give me a call or send an email
- ✓ We will discuss next steps



End-of-Life Doula Sliding Scale Hourly Prices

FEATURES	TIER 1	TIER 2	TIER 3
Compassion Care	\$105	\$95	\$75
Caregiver Support	\$95	\$85	\$65
Practical Support	\$115	\$105	\$85

2025

SEEKING SERENITY

*And I saw the River over which every
soul must pass to reach the Kingdom
of Heaven, and the name of the River
was suffering... and I saw the Boat
which carries souls across the River,
and the name of that Boat was...love*

ST. JOHN OF THE CROSS

