



Willow Sat Narayan

Soul Doula Care for End of Life

Empowering Tips For End Of Life Planning

If you are feeling stunned, overwhelmed or curious and ready to meet your death with courage, compassion and clarity, then these tips are a helpful place for grounding and exploring your choices.

Choices to Consider:

Hospice Care and/or Palliative Care: This care helps you and your family find comfort and peace while providing compassionate services and medical care to you in the environment of wherever you call home.

Choosing to Stop Treatment: Your current treatments may not be serving you anymore. You may feel complete and ready to stop and let yourself be. Choosing to stop and trust your inner knowing is a courageous and dignified act. You will know if this choice makes sense for you.

"Death With Dignity Act" Medical Aid In Dying (process and planning): This is a choice to explore if you have been diagnosed with a life-limiting illness of six months or less to live.

VSED Voluntarily Stopping Eating And Drinking (coordination and planning) This is an option to explore if you have a life limiting illness that does not qualify you for Medical Aid In Dying.

-What is my vision? Who are my people? Creating a clear vision for the set and setting of your death and who you would like to invite into this intimate, sacred space with you is powerful medicine. Choose wisely. You deserve it. To have choice and a clear vision for what you want and how to go about it is transformative and healing. Your people can hold your vision with you.

Practical Documents to Consider:

- Medical power of attorney
- POLST(Physician Orders For Life-Sustaining Treatment)
- Death With Dignity Forms(if they apply)
- Legal Documents such as Will and Trust, durable power of attorney, birth certificate, marriage or divorce certificates, copies of driver's license
- Household Documents such as utilities, passwords, pet care, service providers
- Health Insurance
- Signed Advanced Directive
- Contact info for healthcare practitioners and health insurance
- Life Insurance
- VSED coordinator and support plan information and documentation(if they apply)
- Financial Documents including Accountants, financial advisors, real estate documents, vehicle info and bank accounts, investments, safes, taxes, debtor information

Holistic Inquiries:

Tending to The Realms: Respecting and honoring your whole being is a precious gift to give to yourself even if you don't feel like you deserve it. **You do! No Question.** Sacred work that supports and respects the depth and magnitude of who you are is important.

- Physical(tending to your physical needs and conditions)
- Emotional(tending to your emotional relations past/present/future)
- Mental(life story, contributions, regrets, forgiveness, thoughts about death)
- Spiritual(Spiritual Beliefs, Experiences and Practices)
- Aftercare for Body and Soul(Types of interment such as cremation, alkaline hydrolysis, natural burial, organic reduction, donating body to science, Cultural/spiritual/ritualistic ceremonies or practices you would like to have honored, Ex: Anointing, bathing, 3-Day Candlelight Prayer Vigil, soul transition work, grief ceremonies, etc.)

After reading this, how do you feel? Are you being visited by any emotions? Although you may appreciate this layout of information, it might also have you feeling overwhelmed or confused. Or perhaps you're grateful that you have already been engaging in this process.

Wherever you are, I would love to chat with you to hear your story and any questions you might have.



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