



What Is a Death Doula?

By Morgan Everitt

A death doula, often referred to as an end-of-life doula or death midwife, is a compassionate and trained professional dedicated to providing comprehensive support to individuals and their families as they navigate the profound journey of the dying process.

At its core, the role of a death doula is to bring comfort, understanding, and guidance during a time that can be emotionally, spiritually, and logistically challenging. Unlike medical professionals, death doulas focus on the holistic aspects of end-of-life care, offering nonmedical support that complements the medical care provided by doctors, nurses, hospice, and palliative teams.

The support a doula provides ranges from the emotional to the practical and is highly personalized depending on the needs of the client. This might include:

- Providing respite for exhausted caregivers
- Help with end-of-life planning, such as creating an advance care directive

- Creating legacy projects, which may include recording stories, making scrapbooks, or writing letters
- Assisting with basic comfort care
- Facilitating conversations between the client, family members, and health care teams
- Giving clarity around end-of-life signs and symptoms
- Providing helpful resources
- Helping the family feel more at ease and fostering connection amongst the client and loved ones
- Assistance with creating a calm and peaceful environment
- And so much more

The presence of a death doula can profoundly impact the quality of the end-of-life experience. As the awareness of the benefits of holistic end-of-life care grows, the role of death doulas continues to evolve. Their dedication to fostering a compassionate, respectful, and peaceful transition at life's end makes them an invaluable source of support for those navigating the profound and sacred transition of death.

Heron's Flight, Morgan's End-of-Life Care, was founded by Morgan Everitt, a trained and

certified death doula. She is deeply passionate about providing empathy, connection, and dignity throughout the dying process. Morgan has completed multiple nationally recognized death doula certification courses, is a member of the National End-of-Life Doula Association, and represents Bucks County in the Philly End-of-Life Doula Collective.

To learn more about Heron's Flight - Morgan's End of Life Care, visit www.heronflightdoula.com or email heronsflightdoula@gmail.com.



HERON'S FLIGHT
MORGAN'S END OF LIFE CARE

Morgan is a certified end of life doula serving Bucks County, Pa.

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