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Pathway to Peace

## About A Doula

**EMPOWERMENT** comes from **EMPOWERING**  
**MIND, BODY & SOUL**  
**YOU** can be in control of **YOUR JOURNEY**  
and I will work with you, assisting you to make sure it happens

An End of Life Doula can support you on your journey by:

Acting as an advocate in supporting *your* needs, wants, must haves and non negotiables. Providing a shoulder to lean on and listening to your concerns, helping you travel your journey with the knowledge you *can* do it *your* way.

Helping bring you as much comfort, peace and joy as possible during the process. Here are some examples of how an End of Life Doula can support you and your family and friends.

### Personal

Ensuring you are in control of what is going about you, and around you. Giving you breathing space when needed, time to just 'be'.

Time to review internally where you are at on a personal, emotional and spiritual level.

Assisting by organising outings, events and experiences on your to-do list.

Helping family and friends organise a roster system if needed, to keep the household running, and meet everyone's needs.

Organising home help if needed, shopping, cleaning requirements.

## **Legal**

Assist you with contacting relevant, qualified people with regard to your legal documents and financial affairs.

Calling and organising appointments with legal firms and advisors on your behalf.

Researching and making contact with authorities and groups to find information relating to any other affairs you may need to prepare.

## **Medical**

Making sure your physical being and medical care is reviewed periodically.

Organising transport for medical appointments.

## **Funeral Plans**

Providing you support by putting together your funeral, including if you choose, your celebration of life event, following your passing to ensure it is exactly what you want.

Supporting you by visiting funeral homes to discuss and make arrangements.

Helping you choose your coffin or urn.

## **End of Life Plan**

Preparing your End of Life Plan.

Ensuring your choice of where you wish to be when you are preparing to pass is honoured, this could be at home or in care.

If in care, assisting in bringing your comforts to you, so you feel you are in your own space, your own safe place, with your favourite things.

Organising a roster for visitors which suits you, ensuring your wishes are met understanding and respecting who you do and don't want visiting.

Ensuring when you reach the last stages those with you, are the people you wish to have with you.

Ensuring your wishes are met following your passing which includes caring for your body, staying with your family for a few hours or a couple of days.

There is so much to consider so much to think about so much to organise.

My wish is for you to feel supported, listened to and loved every step of the way!!!

*Trish Murray*