

# End-of-life Doulas in Rural Oregon: Improved Support for Living with Advanced Illness

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The Peaceful Presence Project



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# Disclosures

We have no financial relationships to disclose.



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# Learning objectives

1. Explore the Compassionate Communities Model of Care
2. Describe the role of an End of Life Doula
3. Identify training opportunities for End of Life care in Rural Oregon



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We reimagine and transform the way communities talk about, plan for and experience the last stage of life.

***Vision: A culture in which every community member receives compassionate, equitable support through the end of life.***

# SERVICES



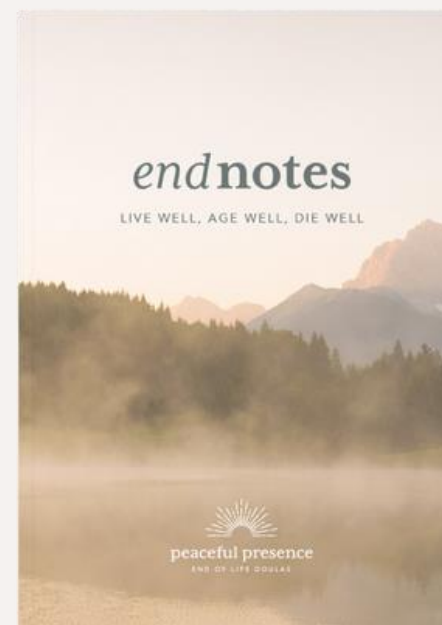
*Education*



*Planning*



*Presence*



# 95% RULE

Only 5% of a dying person's time is spent face to face with a medical professional

- What are we as a community doing with the other 95% of the time?
- What quality of support are people receiving, and from whom?
- Is it sufficient?



# Compassionate Communities Model of Care

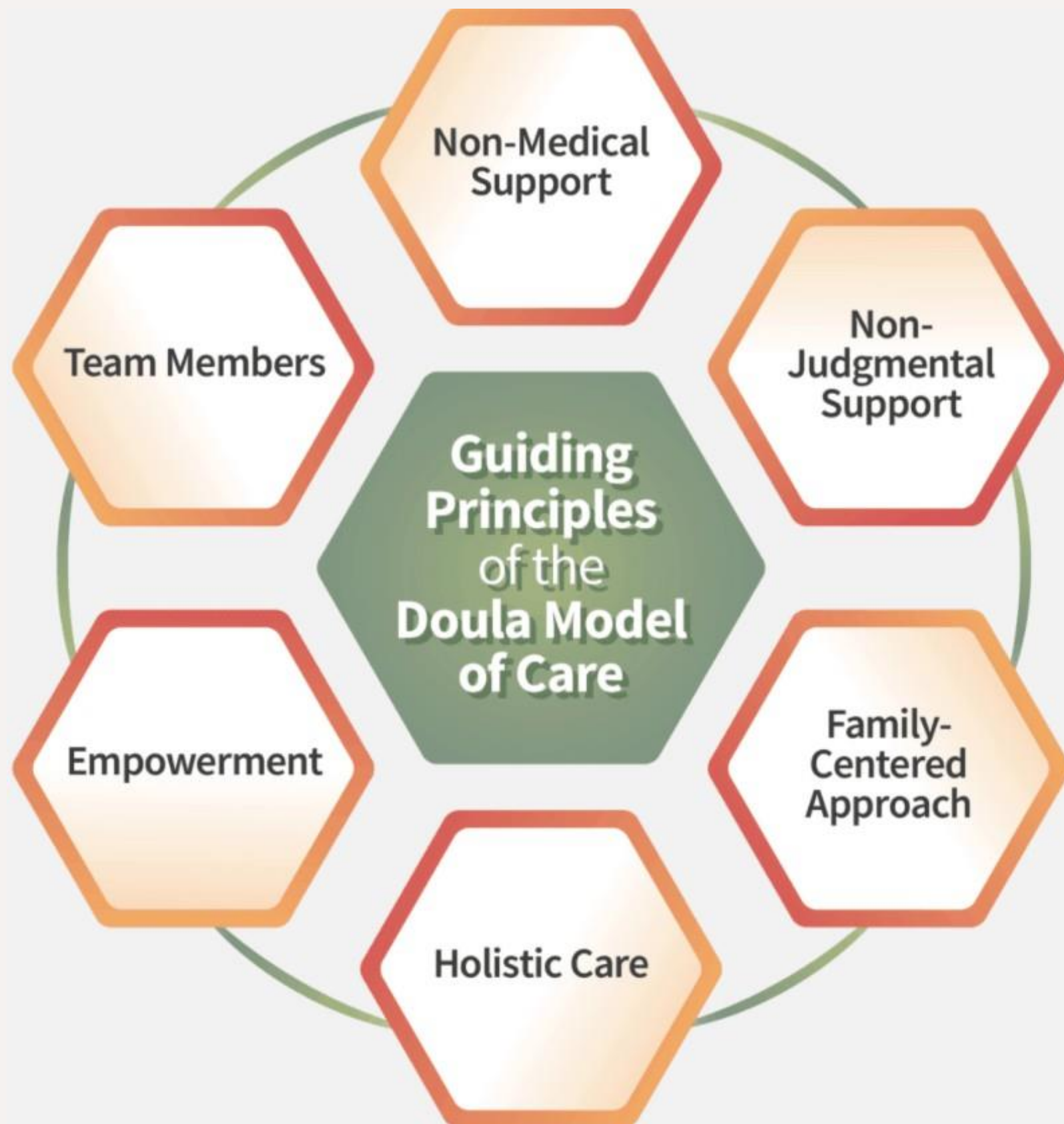
Compassionate Communities widen the circle of caring and provide much-needed support to patients and caregivers facing serious illness and death.

- Conversations around death, dying, and bereavement normalized and productive.
- Palliative care repositioned to support community-based health and social care for people at the end of life and their families.
- Strong networks of care and resiliency



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# End of Life Doulas



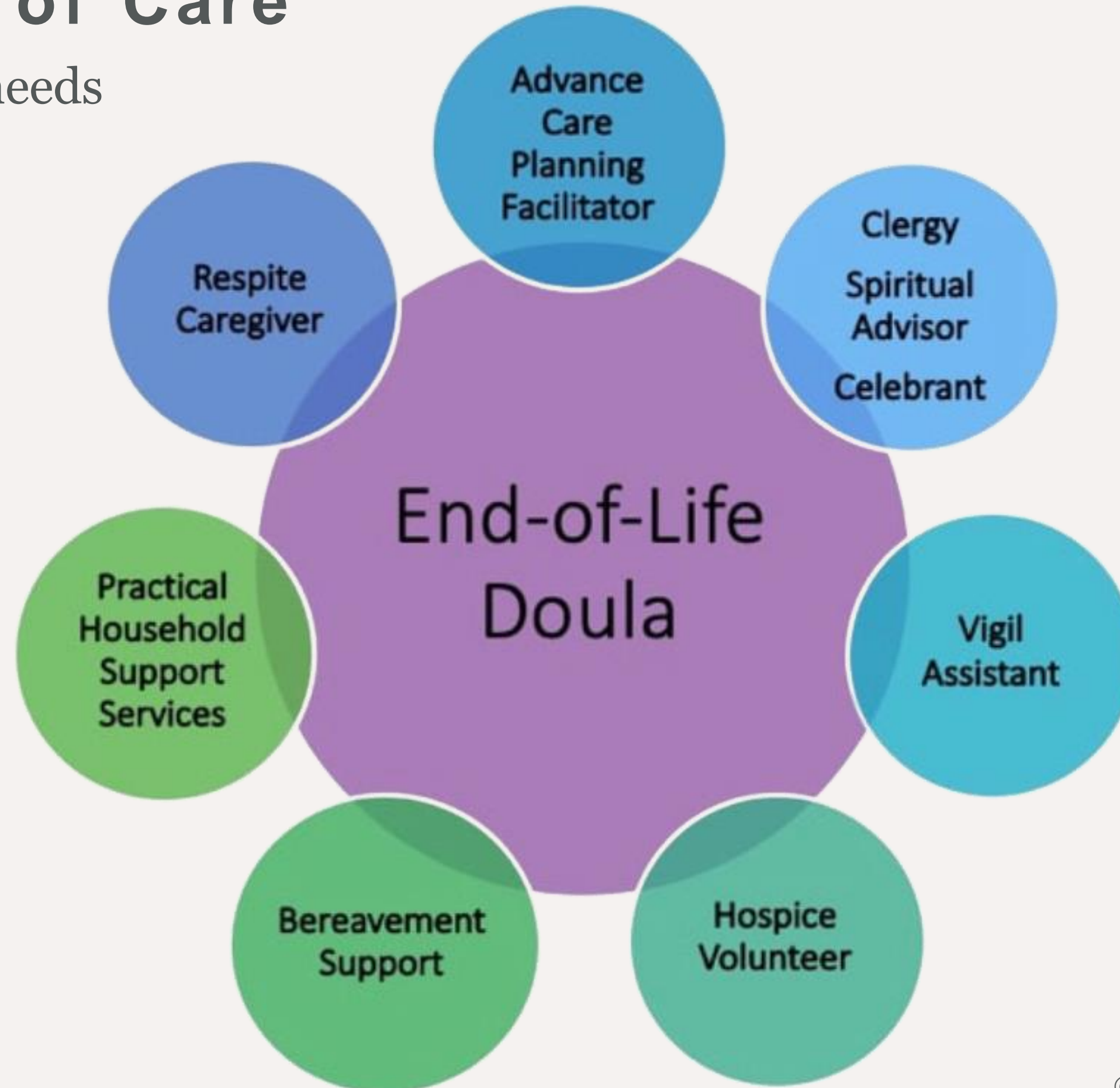
- End-of-Life Doulas [EOLDs] are non-medical companions to the dying and their families.
- EOLDs complement other services that a dying person and their family may be receiving, including hospice and/or palliative care.
- EOLDs provide a wide range of holistic life support services to address:

Physical  
Emotional  
Spiritual  
Practical



# Doula Model of Care

Helping to fill unmet needs



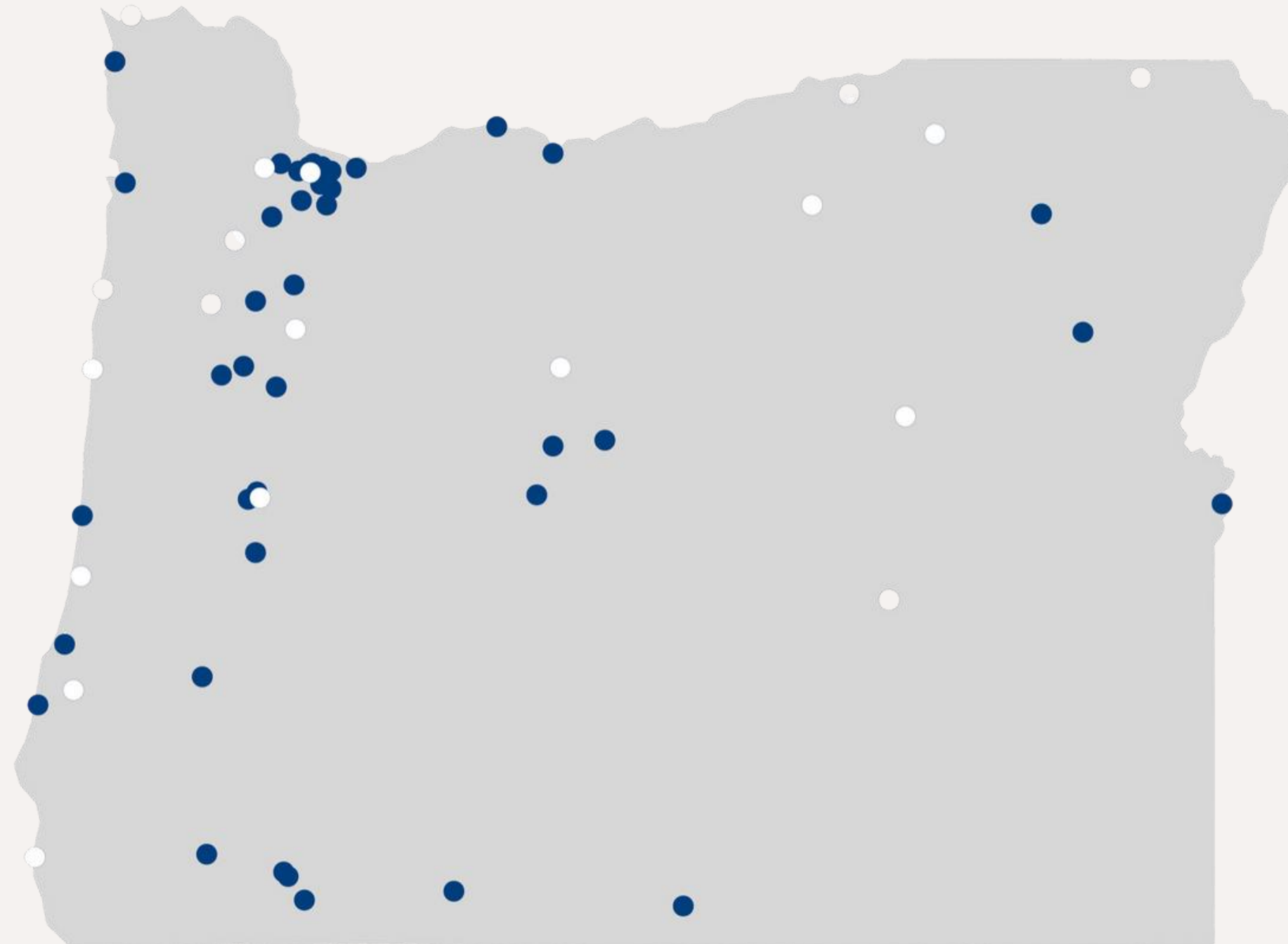
# Case Study: The Power of Legacy Work

- The healing power of telling your story
  - To be witnessed without judgment
  - To process past events and experiences
  - To acknowledge, forgive, and celebrate a life well lived
- Multi-Generational Gift
  - Stories are recorded for future generations. Voice, Text & Visual
  - Impact on how others in the family share stories for the next generation(s)

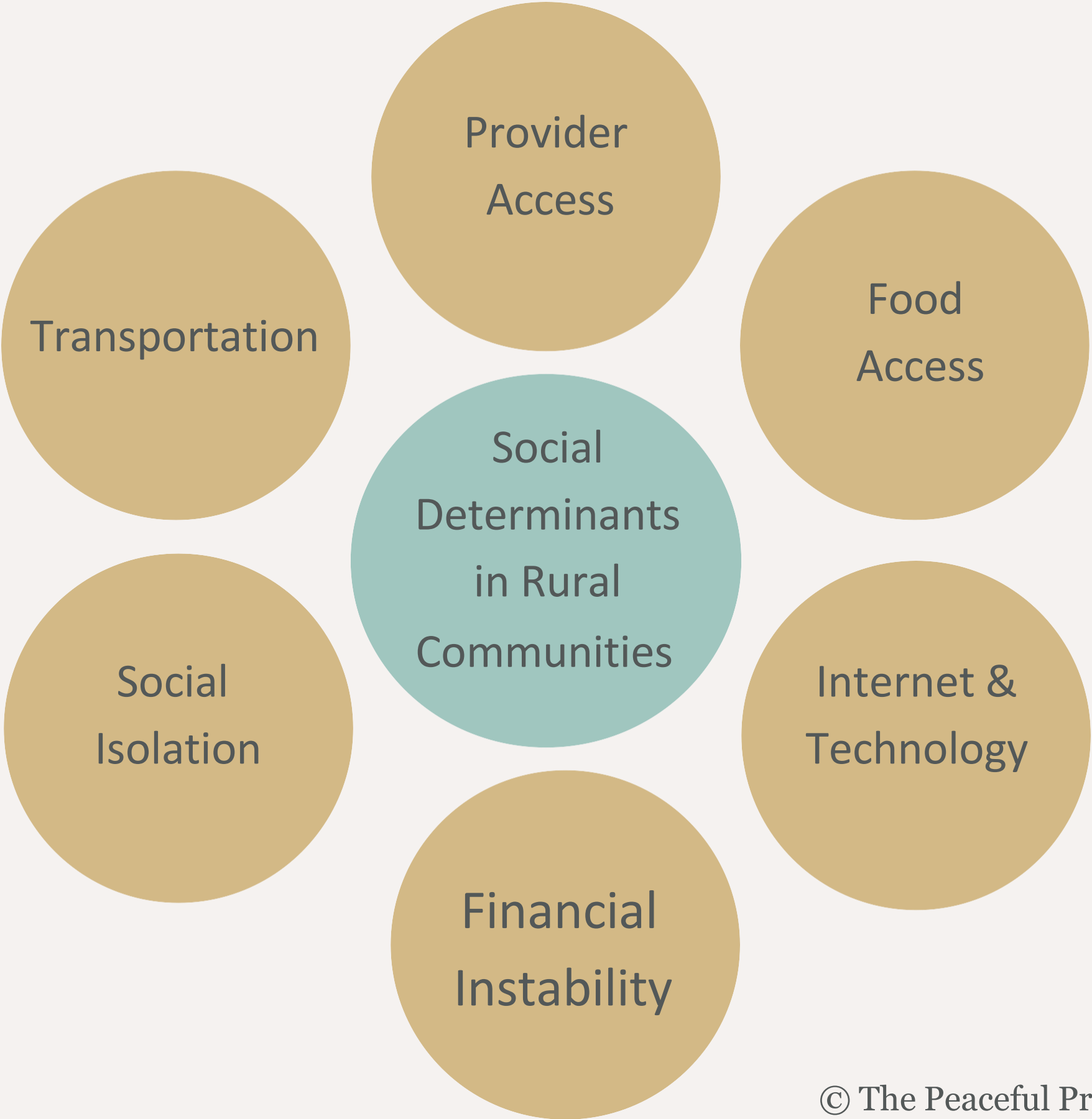


# *End of Life Care in Oregon*

## Availability of Hospital Palliative Care in Oregon



# Factors for Aging Rural Oregonians



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# Oregon-Based Rural End of Life Doula Training

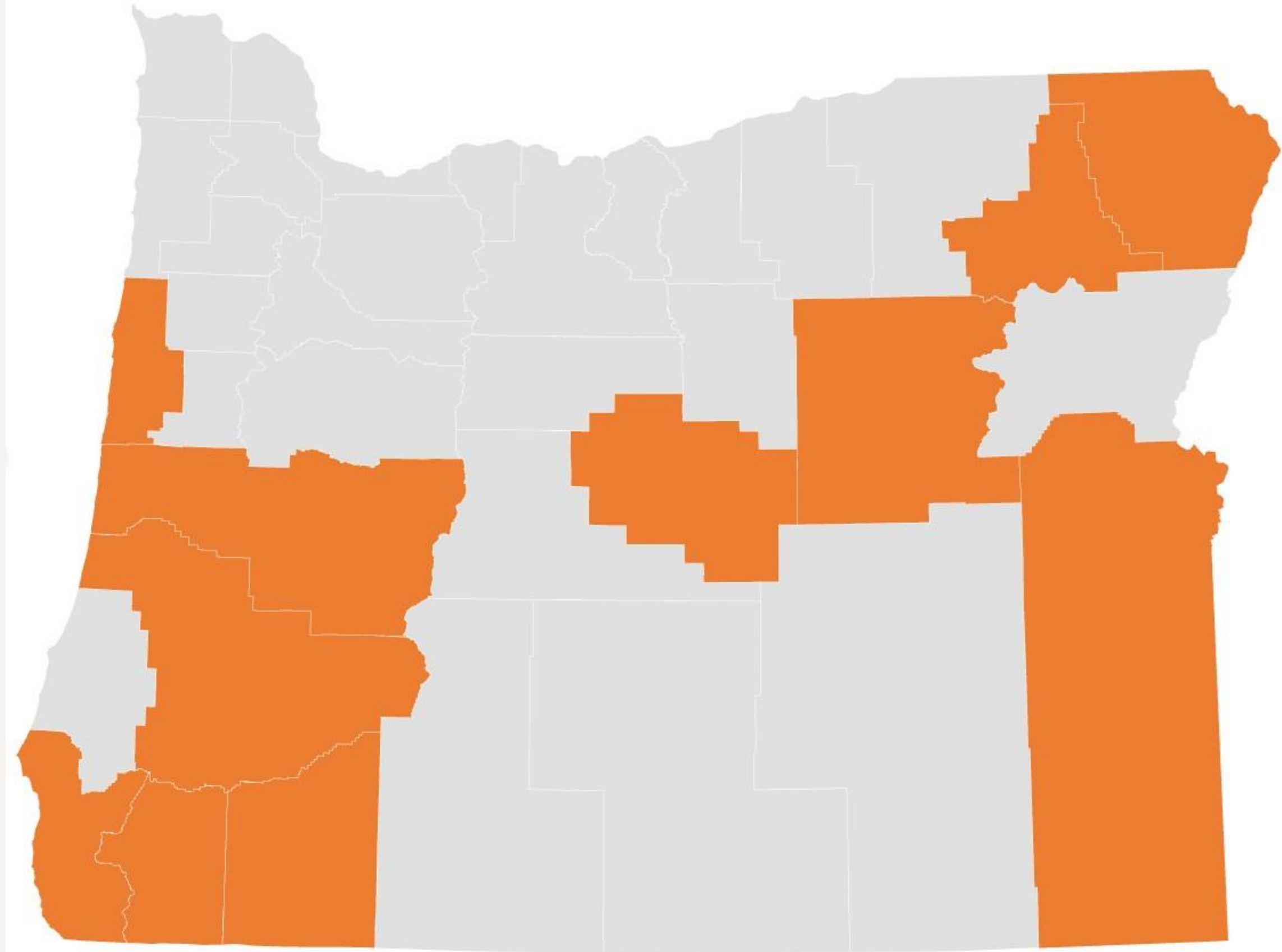
## Process:

- Conducted basic needs assessment
- Secured Funding: Braemar Charitable Trust
  - 14 students
  - 8 weeks of online learning
  - 5 hr in-person immersive workshop
- Recruitment via rural networks
- 75 applicants from across rural Oregon



# Rural EOLD Participant Counties of Residence

■ Oregon



- Wallowa
- Grant
- Union
- Malheur
- Crook
- Douglas
- Lane
- Lincoln
- Jackson
- Josephine
- Curry

# Training Curriculum

- Foundations: Relationship with Self, Others and Systems
- Doula Model of Care:  
Communication, ethics, knowledge set and professionalism
- Doula Skill Set:
  - Grief
  - Family dynamics
  - Legacy and life-review
  - Other supportive interventions
- Inclusive care & cultural humility
- Self stewardship and professional boundaries
- Planning for Care Advance care planning and end of life planning
- Community: Resources, networking and establishing a practice

# **Project Goals**

**Widening the circle of caring  
for patients and caregivers**

**Identifying roles and individuals who can  
embed skillset in existing professions or capacities**

**Expanding cohesive presence of informed community members  
who can support, especially in resource-limited settings**

**Ultimate Goal:  
A more death literate Oregon**

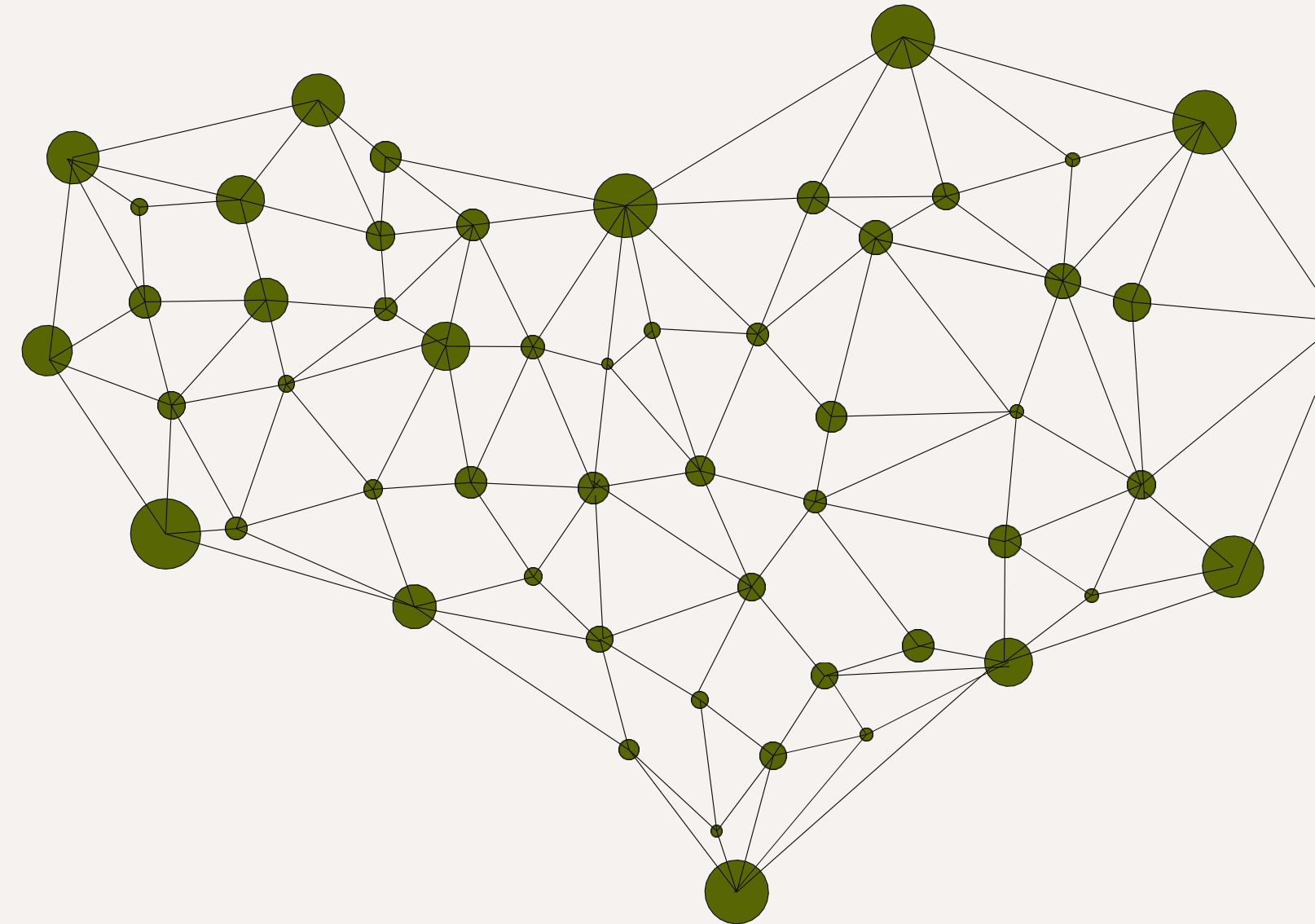


# Statewide Network for Serious Illness Care

- Peer to peer networks established in each county
- Ongoing mentorship and support to encourage best practices
- Referrals and directory for EOL care practitioners

Education and training opportunities for:

- Community Health Workers
- Community-based volunteers (OABHI model)
- Professional end of life doulas
- Paramedicine/EMT
- In-home caregivers



# CHW Education Opportunities

## Palliative Care Continuing Education

Fall 2023

Oregon State University

12 CEUs

4 weeks/ 3 hours per week

- Comprehensive understanding of serious illness care
- 8 Domains of Palliative Care
- Practical support and communication skills
- Advance Care Planning
- Community Stewardship

contact: [erin@thepeacefulpresenceproject.org](mailto:erin@thepeacefulpresenceproject.org) to be notified about enrollment opening

Scholarships available



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# CHW Education Opportunities

## End of Life Doula Training for Rural CHWs

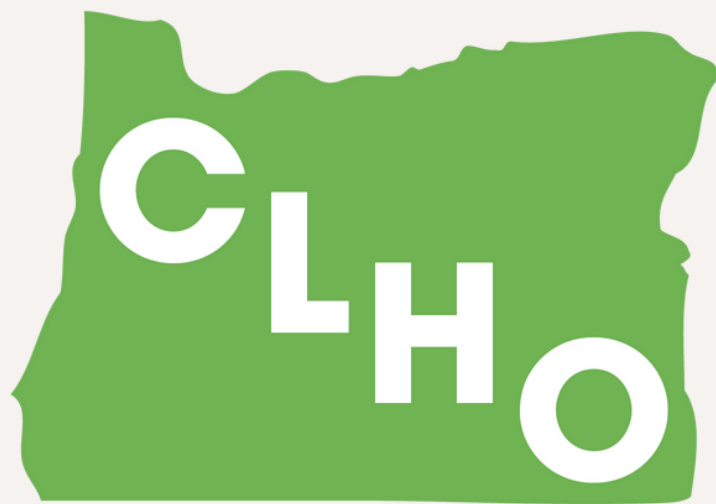
September-November 2023

8 weeks, 6-10 hrs per week

- Relationship with Self, Others and Systems of End of Life Care
- Companionship Skills: active listening, emotional support, vigil support
- Family dynamics, Grief and Loss
- Ritual, Ceremony and Celebration
- Advance Care Planning, End of Life Planning
- Self-sustainability
- Community Outreach and business development

contact: [janessa@oregonclho.org](mailto:janessa@oregonclho.org) to enroll

Tuition is subsidized by Healthy Rural Oregon Program



Coalition of Local Health Officials

*Let's make Oregon a model  
Compassionate Communities State*

# Get in touch with us

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- [www.thepeacefulpresenceproject.org](http://www.thepeacefulpresenceproject.org)
- [info@thepeacefulpresenceproject.org](mailto:info@thepeacefulpresenceproject.org)



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