

# Creating Doulagiver Communities For Aging and End of Life

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## Doulagivers Institute™

# Creating Doulagiver Communities

## Free Resources from Doulagivers Institute

### **Community takes care of community.**

For generations, families and neighbors knew how to care for one another through aging, serious illness, dying, grief, and loss. Much of that knowledge has been lost—but it can be reclaimed.

Doulagivers Institute has created these **free educational resources** so that every community in every county and every country has the knowledge and support they need to once again care for one another. and bring back the concept of “community taking care of community”

Our mission is simple:

**To return the knowledge and sacredness of aging, caregiving, end-of-life, and grief bringing back the concept of “community taking care of community”**

Explore these free resources at:

[Doulagivers.com/Free-Resource-Page](https://Doulagivers.com/Free-Resource-Page)



# Creating Doulagiver Communities

## Start Here:

### **FREE Level 1 Family Caregiver & End-of-Life Training**

Our award-winning 90-minute live training that teaches every family the essential skills of caregiving, what to expect during the dying process, and how to provide comfort and confidence. This is the foundation everyone should have.

### **The Doulagivers 9 Choice Advance Directive**

Go beyond traditional advance directives by documenting the personal choices that matter most to you and your loved ones before a crisis occurs.

## Practical Caregiving Tools:

### **Caregiver Checklist**

A simple guide to help caregivers stay organized, prepared, and confident throughout the caregiving journey.

### **Top Questions to Ask Your Doctor**

Know the most important questions to ask after a serious illness diagnosis so you can make informed decisions and advocate for the best care.

### **End-of-Life Comfort Tracker**

Track symptoms and comfort measures to recognize changes early and communicate effectively with the healthcare team.

### **Caregiver Comfort Kit Supply List**

Essential items that help create comfort, dignity, and peace for someone nearing the end of life.

### **Support System Scheduler**

Coordinate family, friends, meals, transportation, and caregiving responsibilities so no one has to do it alone.

# Creating Doulagiver Communities

## Education & Support:

### **Death Doula Guide**

Learn what a death doula is, what they do, and how this growing movement is helping families around the world.

### **Good Death • Good Life Café**

Join free community conversations that help normalize discussions about aging, caregiving, death, grief, and living fully.

### **Free Family Caregiver Community**

Connect with a compassionate global community for ongoing education, encouragement, and support.

## Grief & Healing:

### **Doulagivers Grief Guide**

Practical tools and compassionate guidance for navigating grief and loss.

### **Doulagivers Forgiveness Guide**

A powerful resource to help release emotional burdens, heal relationships, and find greater peace.

# Creating Doulagiver Communities

## **Specialized Resources:**

### **Palliative Sedation Guide**

Understand what palliative sedation is, when it may be considered, and the evidence-based medical information families should know.

### **Medical Aid in Dying (MAID) Resource Guide**

An educational overview of Medical Aid in Dying, including eligibility, process, and important considerations for patients and families.

### **Voluntarily Stopping Eating and Drinking (VSED) Guide**

This guide is designed to help you understand VSED, prepare thoughtfully, and most importantly, surround your loved one with comfort, compassion, and love throughout the journey.

## **One Thing Can Change Everything**

When families have education, fear becomes understanding.

When communities have knowledge, they become compassionate.

When ordinary people learn these essential skills, everyone has the opportunity for a more peaceful, informed, and supported end-of-life experience.

**Together, we can return the sacredness of caring for one another.**

Explore all free resources at [Doulagivers.com/Free-Resource-Page](https://Doulagivers.com/Free-Resource-Page)



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