**Being an End-of-life Doula from a Distance**

View the April 1, 2020 NEDAlliance webinar by Merilynne Rush and Diane Button [here](https://www.nedalliance.org/).

1. Check in with your feelings. Check in with your clients’ feelings. Be in frequent contact.
2. Step up your self-care — you can’t draw water from an empty well.
3. Know your gifts; now is the time to do what you do best
4. Reach out and make yourself available — many are unfamiliar with facing mortality
5. Advance Care Planning — step up your knowledge
6. Getting into hospice is more important than ever — share what you know
7. Observe your clients virtually; do a head-to-toe assessment and provide comfort measures
8. Life review can be done over the phone
9. Legacy project ideas (by Diane Button)
* The heart letter — help write letters to be send later
* Christmas in April — designate and write notes for precious posessions to give away
* Birthday cards — can be written now with your assistance, to be mailed by you later
* Record the sound of their voice — so they won’t be forgotten
1. Drive by doulas — visit through the window and do something entertaining like dance!

**Resources**

[Shared Decision-making Tool during Covid-19](https://ehospice.com/usa_posts/free-covid-19-shared-decision-making-tool/) — NHPCO

[Hospice Foundation of America](https://hospicefoundation.org/Hospice-Care)

Hospice News — [Hospices Turn to Telehealth to Reach Patients During Covid-19](https://hospicenews.com/2020/03/18/hospices-turn-to-telehealth-to-reach-patients-during-covid-19-outbreak/)

[OregonFuneral.org](https://www.oregonfuneral.org/pandemic_care_guide.html) Resources and Education page has very complete information that is up to date about dying at home, safety, home funeral, disposition options, etc.

[The Conversation Project](https://theconversationproject.org/) Conversation Starter Kit — initiating Advance Care Planning

[Five Wishes](https://fivewishes.org/printfivewishes) printable free online Advance Directive

[StoryCorps](https://storycorps.org) — to record your life story or the sound of someone’s voice

Nurse Educator Barbara Karnes [blog posts](https://bkbooks.com/blogs/something-to-think-about)

American Psychological Association’s [Covid-19 resources](https://www.apa.org/)

[Association of Death Educators and Counselors](https://www.adec.org/) Covid-19 Response Content for Thanatologists

[A guide to well-being during Covid-19](http://www.greatergood.berkeley.edu/article/item) by Rick Hanson