

## *Crossroads House Mission*

**CROSSROADS HOUSE MISSION IS TO  
FUNDAMENTALLY CHANGE THE WAY  
PEOPLE PREPARE FOR AND  
PARTICIPATE IN THE DYING PROCESS.**

### **OUR VISION IS....**

- To provide End of Life Doulas for anyone in the community who desires the services, wherever they reside.
- To educate the community and Healthcare Providers on how to enrich their end of life care.
- To provide the community with knowledge on how to prepare for end of life care.
- To train compassionate volunteers to become End of Life Doulas.



**Crossroads House is...  
"A Gift TO the Community,  
made possible  
BY the Community"**

## *For More Information About Doula Services*



**If you are interested in  
becoming a trained  
End of Life Doula, or desire  
Doula services for a loved one,  
please contact us at anytime**



### **Contact Us**

**(585) 343-3892**

[www.crossroadshouse.com](http://www.crossroadshouse.com)

Email: [ofc1@crossroadshouse.com](mailto:ofc1@crossroadshouse.com)



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## *Crossroads House End of Life Doula Services*

**Enriching  
End of Life  
Comfort Care**



**Ensuring That  
"No One Dies Alone"**

## WHAT IS A DOULA?

**DOULA** is defined as one who accompanies and comforts.

**BIRTHING DOULA** is a person experienced in childbirth who provides information, as well as emotional and physical support, to a mother **before, during** and just **after** childbirth.

### **END OF LIFE DOULA**

- A person who supports and guides people through the dying process. They bring deeper meaning and greater comfort to the dying process.
- They provide emotional, spiritual and physical support to the dying person and family **before, during** and **after** the death.
- The End of Life Doula is specifically trained and experienced in deathbed guidance and support, ensuring an atmosphere of peace and calm.
- The End of Life Doula stays with the dying person and their family 24 hours a day during the active dying process.



*"You matter because you are you, and you matter to the end of your life. We will do all we can not only to help you die peacefully, but also to live until you die."*  
-- Dame Cicely Saunders

## WHY WE NEED END OF LIFE DOULAS?

- As caregivers face the death of their loved one, they often feel exhausted, anxious and direction-less, because they are not given instructions on what to do or expect. End of Life Doulas compassionately offer guidance and education during this special and intimate journey.
- There are only a few end of life comfort care beds in Genesee County. If those beds are not available, the family has the option of sending their dying loved one to a nursing home or care for them at home with very limited resources and support. End of Life Doulas fill this void.
- The End of Life Doula provides support, wherever the dying person is. This may be at home, nursing home, hospital, independent or assisted living facility, group home or at Crossroads House.
- Every human being deserves a good dying experience.

### **BENEFITS:**

- Creation of legacies by doing life review work
- Sense of control with pre-planning
- Optimal symptom control management
- Improved family communication
- Greater emotional and spiritual support
- Respite for family members
- "NO ONE DIES ALONE"
- Less anxiety for all



### **FAMILY TESTIMONIAL**

*"The love, compassion, tenderness and expertise shown by her (doula) was absolutely unsurpassable. Any person fortunate to have Doula assistance in their final hours would be very blessed."*

## WHAT DOES THE DOULA PROGRAM CONSIST OF?

The Crossroads House End of Life Doula program consists of **THREE** phases.

- The **FIRST** phase focuses on life review leading to LEGACY projects that the family and future generations will treasure forever. This is the time for the dying person and loved ones to preplan the bedside vigil in deciding who is to be there at the bedside, special foods, music, aromas and readings.
- The **SECOND** phase, begins when the person is actively dying. The Doula ensures that the wishes of the dying person are carried out. The Doulas assist in comfort care and provide respite for the family by creating a sacred bedside vigil with Doula presence until after death. The Doula keeps the family engaged, answers their questions of fear and explains the signs of impending death.
- The **THIRD** phase is when the Doula meets with the family to reprocess the dying experience, sharing the positive moments in supporting the family as they begin their grief journey.

**The goal of Crossroads House is to enrich care at end of life, wherever people die, ensuring that it is a "good death" and no one dies alone.**

