



END OF LIFE DOULA ASSOCIATION OF CANADA

August 8th, 2020

Dear Canadian Hospice and Palliative Care supporter,

Let us introduce ourselves.

I am sure by now you have heard the term Death Doula or End of Life Doula in and around your workplace. I want to take a minute and introduce our Association, our mission, vision and how we support quality end of life care in Canada. Our Association is made up of a community of professionals such as nurses, social workers, funeral directors, and other persons committed to pursuing excellence in end of life care. As a self-regulated profession, we believe in regulation as a means of quality assurance and continuous improvement, accountability and setting professional standards to gain acceptance in the palliative team.

The End of Life Doula Association recognizes that there have been misconceptions regarding our scope and the role a Doula plays when supporting a dying person and/or a family. An End of life Doula empowers, educates, and encourages clients and their families to be involved in making decisions. This support is non-medical and is specific to that person's needs, beliefs, and desires. In most cases Doulas are not present for vigiling or at time of death as the Doula has prepared the family and ensured other supports are put in place for this time. A Doula adds another support to the palliative team and does not replace any team members; nor does a Doula seek to dissuade a person from accessing hospice or all of its resources.

The Doula approach is holistic, individual, person-centered quality care. We see death as a process rather than an event, taking place over time. We see building relationships with the dying person as the key to supporting them in their journey. We see a person as being made up of a unique set of circumstances and beliefs. We see the person as an individual.

The Vision of the End of Life Doula Association is to raise the standard of End of Life Care. Our Mission is to promote high quality End of Life Care (EOLC) by setting the standard for the Doula profession through membership and education/training based on need and recommendations made by the Ministry of Health, health authorities and outside agencies.

We hold shared beliefs of advancing and advocating for quality end-of-life/hospice palliative care in Canada as the Canadian Hospice and Palliative Care Association of Canada and we are committed in taking direction from and sharing knowledge set out by the CHPCA. Our Association is also invested in persuading public policy and raising awareness of what quality end of life care in Canada can look like. Public education is another key area that our Association is committed to. Moreover, the Association has educated over 2000 Canadians in Advance Care Planning from Nova Scotia all the way to British Columbia. We believe that quality end of life care should be transferable and accessible in any location by any person living



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in Canada and that providing education of available resources and planning tools is key to achieving the most appropriate experience.

We extend our hand to you in collaboration and partnership for any future endeavors you may see fit. Our professional community of practice is committed to achieving success in providing and enhancing quality hospice and palliative care. We are asking to be a valuable member of the palliative team and build a relationship with the CHPCA and local hospices. We welcome and will share with our Doulas and our supporters any public information that you provide us with in our newsletter and on our social media pages. Our commitment to you is to continue to keep up to date with initiatives, educational opportunities, and ensuring our Doulas are in good standing* with the Association.

Thank you for all that you and your affiliates do to improve hospice palliative care here in Canada.

Jennifer Mallmes Bgs, RCHW

Director, End of Life Doula Association of Canada

* All Members of the End of Life Doula Association of Canada are reviewed by our board as well as holding a clean criminal record check as well as a minimum of 40 hours experience and education from a recognized End of Life Doula program.