

DONNIA ANASTASIA, AHC, ABS, LMP, EOLD, BFA

DONNIA & Co.

HOLISTIC HEALTH + WELL-BEING

WORK WITH ME

End-of-Life Doula

A holistic service of comfort, care and respectful, compassionate advocacy for the dying and their families

FREE CONSULTATION

Standards & Specific Holistic Offerings:

Standard Core Components of the Doula Model of Care

- Non-medical support. Doulas refrain from performing any clinical or medicalized tasks.
- Non-judgmental support. The doula does not impose her/his values on the client such as acting on biases in favor of one method.
- Family-centered approach. The individual and their family form the unit of care. Doulas do not take the place of partners, family members or other care providers.
- Holistic care. Doulas recognize the biopsychosocial and spiritual aspects of the whole person and provide services in the context of this understanding.
- Empowerment. Doulas promote informed decision-making and foster maximum self-determination for the individual and family.
- Team members. Doulas are team players with a special role.



DONNIANASTASIA.COM

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My Holistic Approach

There are 5 aspects of our being that could be addressed in specific ways by me. Here is a listing of those specific roles and services I can provide.

Select the elements of care you would prefer or are interested that I share with you (my client) and your family.

GENERAL/UMBRELLA ELEMENTS of CARE

- **Advocacy.** Compassionate and respectful Advocacy for client - at any stage
- **Presence.** Good listener, witness, calming influence, nurturing, support for troubleshooting challenges.
- **Emotional support.** Always part of the doula's role.
- Information sharing. Education as needed and desired, non-biased and evidence-based.
- **Proactive guidance.** Anticipating needs and making a plan.
- **Resources and referrals.** Making referrals to appropriate community resources and care providers, thereby increasing access to all available services.
- **Logistical support.** Can include household help, running errands, transportation to medical appointments and so on.



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The following are what I can offer your loved one and the immediate family:

PHYSICAL

- Comfort measures and physical support. Can include hands-on comfort techniques, help with positioning, visualization, use of the breath, and so on.
- Stress, Overwhelm + Anxiety Management with
 - Massage Therapy - including light bodywork in all areas that do not contradict current medical treatment, head and scalp massage, facial treatments, foot treatments, mini shirodhara
 - Breathwork
 - Sound therapy
 - Guided Meditation/Prayer
- Light movement facilitation
- Daily + Seasonal Routines
- Assistance with gardening

MENTAL

- Conversations about the death and dying transition process
- Caregiver support
- Visualization + Guided Imagery

SPIRITUAL

- Conversations about the unknown, death and dying process
- Sacred Space planning and arranging (photos, music, flowers)
- Non-judgmental connection with your beliefs
- Ordained Minister



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EMOTIONAL

- Listening
- Unconditional Love and Support
- Respect and Dignity for your wishes
-

ENERGETIC

- Reiki Therapy
- Chakra alignment
- Sound Therapy
- Cranio-Sacral Therapy
-

OTHER

- Driving back and forth within 100 miles*
- Destination/Short Term Care and support - unlimited
- Morning and Afternoon attending and sitting, other times by need
- Advanced Health Care Directives, Lawyer Coordination
- Organizing of medical, hospice, financial, funeral - paperwork, staff and volunteers
- Research
- Reading aloud
- Watching documentaries
- Writing Stories/memoirs
- Journaling
- Art + design + video creation
- Education
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