

# Living With Death

## LEARN Idaho March 14, 2024

### End-of-Life Doulas Idaho



Support, education and community for  
living with death, dying and grief.



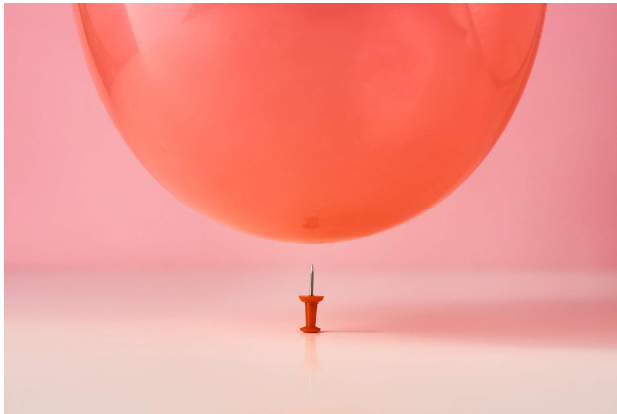
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Hope is **NOT** a  
Plan!



What are the 3 most  
important things for you  
to have at your  
End-of-Life?

# Statistics

## Fact:

There are 76.4 million Baby Boomers living in the United States.

**20% of them do not have their own children to act as caregivers.**

(Source: US Census Bureau)

## Fact:

By 2030, 1 of every 5 people in the US - or 20% of the nation's population will be age 65 or older.

## Fact:

9 out of 10 people want to be kept at home if they become terminally ill. (Source: US Census Bureau)

**Over half are dying in the hospital or long-term care facility.**

## Fact:

In 2034, adults aged 65 and over will outnumber children aged 18 and younger for the first time in U.S. history.

(Source: US Census Bureau)

**The number of people aged 65 and over is projected to increase from 52 million in 2018 to 98 million by 2060.**

## Fact:

As the number of elderly people is increasing, the number of medical professionals is decreasing. (Source: US Census Bureau)

**By 2023, U.S. could see a shortage of 120,000 physicians** (Source: US Census Bureau) **and the US will need 12 million new nurses.** (Source: ANA American Nurses Association)

## Fact:

An estimated 117 million Americans needed assistance of some kind in 2020, yet the number of unpaid caregivers only reached approximately 45 million. (Source: Forbes)

# Where does the word doula come from?

It comes from the Greek word *doule*, which translates to mean HELPER.



## What is a **Death** Doula?

A Death Doula or End-of-Life doula provide **non-medical support**, companionship, guidance, education and comfort to people who are dealing with a terminal illness or death.

# Our Mission

- Our goal is to offer service to our entire community regardless of age, race, gender, sexuality, economic status, religion, or ideology. We believe that anyone who wants support in their dying time should have it. We believe we are the most effective when we can thrive our own unique area of interest and expertise. The health of our organization depends on the diversity of our group. We need many different voices contributing to the enthusiasm and reverence of our deathcare.
- We acknowledge the complex stigma and taboo that exists as part of the conversation around death. We aim to walk along side our clients without agendas or expectations, to simply support them where they have need. We believe that a well informed and supported client can face mortality with a greater sense of peace. We strive to provide our community easy access to information and resources around death, dying, final disposition, legacy projects, and grief.



Each dying person  
and their loved ones'  
needs are unique.  
So are the services  
offered by  
Death Doulas.



# Support Offered



# What do Death Doulas Do? Here are a few things:

- Provide non-medical support, compasnionship, guidance, education and comfort to those who are dying and to their families.
- Meet the community's need for easy access to comprehensive death care support.
- Assisting with physical and practical care to ease the burden on caregivers.
- Explaining signs and symptoms of the dying process.
- Help create the space for their clients to have the opportunity to speak openly and honestely about their dying process.
- Exploring the meaning of the dying person's life and legacy.
- Discussing and supporting end-of-life care planning, funeral and ceremony services.
- Guidance for loved ones during the grieving process.



# Education

**OPEN  
TO  
THE  
PUBLIC.**



## **LIVING WITH DEATH**

HELD BY:  
THE END-OF-LIFE DOULAS OF IDAHO

**THE 2ND  
WEDNESDAY  
OF EVERY  
MONTH  
7PM-8:30PM**

**EDUCATION.  
CONVERSATION.  
SUPPORT.**

HOSTED BY:  
ALSIP & PERSONS  
FUNERAL CHAPEL

404 10TH AVE S,  
NAMPA, ID

**NO REGISTRATION REQUIRED    EOLDOULASID.ORG    (208) 261-1906**

**Thank you!**

**Karen Midlo & Christine Soza**  
**End-of-Life Doulas**  
**LEARN Members**

**End-of-Life Doulas**  
**Idaho**



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