# Kari Ann Forbush

END OF LIFE DOULA

AMICUS
MORTIS

# *End-of-Life Doula Support*

- *Dementia & Aging Care Education*
- *Family Caregiver Support & Coaching*
- *Legacy & Life Review Work*
- *Living Funerals*
- *Death Doula Training & Professional Development*

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# P . A . C . E .

## WHEN WORDS STOP WORKING

-Relational Communication-

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# P PAUSE

BEFORE YOU CORRECT, EXPLAIN, REDIRECT OR REACT

- WHAT AM I FEELING RIGHTNOW?
- CAN I SLOW THIS INTERACTION DOWN?
- WHAT HAPPENS IF I GIVE THEM 3 SECONDS?

**MY PAUSE PLAN:**

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# A ATTEND

LISTEN BEYOND THE WORDS

**WHAT EMOTION MIGHT BE UNDERNEATH IT?**

FEAR • FRUSTRATION • NEED FOR SAFETY • CONFUSION • LONELINESS • GRIEF • NEED FOR CONTROL • ANGER • NEED FOR CONNECTION • OTHER:

**WHAT MIGHT THEY ACTUALLY BE TRYING TO COMMUNICATE?**

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# CONNECT

CAN I MEET THEM WHERE THEY ARE?

**INSTEAD OF CORRECTING THE FACTS, TRY:**

- "TELL ME MORE."
- "YOU SEEM REALLY WORRIED ABOUT THAT."
- "THAT SOUNDS IMPORTANT TO YOU."
- "I CAN SEE YOU'RE LOOKING FOR _____."
- "TELL ME ABOUT _____."

**WHAT COULD I SAY THAT ACKNOWLEDGES THE EMOTION?**

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# E EXPLORE

WHAT MIGHT HELP US MOVE TOWARD CONNECTION?

THERE ISN'T ALWAYS ONE "RIGHT" RESPONSE. TRY ONE:

- ☐ ASK A CURIOUS QUESTION
- ☐ OFFER A CHOICE
- ☐ MIRROR THEIR EMOTION
- ☐ USE HUMOR APPROPRIATELY
- ☐ VALIDATE BEFORE REDIRECTING
- ☐ CHANGE THE ENVIRONMENT
- ☐ SIMPLY STAY PRESENT
- ☐ TRY AGAIN DIFFERENTLY

**MY RESPONSE:**

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## AMICUS MORTIS SERVICES

- END-OF-LIFE DOULA SUPPORT
- DEMENTIA & AGING EDUCATION
- FAMILY CAREGIVER COACHING
- LEGACY & LIFE REVIEW
- LIVING FUNERALS & CELEBRATIONS OF LIFE
- BUCKET LIST & LAST-ADVENTURE EXPERIENCES
- DEATH DOULA TRAINING & CAREGIVER DEVELOPMENT

## SPEAKER SESSIONS & INTERACTIVE WORKSHOPS

- P.A.C.E. — RELATIONAL DEMENTIA COMMUNICATION
- CALMING THE BEAST AT ANY AGE — FUN BREATHWORK WITH BUBBLES, BALLOONS & KAZOOS
- ALSO SESSIONS BUILT TO SUIT

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