

**Doulagivers**  
**"The Good Death"**  
**Advance Directive**  
**(9 Choices Document)**



**Doulagivers Institute™**

# Doulagivers “The Good Death Blueprint” Advance Directive (9 Choices Document)

**The Greatest Misinformation about Advance Directives I Understand** that an Advance Directive is not legally binding and that a medical doctor in the US has the right to not follow my wishes and the law is on their side.

I understand that my wishes in this document are to give direction to my loved ones and medical team, but I know that ***I MUST transfer the relative information here to a POLST form (or your states equivalent- Most US states have the POLST form.)*** when I become seriously ill and the POLST form is a legally binding medical order, filled out by your doctor and must be followed by ALL medical staff.

## **Doulagivers Pearls: an AD is NOT legally binding**

\*\*\*\*Simply transfer the choices that you have ALREADY MADE in your ***Doulagivers “The Good Death” Advance Directive (9 Choices Document) to a POLST form when you become seriously ill and you now have your choices in a legally binding document.***\*\*\*\*\*

## **CHOICE 1:**

The First choice I make is to share when I subjectively deem that quality of life is no longer there and I do not want extensive measures to “keep me alive” when there is no quality of life.

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## What Is Quality of Life to Me?

When quality of life is no longer there for me as I have declared below, I do not want my life extended through artificial means of feeding/breathing/surgeries or procedures.

## **When I can no longer:**

***Please check ALL the boxes that apply. I do not want my life extended.***

- Recognize my loved ones
- Feed myself
- No longer mobile
- Care for myself with ADL's

**\*\*\*\*Please add in anything else you would like to in the space below\*\*\*\***

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## **CHOICE 2:**

**At the end of life, I would like to be cared for in the following way:**

### **Practical Care:**

Where?

By Who?

Comfort Preferences? Clean, warm and pain below 4

Food Preferences?

Pet preferences?

Visitors- Who/When/How long

### **Physical Care:**

Nails done

Hair done

Warm blankets

Reflexology

Massage

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## **Emotional Care:**

With Dignity

With Respect

With Love

With Non-judgement

With Kindness

With Compassion

With Joy

**\*\*\*\*Please add in anything else you would like to in the space below.\*\*\*\***

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## CHOICE 3:

The person I choose to speak MY wishes that I have **ALREADY** chosen if I cannot speak for myself is:

**Doulagivers Pearl:** The HCP ***does NOT make medical decisions for you***- they **SPEAK** the decisions that you have already made. A huge difference.

## Important Doulagiver pearls for choosing a HCP:

- Does not need to be a relative.
- Does need to be 18 years of age or older
- DOES need to be someone who is **COMFORTABLE** with what you are choosing.
- Preferably someone that lives in close geographical distance so that they can "catch" the doctor on rounds in the hospital.

**\*\*\*\*Please pick a primary and a secondary HCP and write the information below\*\*\*\***

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## CHOICE 4:

**What do you want your family and loved ones to know?**

### Examples:

- I'm sorry if I ever hurt you.
- I love you.
- I forgive you
- Don't be afraid
- Don't be sad.
- Please treat me as you always have.
- Please continue to talk to me even when I'm in my sleeping coma.

**\*\*\*\*Please add in anything else you would like to in the space below\*\*\*\***

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# **Doulagivers "The Good Death Blueprint"**

## **Advance Directive**

### **(9 Choices Document)**

#### **CHOICE 5:**

##### **For Your Sacred Vigil Period:**

The vigil period is the time right before someone dies. It usually last anywhere from hours to 3 days. The person is usually in a deep sleep coma at this time. They can still hear you.

Death of the body is a sacred right of passage and should be treated as such. Creating an environment that fosters and supports this experience can be a beautiful thing.

Choose everything you want! This is about you and your journey. We are all here to support that.

##### **Answer all the questions that apply below:**

- Who do you want to be there?
- What music
- Prayers
- Readings
- Smells,
- Lighting
- Flowers
- Pets
- Outfit for viewing picked out?



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**\*\*\*\*Please add in anything else you would like to in the space below\*\*\*\***

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## **CHOICE 6:**

### **At My Time of Death, I Choose:**

- How long staying at home
- Special stories/readings
- Who do you want to wash and dress your body?
- How long would you like to be kept at home after death?
- Is there a plan in place? Check with NHFA for state regulations and a Guide.

**\*\*\*\*Please add in anything else you would like to in the space below\*\*\*\***

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## **CHOICE 7:**

**Disposition- Where I want to Be laid to rest - The choice is yours!**

What I choose to have done with my body after I die.

There are several choices available today. Many of which are environmentally, financially and spiritually healing.

Take your time and choose the choice that is best for you.

**\*\*\*\*\*Doulagivers Pearl\*\*\*\*\*You do not spend a lot of money to honor your loved one.**

( List of Pros and Cons )

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## **CHOICE 8:**

### **Life Celebration/Memorial**

The way I choose to have family, friends and loved ones celebrate my life.

- Where?
- Food?
- Music?
- Guest list?
- Eulogy: who should do it?
- Eulogy: 1st person?

**\*\*\*\*Please add in anything else you would like to in the space below.\*\*\*\***

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## CHOICE 9:

### Ongoing Honoring

We never stop missing the ones we love- and we do not have to. Commemorating the love they have brought to our lives on a regular basis, is not only beautiful, it allows our grief to shift into a healthy honoring and a knowing that the love this person brought to our lives is ALWAYS available to us.

End of life grief and bereavement does not end after two weeks. Let your loved ones know how and when you want to be honored in their lives after you are gone. Be specific, make it personal and joyful.

- Every birthday
- Or every anniversary

**\*\*\*\*Please add in anything else you would like to in the space below.\*\*\*\***

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**Witness Sign** \_\_\_\_\_

**Date** \_\_\_\_\_

**Witness Sign** \_\_\_\_\_

**Date** \_\_\_\_\_