



Gillian Drew

**B. IM. B. HSc. End of Life Doula, Kinesiologist,
Meditation Teacher, Reiki Practitioner**

Gillian is a caring, compassionate therapist who shares a wealth of skills in intuition and practicality to support her clients' journeys.

While maintaining a 20+ year career in information management, Gillian has built a small business guiding women on their personal journey of self-awareness, understanding, and change towards a life that aligns with their sense of self.

As an End-of-Life Doula, Gillian assists those wanting to plan for an end-of-life experience that is also in keeping with their sense of self and life values.

Services available:

- ▶ Phone consultation and support
- ▶ Family/support team assistance
- ▶ Post prognosis support
- ▶ Coordination of documentation, services and support
- ▶ Health care appointment support
- ▶ Liaison with medical and others involved
- ▶ Vigil planning
- ▶ Personal 1:1 and vigiling support for the person at end of life
- ▶ Support in arranging 'after passing' care and needs
- ▶ Compassionate support for family and friends

Enquiries

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Gillian Drew End of Life Doula



*Mostly it is loss
which teaches us about the worth of things.*

~ Arthur Schopenhauer ~

What is an End-of-Life Doula?

An End-of-Life Doula is someone who provides **support, guidance, and assistance** to help a person (and their family and friends) navigate a life-limiting diagnosis or the end of their life.

Support may also be sought by someone who is living well and would like to **make plans** and **arrange documents** relating to their end of life although it may seem a long way off.

Having assistance during this time can help bring **clarity and certainty** to the practical matters as well as **comfort and reassurance** on an emotional level.

As a **non-medical role**, an End-of-Life Doula is not there to replace medical or palliative care services. Rather, an End-of-Life Doula may assist with medical team liaison, appointment attendance, and debriefing on appointments to ensure you **understand where you're at and have the information you need**.



Support Services for End of Life

Receive support with practical matters:

- ✓ **Assistance with documentation that will guide decision-making** about your health care and property at the end of your life (or at any point before that) should you be unable to make decisions yourself.
- ✓ **Support in locating and accessing information, resources, and services** so you can make informed decisions.
- ✓ **Support and guidance in planning for a 'good' death** that fulfils your personal, spiritual, ethnic, and cultural needs and desires.
- ✓ **Coordinate practical arrangements and specialists** for management of matters such as property, animals, and finances.

Assistance for small business owners:

- ✓ **Support with mapping your business systems and services** to enable your business to be closed or transferred as per your wishes at the end of your life.

Support Services for End of Life

Receive comfort for mind, body and spirit:

- ♥ **Assistance with creating an intimate, peaceful, and spiritual transition** at the end of life.
- ♥ **Comfort and support** throughout the end-of-life and after-passing journey for all involved.
- ♥ **Compassionate listening** to shared concerns and fears, hopes and dreams, plans and desires.
- ♥ **Companionship** while transitioning through stages of awareness, understanding, and change.
- ♥ **Complementary care** through:
 - ♥ Reiki
 - ♥ Aromatherapy
 - ♥ Kinesiology
 - ♥ Relaxation massage
 - ♥ Meditation

