



Rubicon's Edge
Consulting

We're Doing Death Dead Wrong

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I. How Society's Approach to Death is Lacking

- A. Cultural avoidance and fear of death
 - 1. Euphemisms and Medical Jargon
 - 2. Institutionalization of death → Segregation of death & dying
 - a. Fear of the unknown
 - b. Avoidance of difficult topics
 - c. Cultural expectations & taboos
- B. Overemphasis on extending life at all cost
- C. Lifespan vs. Healthspan
- D. Medical professionals' ingrained belief that death = failure.
- E. Lack of support for the dying and the bereaved

II. Death Doulas and the Benefits they Bring

- A. Define role of a Death/End-of-Life Doula
- B. Contrast with hospice services
- C. Doula training, certification, philosophy
- D. Benefits for the dying
- E. Benefits for families
- F. Holistic logistical, emotional, and spiritual support and presence
- G. Education
- H. Grief processing

III. How Legal Professionals Can Help Normalize End-of-Life Discussions

- A. Suggested Changes:
 - 1. Begin your estate planning consultations with a Values Statement; and follow-up regularly to ensure those values have not changed.
 - 2. Expand Advanced-Care planning options



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3. Other end-of-life planning tools
 - a. Dementia Directives
 - b. End-of-Life Feeding Plans
 - c. Right to Control Disposition of Remains
 - i. If relevant, may also include the dying person's instructions regarding last rites, ceremonies, etc.

B. How/When to Involve a Death Doula

1. Benefits for your clients in various situations
 - a. As an advocate and guide
 - b. Navigating medical systems
 - c. Helping identify and establish legacy projects
 - d. Ensuring your client's wishes are followed
2. Introducing an EOL Doula through your practice
 - a. Establish clear, written parameters around attorney/client privilege and other ethical issues that might arise for both the attorney/firm and the doula
 - b. Determine working constraints
 - i. Refer your clients to doulas; or
 - ii. Hire a doula as a limited contractor working within your practice
3. Collaboration possibilities between attorneys and doulas
 - a. First-Steps Advanced Planning Seminars
 - b. Values Statements
 - c. Right to Control Disposition of Remains

IV. Summary & opportunity for deeper dialogue

V. Resources

