

## Services we can help facilitate:

*These services can be stand alone or grouped as needed.*

- ◆ Paperwork assistance for Advanced Directives:
  - Durable power of attorney for health care
  - Health care directive (Living Will)
  - POLST
- ◆ Document organization
- ◆ Writing a Death Plan
- ◆ Setting sacred space for the Dying
- ◆ Pre-death blessing
- ◆ Death facilitation
- ◆ Post-death blessing
- ◆ Ceremonial washing of the body
- ◆ 3 Day Vigil (Set up, facilitate, participate, run)
- ◆ Facilitation of body container decoration and/or blessing (casket, shroud, box/urn)
- ◆ Energetic clearing of the space after removal of the deceased.
- ◆ Blessing services or ceremony at home, funeral home, cremation facility, grave side or other location.

## Our Mission

A Sacred Passing will introduce a wide array of options for end-of-life care.

We offer planning, education, coaching and facilitation to fully support your end-of-life choices.

We help you have the highest quality of life possible right up to the end.

We are a supportive companion and guide to assist you towards a more conscious dying experience.

# A Sacred Passing



## Death Midwifery Services

*A supportive companion to guide you through your end-of-life journey.*

- ◆ *Non-medical*
- ◆ *Comfort measures*
- ◆ *Reclaim the right to die at home*

# A Sacred Passing

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## How can we help?

The goal of the Sacred Passing team is to assist you in making plans early in your life for what you would like done as you come to your end-of-life. We can help you write up those plans, get organized, have the conversation with your family and support network, connect you with resources you may need along your journey and be there to support you and your loved ones in the dying process and into the final resting of your body and the healing process of the ones left behind.

The team at A Sacred Passing are grounded, loving, compassionate people who speak with one voice and provide a unified level of care and presence.

### Working Together

The Sacred Passing team works hand in hand with local Hospice and Palliative care teams as well as other health care practitioners and care partners. We strive to create an interconnected web of support for end-of-life care.

### Medical

Though A Sacred Passing does not provide medical care, we are happy to help connect you to the resources you need medically.

### Timing

You don't have to be at the end-of-life to use A Sacred Passing. It is best to have your thoughts and plans about the future well defined and redefined as you go through all stages of life.

## What is a Death Midwife?

A Death Midwife is a trained professional with expertise and skills in supporting the dying person and their support network of family, loved ones and friends, to maintain the highest quality of life during the end-of-life process. Death Midwives are often called Home Funeral Guides.

Death Midwives provide the dying person with individualized care uniquely suited to their physical, mental, emotional, spiritual and cultural needs. They are a non-medical supportive companion and guide to assist the dying person toward a more conscious dying experience. A Death Midwife usually offers a variety of options and seeks to minimize unnecessary interventions at the end of life.



### The Vigil

The vigil or wake, happens when the body of the deceased is kept at home for up to three days. The 4 main reason for doing a vigil are these: In this process we honor the spirit of the deceased, it creates a deeper connection into and through the grieving cycle for the family and friends, helps bring death back as a natural process into the community culture and lastly, support the absorption of the sacred elements back to source.

- ◆ Believes that death and dying are a normal life process.
- ◆ Understands the physiology of death and the emotional needs of the dying.
- ◆ Assists the dying person preparing for and carrying out the death plan.
- ◆ Stays by the side of the dying person throughout the dying process.
- ◆ Provides emotional support, physical comfort measures, an objective viewpoint and assistance to the dying person in getting the information they need to make good decisions.
- ◆ Facilitates communication between the dying person, their support network and the medical providers.
- ◆ They often help the dying to leave the body in the most graceful, supported manner possible.
- ◆ Can offer spiritual support as appropriate for the dying person and supporters.
- ◆ Empowers families to reclaim the healing ritual of a home vigil or wake and the possibility of a funeral at home.
- ◆ Preparing the body for burial or cremation.
- ◆ Filling out the death-related paperwork such as death certificate.
- ◆ Can help facilitate the transportation of the body.
- ◆ Can help facilitate the final disposition.