

AMY AVERETT

CERTIFIED END-OF-LIFE DOULA

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Rings of Care



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WHAT ARE RINGS OF CARE?

The person with the terminal diagnosis is always at the **center** of the circle. Those who are closest to them are in the inner rings, with other caregivers, neighbors and friends in the outer rings.

According to **Ring Theory** (Silk and Goodman), comfort and support should always flow inward, with people in the outer rings supporting those in the inner circle. Emotional venting and processing flow outward, **away** from the people carrying the heaviest load.

As a doula, I am directly supporting the person in the center of the circle and their immediate caregivers and loved ones.

AVAILABLE SERVICES

ADVANCED PLANNING

Preparing for a Strong Finish

- Assistance with hard conversations
- Preparing advanced directives and other care planning documents
- Community education on end-of-life issues

FOR CAREGIVERS

Support for the Inner Circle

- ***Being Mortal*** book discussion group - 8-week small group sessions
- One-on-one coaching and support sessions
- Referrals to other providers and agencies
- Facilitating difficult conversations

END OF LIFE CARE

In-Depth Support at the End

- Home visits
- Completing legacy projects, such as memory books or letters to family members
- Sitting vigil with the dying person and their loved ones
- Memorial event planning and support