

END-OF-LIFE SUPPORT



Hospice SLO County's end-of-life companions provide non-medical, holistic support and comfort to the dying person and their family, which may include education and guidance; emotional and spiritual support; and practical care. End-of-life companions do not replace the services of a medical hospice or home health palliative care; they enhance it by providing an additional layer of support and more hours of coverage for the family. Our volunteers do not administer medication or provide skilled nursing care or services.

Examples of services volunteers may provide:

- Facilitate informed decision-making discussions and provide education as desired
- Provide education as desired regarding what to expect during the dying process
- Assist the individual and their loved ones in planning how they would like the last days to unfold
- Assist in creating meaningful legacies and rituals to honor the uniqueness of the dying person
- Utilize relaxation techniques to assist in pain and anxiety alleviation
- Respite for caregiver(s)
- Based on volunteer availability we provide bedside presence, if requested, during the final days of active dying
- After death care
- Practical assistance with documentation and notifications, memorials, celebrations of life, and remembrance ceremonies
- Support loved ones in the early days of grief