

Deathcare

Where does non-medical care fit in?



A Sacred Passing Death Midwifery &
Community Education



A bit about A Sacred Passing and why I am here today

Our Mission

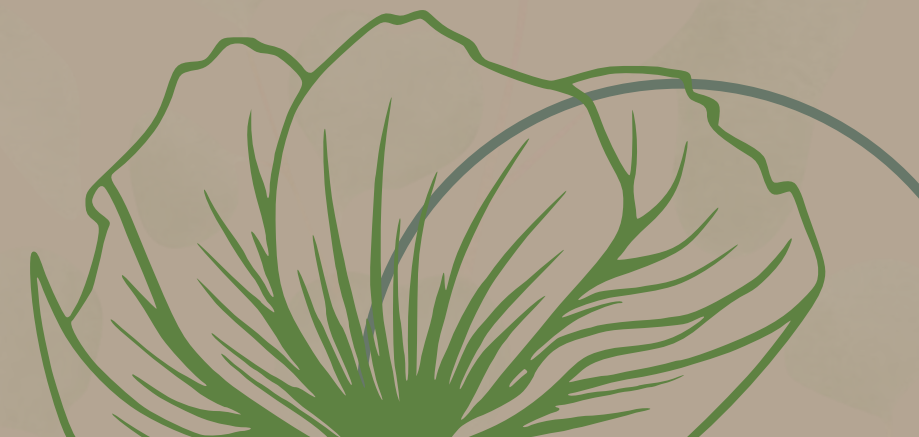
A Sacred Passing's mission is to guide and assist people towards a more conscious dying experience while honoring individual autonomy. In the community, we work to actively dismantle systems of oppression as they present in death and dying through education, care, and advocacy.

A Sacred Passing offers death and dying education to individuals, community associations, and medical organizations. Our organization educates, collaborates, and shares ways to be supportive nonmedical companions.

Core Values

The crew within A Sacred Passing is made up of people, primarily in traditional Duwamish land (Seattle, WA), who work in the community to create and sustain authentic partnerships in death care through consent, inclusivity, and active interruption of oppression.

Acting on these core values includes building access-focused, anti-racist, and gender-inclusive environments, death doula trainings, educational offerings, community events, and resources.



Programming Offered

Deathcare Education

Several different opportunities for those who wish to learn & broaden their existing care practices to include practical end-of-life and death care skills. Our death care trainings are a dive into the nonmedical world of care. The act of tending to the physical, emotional, practical, and spiritual care of the living, dying, and dead.

A Place to Die

In Washington state, residents have a choice in their end-of-life options; even with that choice, access to exercising one's choice can be limited by care facilities or support networks. A Place to Die offers the space for people to ingest their medication, complete the VSED process and increase the community's access to death care.

Community Care Events

Tending to people living is a big part of what A Sacred Passing does. Grief groups, art nights, garden parties and meals are all ways that we honour these lives we are living and

Asphodel House

Asphodel is a home donated to A Sacred Passing by Sally Bailey in 2023. This home houses the program A Place to Die, a community deathcare in residency program, an Art and Death Residency Program, community events, and a grief garden.

Community Care Offerings

Medical Aid in Dying Grief Group

Death and Art Cafes

Suicide Suppers

Quaking in America Book Club

Movement for Grievers

Une Bonne Mort

Blooming with Grief

Sunday with Grief

Community Office Hours

Library book check-out time.

Still on Earth Survivors Care and Support Group



Our Time Together



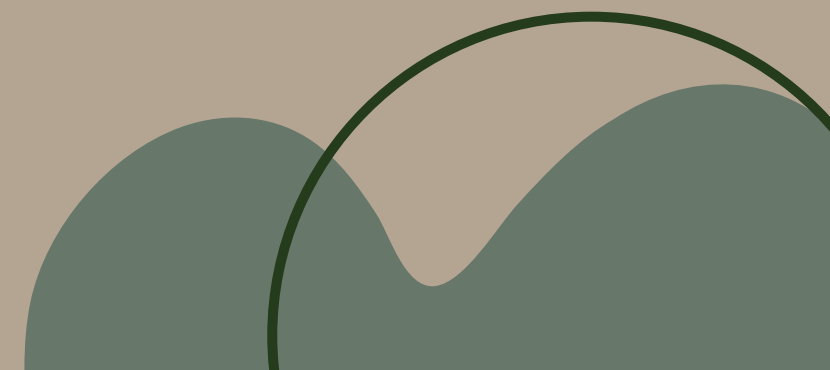
Communication



Care Team



Deathcare
Planning





**How did/do your
people do death?**

**Do you want to do it
differently?**





A Non-medical caregiver can

- Be present with you
- Help organize and take notes for medical appointments
- Help research answers to questions
- Assist with paperwork
- Share resources for knowledge or skill
- Explain end-of-life care options and details of disposition options
- Help with medical communication
- Ceremony crafting
- Grief Processing
- A person to talk to

Deathcare Planning Requires

Effective communication is key to understanding the individual's needs and preferences.

Slow Moving

Things are moving quickly; be clear steady, and metered.

All the of the paper

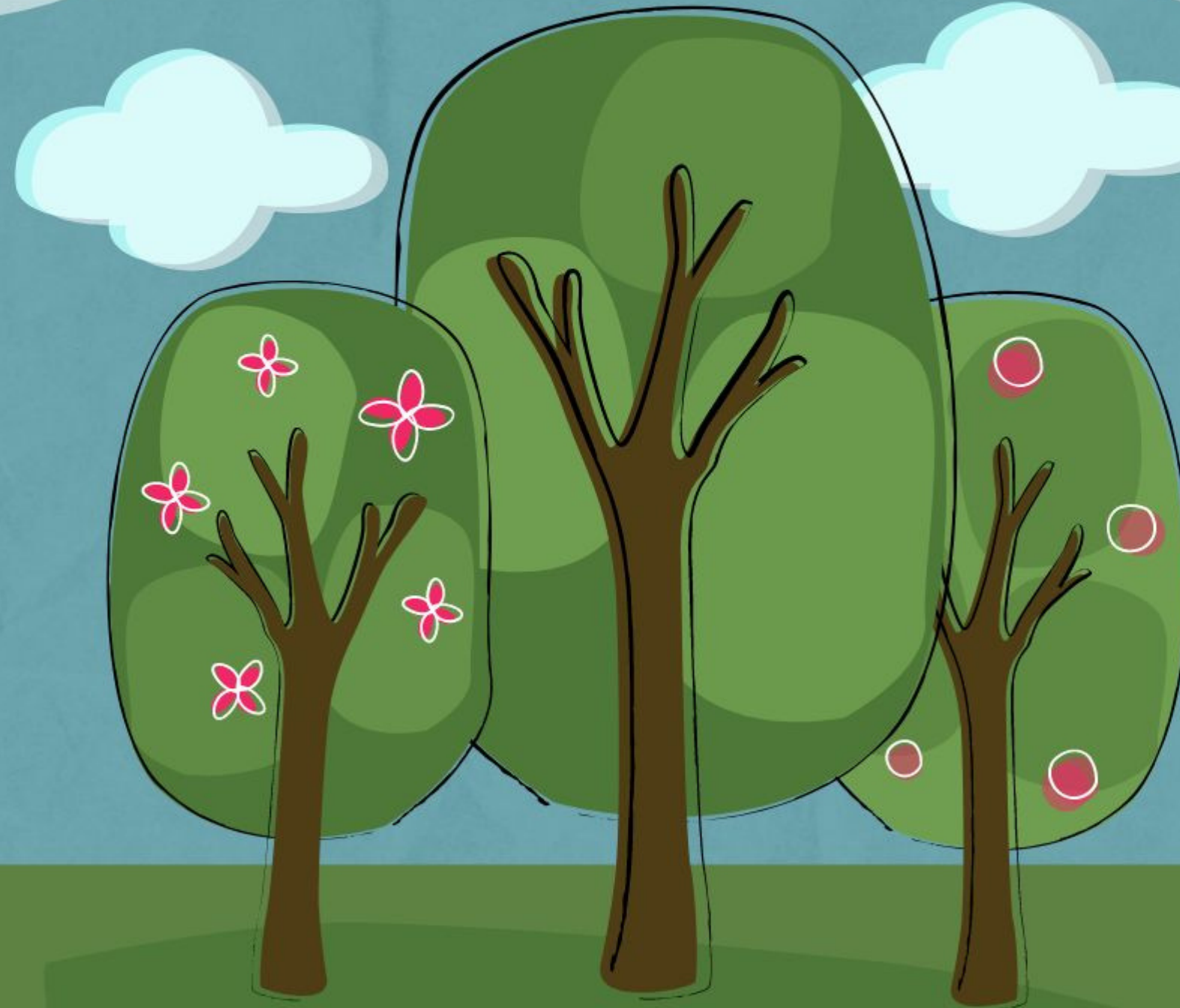
What have you been given consent to advocate for?

None of the Papers

How to get as close to possible to your person's wishes.



You

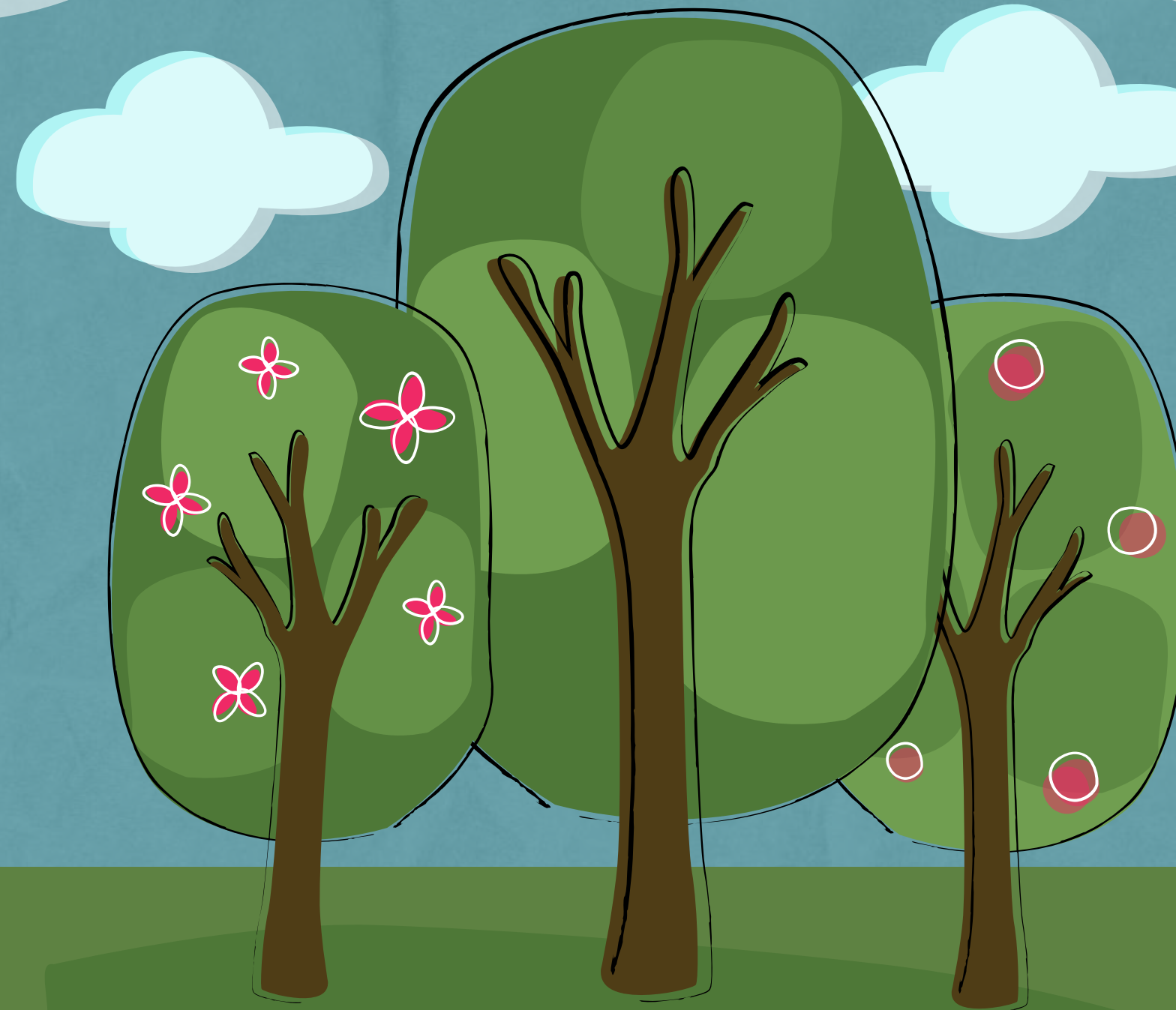


Resources & Information

Consent

Autonomy

You



Resources & Information

Consent

Autonomy

You

Community

Systems

Hubs
Neighborhood Centers
Peer/Affinity Groups
Friends
Family
Neighbors

Physical Healthcare
Mental Wellness
Legal
Social
Family
Spiritual/Religious
Financial

Resources & Information

Care Team

Effective communication is key to understanding the individual's needs and preferences.

Autonomy

What does the person you're caring for say that they want?

Advocacy

What have you been given consent to advocate for?

Harm Reduction

How to get as close to possible to your person's wishes.



Communication

Effective communication is key to understanding the individual's needs and preferences.

Direct Care

This communication is directly with the people that are caring for you.

Communication needs to be

Accountable
Authentic
Clear
Consensual
Resourceful

Outer Community

This communication is with everyone other than the people caring for you

Communication needs to be

Amplify the patient's wishes
Be defined by the patient

+



Areas of Care

Legal

Financial

Medical

Social

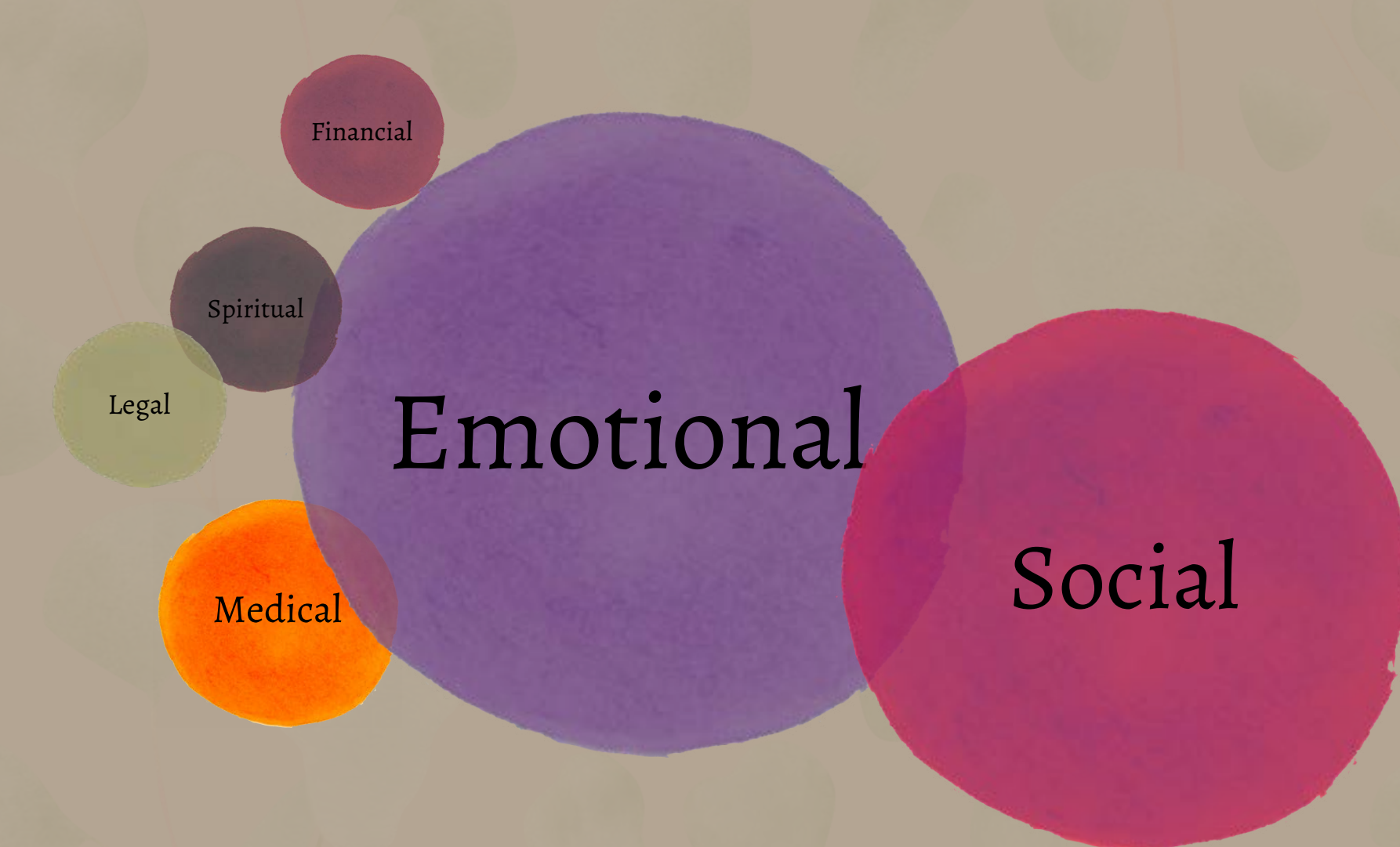
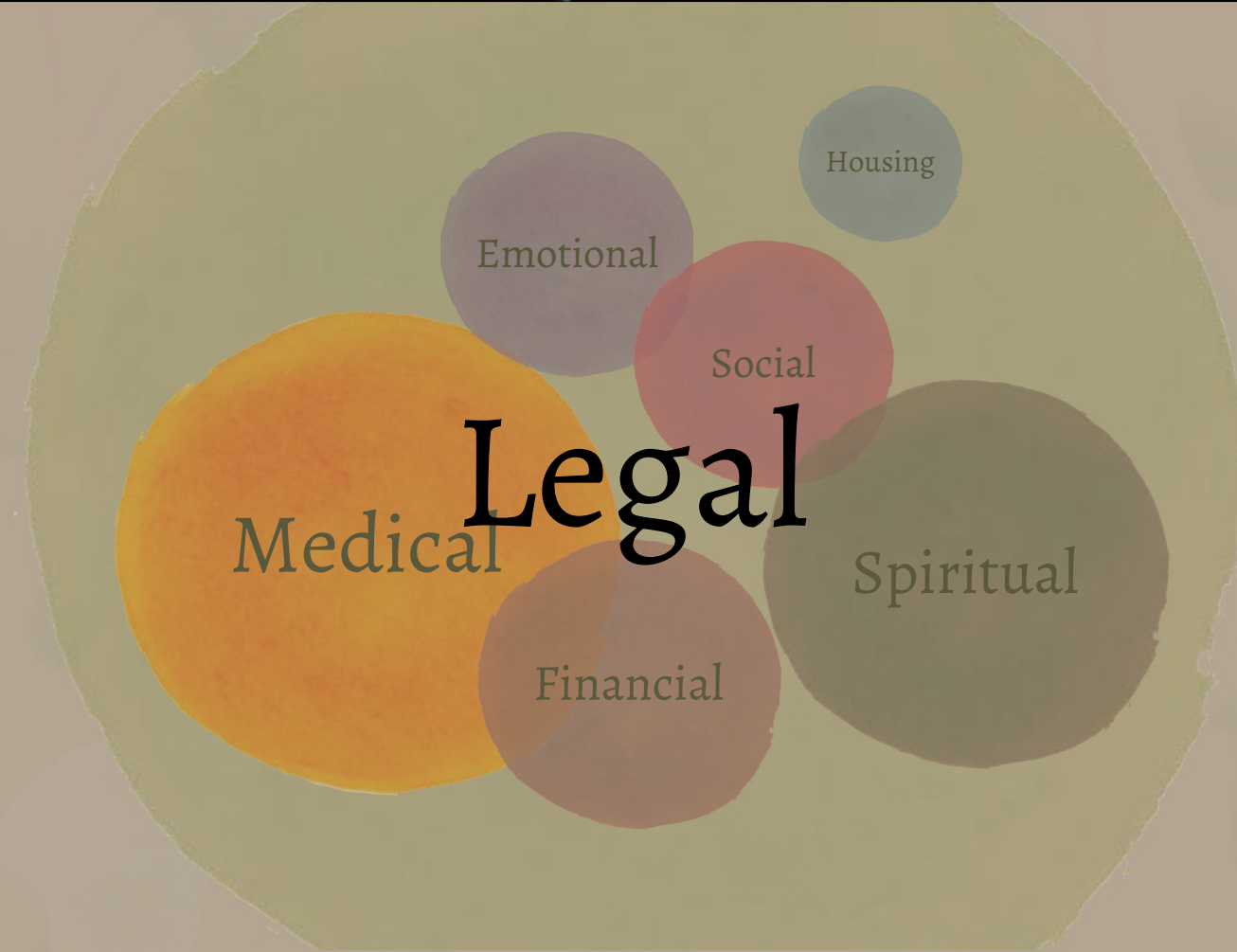
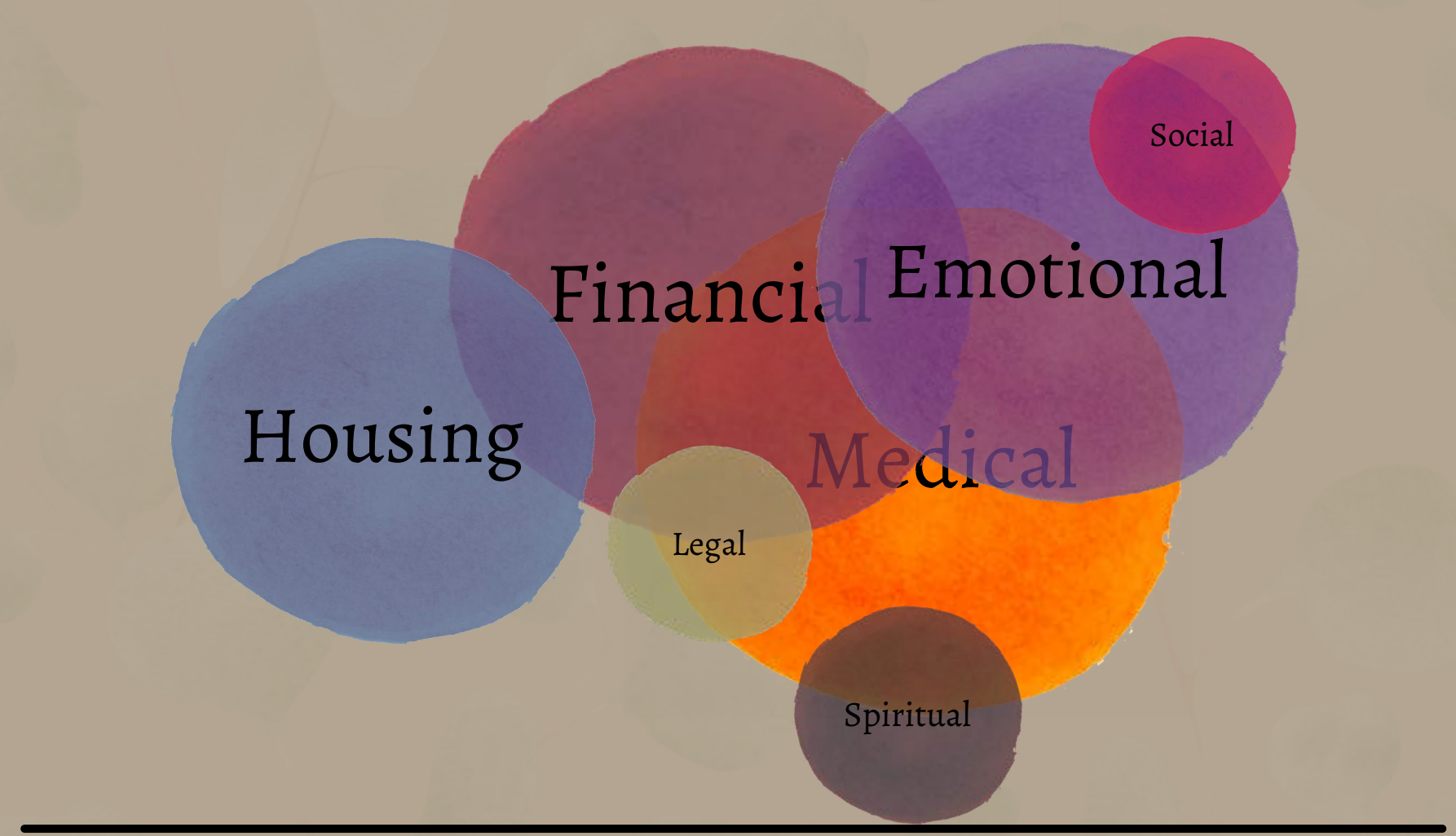
Spiritual

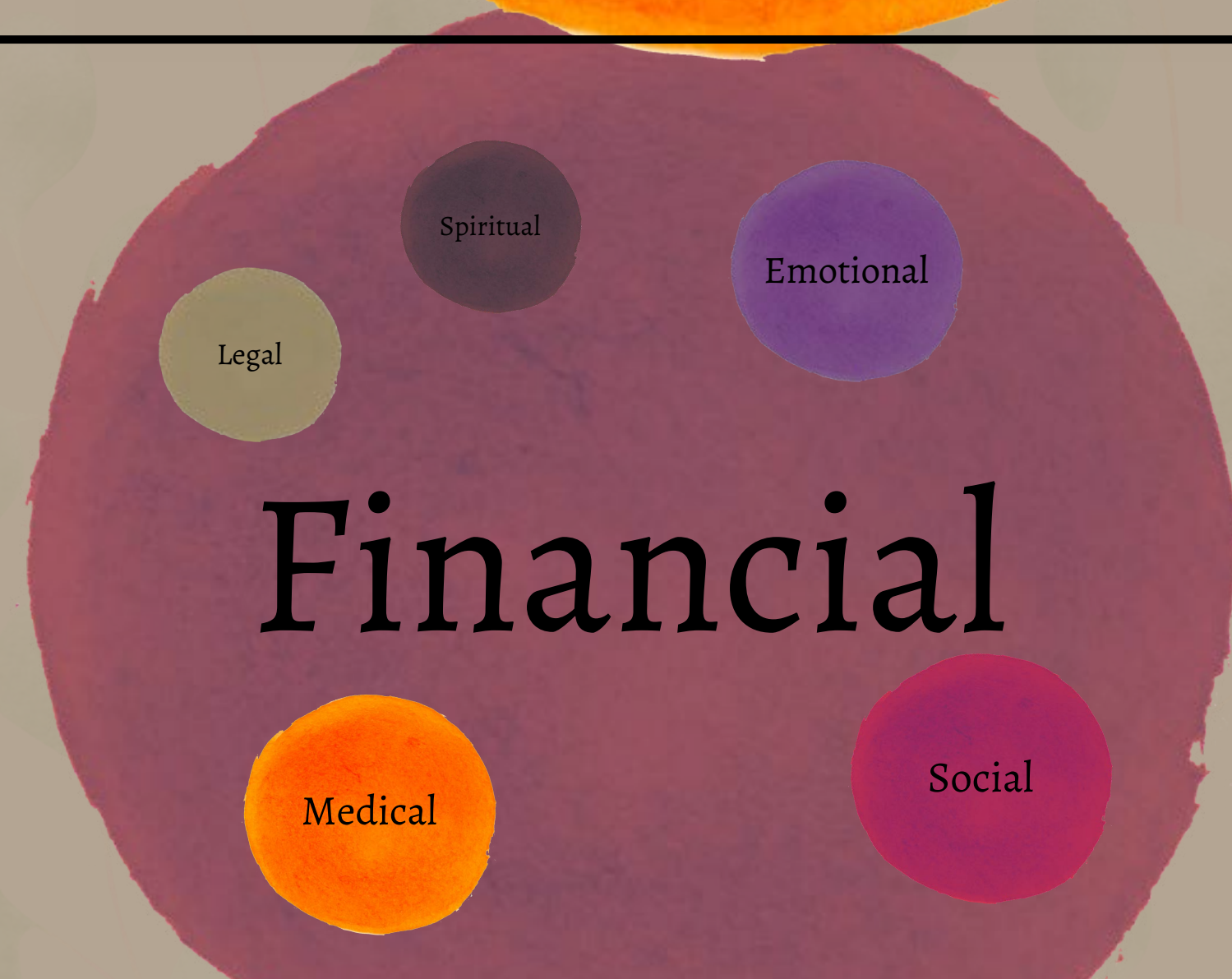
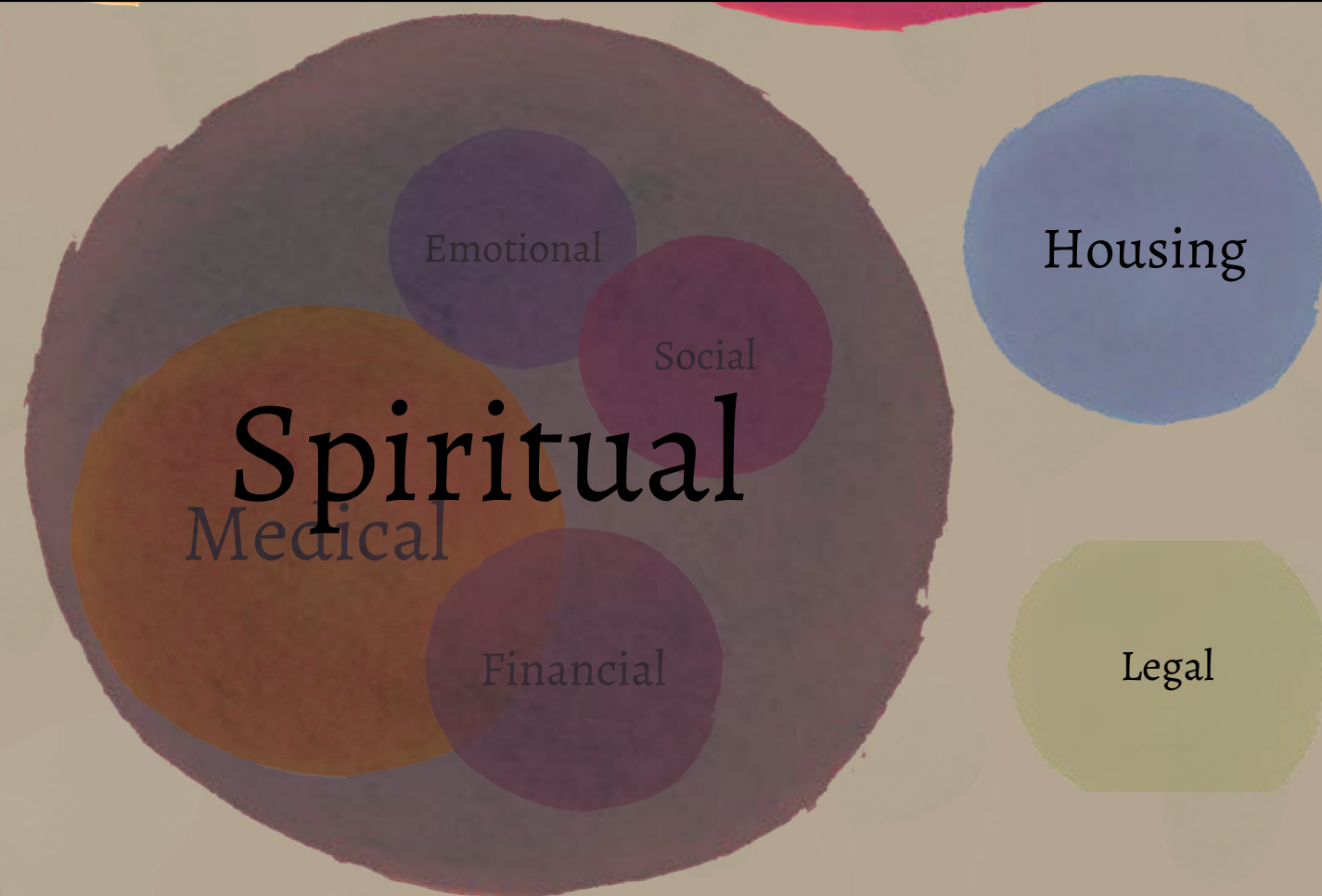
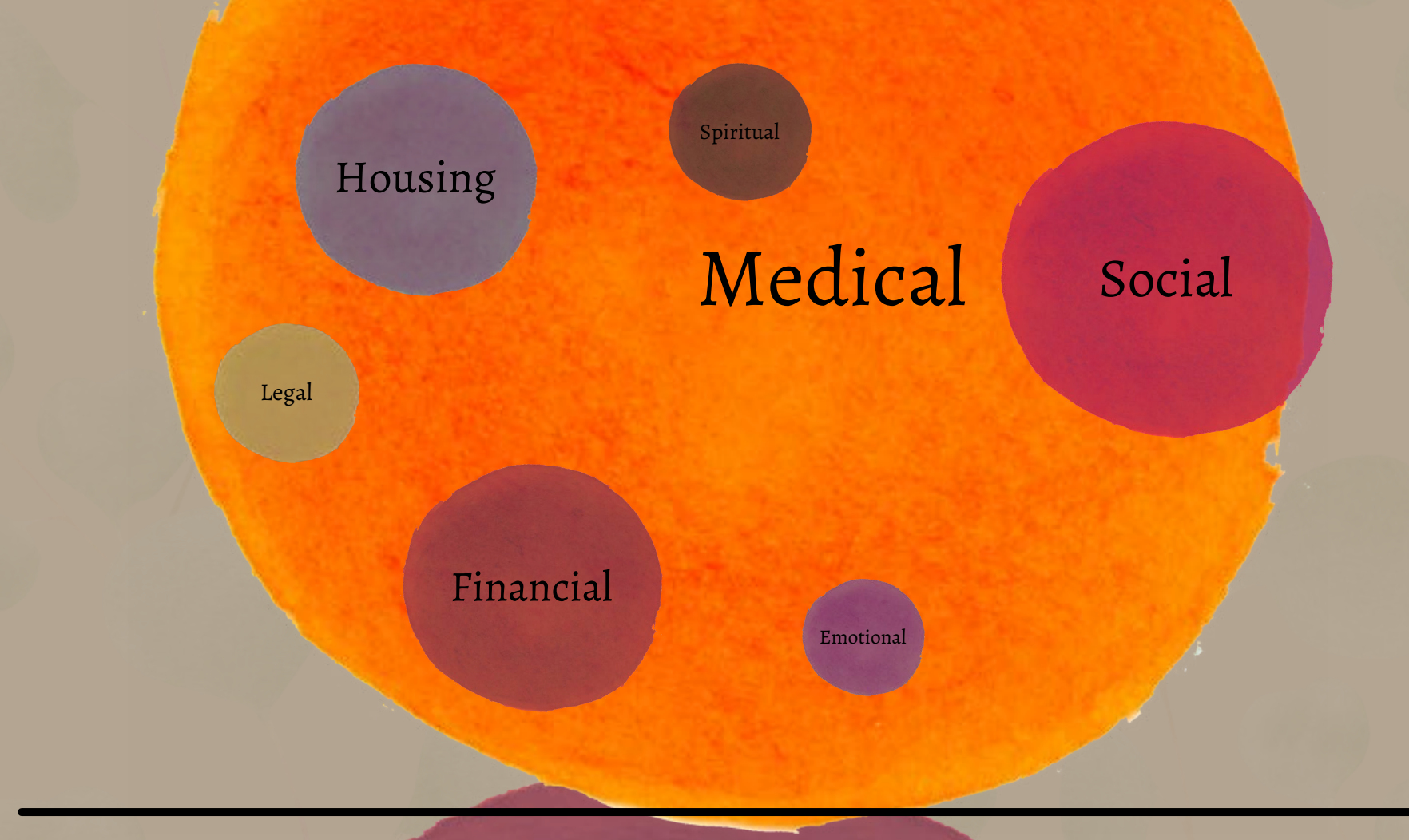
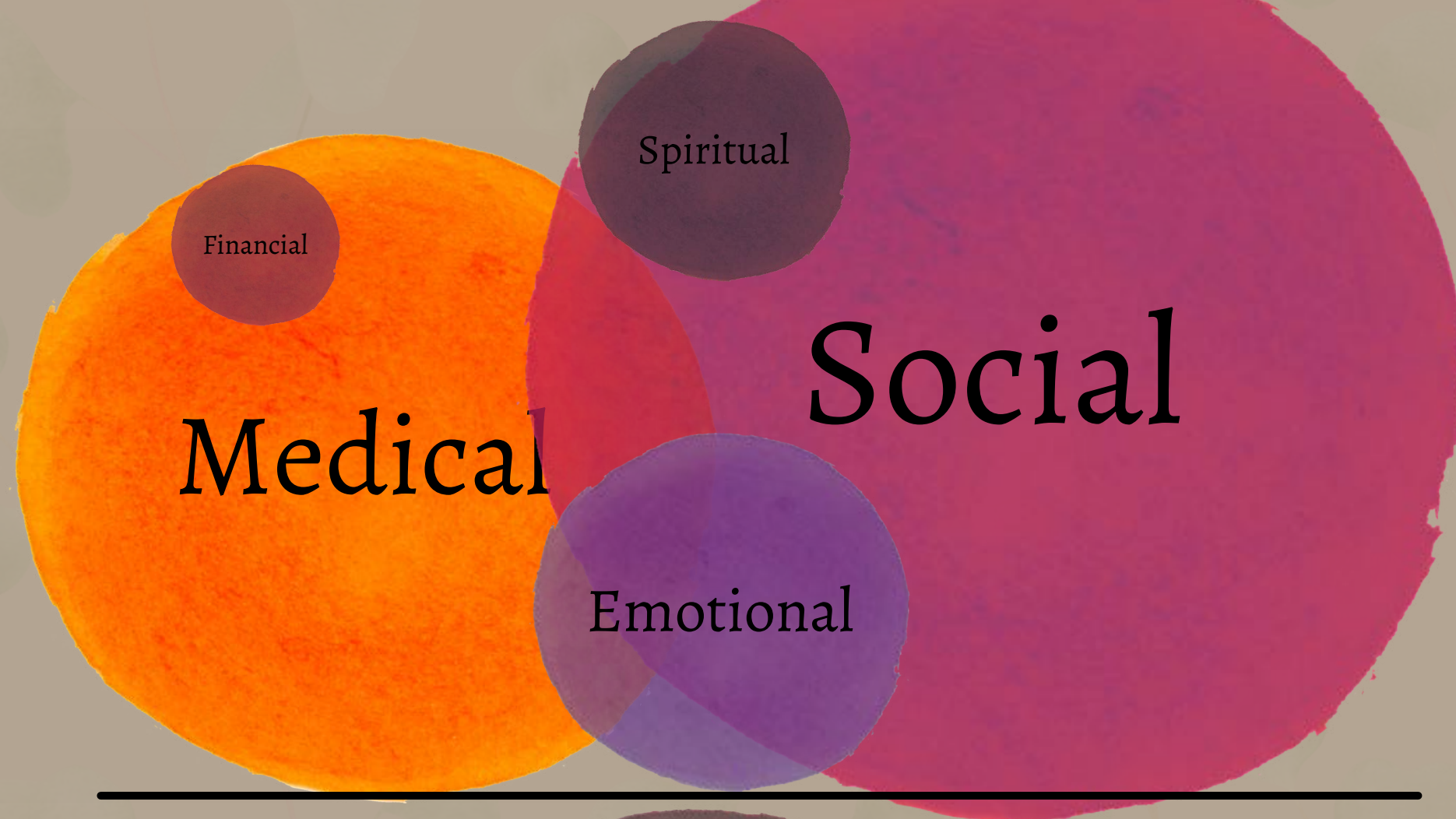
Emotional

Housing

What are some other areas of care?









How to Write a Death Plan: Worksheet

A Sacred Passing: Death Midwifery & Community Education

The Plan: A Death Plan fills in the information gaps not covered by a living will, last will and testament, Advanced Care Directive, or funeral plan. It is designed to tie those plans together cohesively for families and loved ones to follow.

PLAN A: Ideal **PLAN B:** Limiting circumstances **PLAN C:** accident/traumatic/unexpected **Plan D:** Violence **Plan E:** Choice
Include a dated, signed or notarized copy 1) in your Advanced Directives, 2) In Medical charts, 3) with your support team, 4) a copy with You.

Death Care Forms Checklist

- ☐ POLST
- ☐ Durable Power of Attorney for Health Care and/or Finances
- ☐ Advanced Directive (Living Will)
- ☐ Dementia & Alzheimers Advanced Directive
- ☐ Last Will and Testament
- ☐ Funeral & burial arrangements
- ☐ Disposition Authorization

Guiding questions/prompts

- When you are ill, what do you find you want/need?
- What do you NOT want?
- When you are very stressed, what relaxes you and brings you comfort?
- Where do you hold or feel tension in your body when you are stressed?
- How do you approach any situation less than optimal from a harm reduction standpoint?

Before Death

Place

Home, hospice, hospital, skilled nursing facility: rest home, assisted living, care center, rehabilitation center, community care home

- Have you thought about whether you wanted to die indoors or outdoors?

Method

Natural course, terminal illness, VSED: voluntary stopping eating & drinking, MAID: medical aid in dying, other

- If you had a terminal diagnosis, would you consider taking control of the timing of your death?
- How will you communicate what you do/n't want?

Who will Attend

Family, friends, clergy, Death Midwife, medical caregivers, pets

- Is there anyone that you do not want in attendance?
- Considering things often change, what are signs that you may have changed your mind about who you said you want present with you?





Before Death

Who will support: *Physical, emotional, mental, spiritual*
Community, Family, friends, clergy, Death Midwife, medical caregivers, pets

Environment

- In what room or space, temperature, lighting, scents, music, noise levels, furnishings, bedding, focal points: personal items, pictures, flowers, secular objects
- There is research that indicates for many hearing people, auditory senses are the last sense to go; if you can hear, what do you want to hear?
- What senses are essential to you? How do you want to experience these senses?

Interventions

- Medical, comfort measures, Spiritual
- CPR? Oxygen? Feeding Tube? IV fluids? Respirator?
 - Bolstering? Turning? Mouth Care?

Medication

Comfort care, a regular regimen.

Pain control

- Do you want to have any sort of medical / prescription pain reduction? What kind? When?
- Do you want to have any sort of nonmedical/other pain reduction? What kind? When?
- What level (1-10) is acceptable?
- Have a conversation about the small line between pain control and lucidity.

After Death

Preparing the body

Cleaning, dressing, laying in honor, esthetics (makeup, hair), embalming, organ or body donation

- If your people want to wash your body, would you allow that? If so, whom would you feel comfortable with doing that?
- Have you thought about your disposition options?

Transportation

- By who, to where, when, and in what.
- In some states, individuals can transport the body with a permit. What are the state laws?

Vigil

- Where, how long, what do/n't you want the space to feel like, sound like, smell like,

Ceremony/Ritual

Spiritual, ethnic, customary; when, where, facilitated by who, for who

Funeral/memorial

- When, where, how many attendees (who)
- Facilitated by who?

Deposition of the body

buried, cremated; acquainted, natural organic reduction, green burial, burial at sea

- Do you want to be embalmed?
- In what, where, and by whom, attendees
- WA State requires Disposition Authorization Form

Obituary

- What are some moments that only you know about to add to your obit?
- Would you like to write your obituary?

Extra Personal Notes:



Questions, Ideas, thought play?

Please learn more about what
A Sacred Passing gets to do out here in the streets.



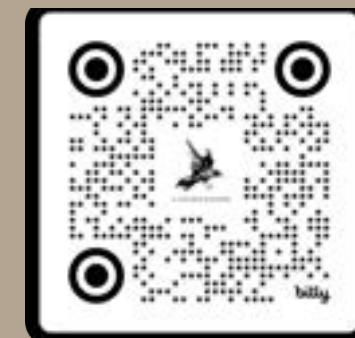
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NEWSLETTER



REQUEST A ROOM



VIRTUAL TOUR OF
ASPHODEL

206-494-0023 info@asacredpassing.org

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We are a 501c3: 47-5676912

Support: Venmo [@deathcarewa](#) and [@deathcare](#)
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