

# Hospice Nurse and End of Life Advocate Suzanne B. O'Brien to Offer End of Life Community Training in Weston, CT.

*Live Doulagivers Training for Level 1 Community Outreach Program in Weston, CT Sep. 24th 1-6 pm.*

WESTON, CONNECTICUT , UNITED STATES, September 20, 2016 /EINPresswire.com/ -- Hospice nurse and End of Life advocate Suzanne B. O'Brien RN creates [End of Life Doula Program](#) to help support patients and families to take care of their dying loved ones at home.

In 1996 The National Hospice Organization did a Gallup Pole and found that 9/10 people who were terminally ill wanted to die at home yet half were dying in the hospital. The same poll found that the number 1 fear of the dying patient was that they did not want to be a burden to their family.

Experienced Hospice and Oncology nurse Suzanne B. O'Brien RN found that it was almost impossible to teach families how to fully care for their dying loved one due to our society's overwhelming fear of death (death is the 2nd leading fear in the United States) and the short amount of time that people were actually at home. 7/10 families said they felt that they were referred to Hospice too late.

It was while on a Hospice Volunteer trip to Zimbabwe Africa in September 2012 that O'Brien got the idea for End of Life Doulas. "I was working with the Hospice there and they had very little resources. The economy is terrible and people have

next to nothing, but what the Hospice workers were doing was taking a neighbor and teaching them how to take care of the dying neighbor and their family for the duration of that last phase of life. 'Like a



Suzanne B. O'Brien teaching the Level 1 End of Life Doula Community Training in Guilford, CT last year.



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Doula,' I thought. What a wonderful concept. We need to do that here. Doula is a Greek word meaning non-medical person trained to care for someone physically, emotionally, and spiritually. It is usually associated with the birth of a baby. I have always made the analogy of a new life coming into this world with a life leaving this world. Both require special love and preparation," said O'Brien.

O'Brien is now training End of Life Doulas throughout the country. "I hope that eventually we will have an End of Life Doula resource in every country. We need to get back to community taking care of community. Having worked with so many people from all different cultures and backgrounds, I can honestly say that we are more similar than different and that we all will need the same End of Life support when our time comes. Death is inevitable. With the right kindness, compassion and support, we can help one another through this natural part of our life journey."

#### [Doulagivers Level 1 End of Life Community Training:](#)

The Level 1 End of Life Community training was created so that anyone and everyone can have a basic knowledge of End of Life Care. This training is offered

at a \$40 fee and is available on the Doulagivers website if you cannot attend the live training so that family caregivers are better prepared when taking care of a loved one. By having this knowledge, you will be of service to someone who needs your support at one of the most important times of their life.



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*Suzanne B. O'Brien R.N.*

End of Life Doula Training Level 1 Is divided into 3 levels of care:

- 1) The Shock Phase.
- 2) The Stabilization Phase.
- 3) The Transition phase.

An EOLD (End of Life Doula) is a non-medical person who is trained to care for a person and their family holistically, in the last phase of life. Holistic means "whole". The EOLD knows

what to expect physically, emotionally and spiritually as someone's body declines and what interventions to suggest for optimum comfort. Doulagivers is the new, specialized area of non-medical healthcare for the elderly. The Doulagivers mission is to provide and raise the standard of care for the elder population and to provide the highest level of education to the caregivers (Doulas).

Suzanne B. O'Brien  
Doulagivers  
845-337-0389  
email us here



Suzanne B. O'Brien R.N. and Founder of Doulagivers

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