



## Helen: Graceful Dying

My name is Helen Roberts, End of Life Guide. I offer companionship and non-medical practical assistance before, during and after death, drawing on 35 years of nursing experience and volunteer work including Heartfelt\* and palliative care.

An End of Life guide can help you navigate your choices and understand the options available for you and your loved ones. An experienced Guide can help to ease fear, bringing love and compassion to uncertain times.

My role is flexible and tailored to the unique circumstances of each person and their family. Through a process of gentle inquiry, we will work together to chart a way forward through legal, personal and practical issues brought up by the end of life process.

Sometimes this work will be principally with the dying. At other times the focus may be on family and friends, providing support and growing the confidence and strength to care for their loved one.

End of Life Guides regard death as a natural transition, to be honoured as part of life.

These are some of the services I provide.

- Planning: For end of life care and choices for healthy people as well as those at end of life
- Education
- Offer support with legal documentation
  - Wills
  - Advance Care Directives
  - Enduring power of attorneys
- Liaising with other services if needed
- Spiritual care: support and presence
- Emotional and practical support
- Legacy work: photo albums, letters

- Funeral planning, traditional and eco friendly
- Vigil support during the last days
- Follow up bereavement support
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As an experienced photographer I can also provide photographic services for all aspects of care.

### **Service fee**

Our initial consultation is complimentary

*Ad Hoc* services are charged at \$50 an hour

A fee structure for an overall service is personalised to particular circumstances

Please contact me if you would like to know more about how I can support you and your loved ones.

\*Heartfelt is a volunteer organisation of professional photographers from Australia and New Zealand dedicated to giving the gift of photographic memories to families that have experienced stillbirth, premature birth or have children with serious and terminal illness.

Helen Roberts

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