

Soul Support with Sheri R. Miranda

Certified End-of-Life Doula/Elder Care/Grief Doula Rates

- Patient companion services and Caregiver education and support \$40.00/hour
- Packages of 10 hours/\$360.00
- Packages of 20 hours/\$720.00
- Packages of 50 hours/\$1,350.00

My services do not include medical diagnosis, administering medications, or caregiver services (diapering, washing, changing clothing, or repositioning). I am a guide and support for all. I am an adjunct to Hospice and will call them when needed.

Care Consultant Rates

Level 1 Peace of Mind Planning

For those diagnosed with a life-limiting disease, terminal illness, and frailty, we discuss and set up your end-of-life plan in your home or tele-doula, including:

- What matters most to you in terms of comfort, communication, and setting.
- Who you want involved in your care and who will express your wishes when you are unable.
- Simple steps you can take now to reduce stress and confusion later.

Ninety-minute session/\$200

(Thirty-minute additional time for wrap-up included).

Peace of Mind Planning for Aging Well and Quality of Life

Planning ahead protects your family emotionally and financially.

Includes six two-hour sessions meeting in your home, or by tele-doula, which includes a workbook to:

- 1/2. Set up your will and advance directives (online state-approved forms).
3. A. Choose a Medical Power of Attorney(s) and meet with them to discuss their role in your journey.*
B. Choose who will be your caregiver(s). Training those who will be caring for you in your final stage of life.*
4. Education on POLST and getting all your documents in order.
5. Six Important Decisions:
 - Where you envision yourself at the end of your life
 - Who do you trust to advocate for you?
 - Who do you want to visit? Who do you not want?
 - What does support look like?
 - Life celebration and remembrance
 - Funeral planning choices
 - Eulogy and Obituary
6. Family meeting to express your living will, advance directives, choices of Healthcare Proxy (Medical Power of Attorney), and mediation.

Package cost: \$1,200.00

Please note that I am not a lawyer or a doctor. I am a facilitator and educator, and my intention is to guide you and your loved ones in uncertain times with care and compassion.

**These choices of HCP and Caregivers may change at anytime if you choose.*