

Creating an End of Life Support Network

Step 1: Create your End of Life (EOL) support network

Think about which individuals (inside and outside of Trillium Awakening) you'd like to be part of your EOL support network, and approach them to ask if they'd be willing to do so. You might wish to invite your teacher and mentor or TA community members to be part of your network, but always be prepared to accept "no" as a possible response.

Step 2: Identify what kind of support you want

Think about what kind of end of life support you'd like to receive, and create a list to share with your EOL support network. See below for some options to get you started. (These options are based on the kinds of support Gena Netten provided for TA community member Miguel Robles, which you can read about [here](#).) You might wish to explore other options with those you are closest to, and add other ideas to your list. You'll probably want to review the list from time to time, and keep your EOL support network updated about changes you make along the way.

- If I'm diagnosed with an illness, arrange some initial support calls to discuss my feelings about my diagnosis/prognosis and what I'd like to do.
- Help me identify professional caregivers.
- Set up prayers/prayer chains.
- Set up CaringBridge and invite my family and friends to it.
- Help me set up (or set up for me) healing sessions with healers of my choice.
- Set up Meal Trains.
- Set up a funding site (e.g. GoFundMe) to help with expenses.
- Set up support calls with community members on Zoom or another platform.
- Spend time with me in the hospital, hospice residence, or my home, and encourage others to do so.
- Provide ongoing personal emotional support.
- Collect books, audios, and videos that would be supportive for me, and help me access them.
- Support my family and caregivers, and communicate with them as needed.
- Create schedules and sign-ups (e.g., for healers, support calls, in-person visits, etc.).
- Help me arrange for the handling of my remains (e.g., traditional burial, cremation, green burial, other).
- Help me design my memorial and/or funeral service.
- Help me create and coordinate an end of life ritual.

- Help me or my loved ones write an obituary.
- Coordinate a transition call and/or visit so I can say goodbye to my family and friends.
- Help prepare my body after death for whatever will be done with my remains.
- Coordinate a three-day vigil to start at the time of my death, which could take place either in person or online (in person – sitting at home with the deceased person's body for up to three days; online – meditating and holding space for my transition for up to three days).
- Provide post-death grief support for my loved ones.
- Organize an online or in-person memorial service.
- Organize a funeral service.