



with KATIE DUNCAN





HOW TO CHOOSE YOUR TEAM

INSTRUCTIONS:

Use this guide to help you decide who you will delegate to be your Expert, Spokesperson, and Accountability Partner.

HOW TO CHOOSE YOUR EXPERT

Experts can be hard to come by. When choosing an expert consider a person who:

- Has at least some knowledge and experience with the dying process
- Has at least some knowledge and experience working with hospice (or Palliative Care)
- You feel comfortable talking to
- Can help you understand what it is you might need that you're not getting
- Can help you advocate for the dying person and yourself

EXAMPLES:

- End-of-Life or Death Coaches
- End-of-Life or Death Doulas
- Someone who has experience working in Hospice or Palliative Care
- Someone who has gone through the Hospice experience with a dying person



HOW TO CHOOSE YOUR SPOKESPERSON:

Here are some recommendations for choosing a Spokesperson. Choose a person who:

- You trust
- Who you can rely on to communicate your messages or updates to the appropriate people
- Who you will want to regularly update if/when needed

Examples:

- Another family member
- A relative
- A friend
- A neighbor



HOW TO CHOOSE YOUR ACCOUNTABILITY PARTNER

When you're designating an Accountability Partner, consider a person who:

- You trust
- Is reliable
- Knows you well enough to see when you're struggling
- Knows you well enough to know how to help you without asking
- Is honest enough to tell you that you look like a mess
- Is bold enough to tell you to get out of the house
- You respect enough that you'll actually listen to them

Examples:

- Another family member
- A relative
- A friend
- A neighbor
- A community member
- A person from your religious, spiritual, or cultural circle

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