

*A DEATH DOULA'S  
VIEW ON  
THE GENTLE ART OF  
SWEDISH DEATH  
CLEANING*



# Lauren Ponder

**End-of-Life Planner  
(Death Doula)  
Director of Last Call**

*My passion is helping individuals  
and families navigate the  
end-of-life process with clarity,  
compassion, and intention.*



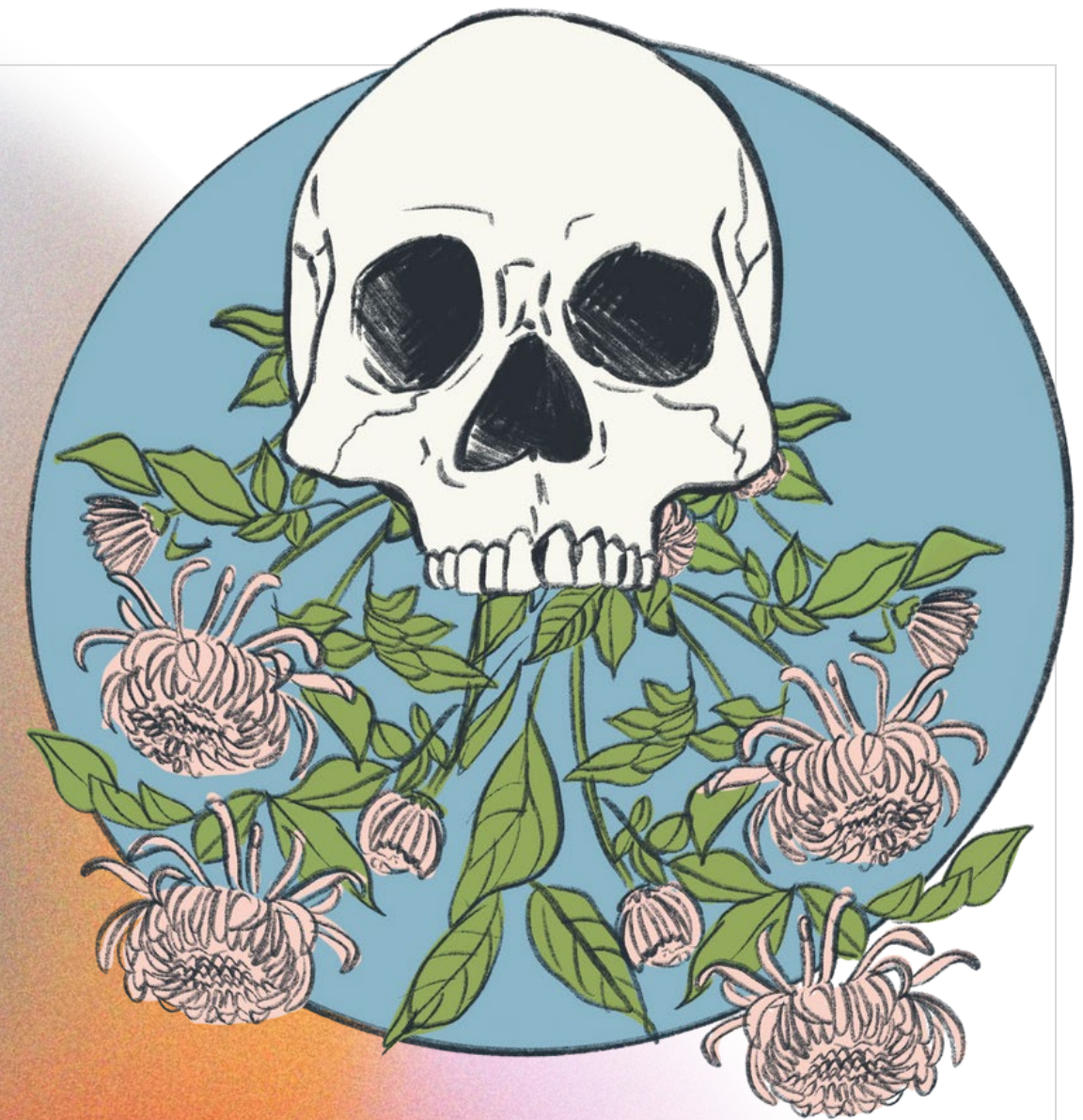
# Kelly Tecklenburg

**Senior Move Specialist  
Sexton, Odd Fellow Cemetery  
RIP Book Club Facilitator**

*My passion is helping folks seek  
clarity in their space + clarity in  
choices around end of life with  
curiosity, humor, and warmth.*

# Death Positive Movement

*The Death Positive Movement encourages everyone to speak openly about death in order to live life more fully. The philosophy is that when we confront death by talking about it, we take away the unrealistic fear, and therefore live life with a bigger appreciation for the daily beauty of life.*



***Talking about death won't  
make it happen sooner —  
it makes life richer.***

# Death Doula

*A death doula is a non -medical professional who provides emotional, logistical, and practical support to individuals and their families during the dying process.*

*Other titles used:*

*End-of-Life Doula*

*End-of-Life Planner*

*Death Midwife*

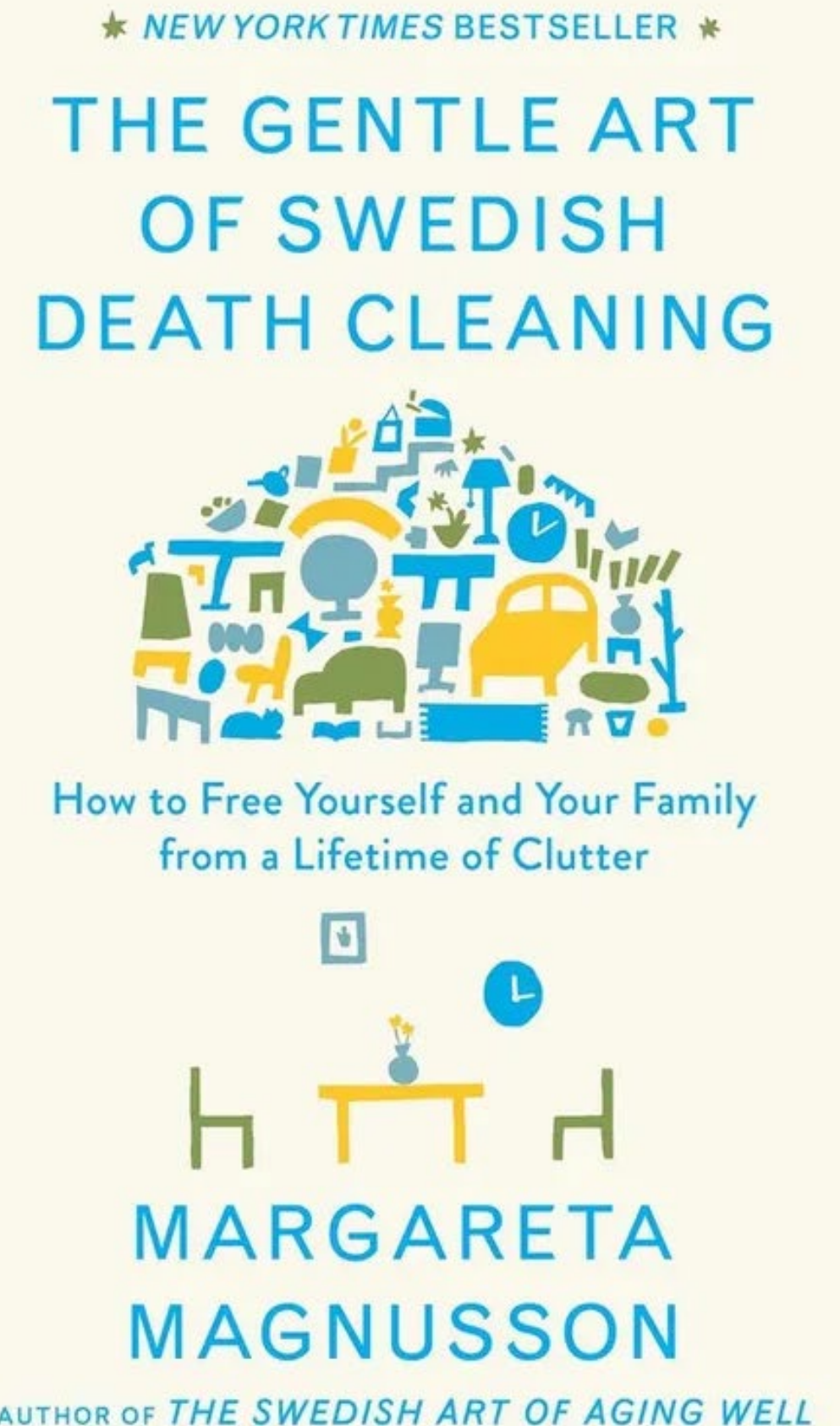
# Swedish Death Cleaning

*A mindful, intentional approach to decluttering in preparation for the later stages of life*

## Dostadning

**Do = Death    Stadning = Cleaning**

A Swedish term that means to remove unnecessary things to make your home nice and orderly when the time is coming closer for you to leave the planet.



# Why Am I Talking About This?

*Our 'stuff' becomes our identity. The death doula can assist in letting go of the stuff and keeping the identity.*



*It is not just about having less stuff, it's a HUGE emotional transistion - a part of the human experience.*



*For a happy life, invest in adventures, not stuff - Dad*

# Why Start Now?



*Swedish Death Cleaning allows us to create meaningful moments with loved ones now, while also easing their burden later —so they can cherish memories, not manage clutter.*

Legacy Gift: stories, memories, meaningful objects passed on

Physical Gift: reduces burden, creates order

Emotional Gift: peace of mind, space for grief and conversations

# Practical Strategies & Gentle Tips



Start with an easy goal



Involve family: share stories



Approach with compassion,  
not pressure



Recognize grief as part of  
letting go



Celebrate progress, not  
perfection



*If you had to pass on just ONE meaningful item, what would it be and why?*

# The Heart of It All

- Swedish Death Cleaning is a gift of love.
- Death Doulas provide support, story, and space
- This process sparks important conversations about life, death, and legacy.



# THANK YOU!

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