



HONOR AT THE END

Carl Adams, Senior Chief, USN (Ret.) | End-of-Life Doula | Reiki Master
Doulagivers Certified. Serving veterans of every service, their families, and the Payette River Valley.

208-248-8806 (call or text) · carl@honorattheend.org · honorattheend.org · New Plymouth, Idaho

I am certified through the Doulagivers Institute (Suzanne O'Brien, RN), Certificate #197672339, October 16, 2026. I offer non-medical support alongside hospice. **I'm not a clinician. Hospice guides the medicine. I stay.**

FREE 30-MINUTE CONNECTION CALL

No pressure. Call or text 208-248-8806.

WHAT THIS SUPPORT DOES

Most families have never seen what dying looks like. Knowing what to expect turns fear into presence. My work follows the three phases of end of life.

Shock. After a terminal diagnosis, I offer steady presence and help sorting out what matters most.

Stabilization. Time for life review, forgiveness, legacy work, and choices about the time that remains.

Transition. In the final days, I explain the normal signs so the family can stay close instead of panicking. Vigil support, including nights.

FOR THE PERSON WHO IS DYING

- A calm, steady presence
- Help choosing where, with whom, and how
- Life review and legacy work
- Plain answers about what the body is doing
- Space to say what needs saying
- Wishes protected when they can no longer speak

FOR THE FAMILY

- Education so normal changes don't feel like emergencies
- Someone to sit with their person, day or night
- Help with the hard conversations
- Vigil planning and what to expect
- Support after the death
- A memory of "we were there," not "we didn't know what to do"

Non-medical support that works alongside hospice. Travel included within 60 miles of New Plymouth. Mileage beyond that is billed at the IRS standard rate. Payment by Venmo, Zelle, or other electronic methods. In a crisis call 911. Veterans: dial 988, then press 1.

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PRIVATE PAY SERVICE PACKAGES

PACKAGE	HOURS	COST	BEST FOR
Groundwork	5–6 hrs	\$550	At least 3 visits. Early conversations, wishes, and education after diagnosis
Companion	10–12 hrs	\$1,050	At least 5 visits. Ongoing visits, caregiver respite, and support over weeks or months
Vigil	15–20 hrs	\$1,650	14-day on-call window, around the clock, with up to 20 bedside hours. Bedside presence and family support in the final days, including nights
Full Circle	25+ hrs	\$2,200	Planning through vigil, and early support after death. Includes two visits with the family within 6 weeks after the death

HOW YOU CAN PURCHASE

For yourself. You receive the support directly. **As a gift.** You purchase a package for a specific person.

As a donation. You fund a package that I hold and use to provide free support to someone who needs it. Donors may be private individuals, veterans organizations, or groups who want to fund end-of-life care. Preferences can be noted. A written receipt is available on request.

Honor At The End is a for-profit LLC. Payments and gifts are not tax-deductible.

HOURLY & ADD-ONS (PRIVATE PAY)

HOURLY \$100 <i>2-hour minimum</i>	REIKI \$75 <i>45–60 minutes</i>	ADDITIONAL HOURS Package rates <i>available as needed</i>
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Reiki is offered for comfort and relaxation only. It is gentle, quiet time to rest, and it does not replace medical care. Private pay rates are listed above. Volunteer and donation-supported care is handled separately.

Limited spots available for financial hardship. Please ask.

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SIGNATURE LEGACY PROJECTS

THEIR STORY, IN THEIR VOICE

Everyone has a story worth keeping. We sit down together and I record the conversation, guided by questions that go from childhood to the people and moments that shaped them. From the recording, I put together a written life story and a short audio keepsake of their best moments, told in their own voice. AI helps with the drafting, but nothing is final until they've read it and approved every word. The family keeps it all.

\$650

LETTERS IN YOUR OWN WORDS

Some things belong on paper. You tell me what you want to say to your children, grandchildren, spouse, or an old friend. I write it out by hand, word for word, up to four pages a day, so it never becomes a chore. You read each letter, change what you like, and sign it. You decide whether it's given now, at the vigil, or on a day you choose, like a wedding or a graduation.

\$200 per 2-hour session (about four handwritten pages)

TURNING OVER THE WATCH

In the Navy, no one leaves a watch without a proper turnover. The person coming on is told what matters, what to look out for, and what's been left undone. This project is that turnover for a life. Together we build their life record, an honest map of the years, places, people, and work that made them, laid out as a timeline and a keepsake chart the family can frame. We write their standing orders: the values, lessons, and hard-won advice they want carried forward, each one handed to someone by name. At the wake or funeral, I deliver their standing orders to the family, in their words, and the watch is passed on. The family answers, "I relieve you." (Open to any family, not only veterans.)

\$850

Vigil and Full Circle include one legacy project of your choice. Recordings are made only with consent, and nothing is shared until it has been read and approved.

HOME WAKES

I want to bring home wakes back to the family. Not long ago, families kept their loved one at home after death, washed and dressed them, sat with them, and let friends come say goodbye. A home wake gives people time. Children can see that death is a natural part of life, not something hidden. Grief has a place to start, in the home where the love was. I help families plan and hold that time with calm and care. I don't file papers or replace a funeral director. I work alongside them.

START WITH A FREE 30-MINUTE CONNECTION CALL

No pressure. We'll see if we're a good fit.

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