



Dr. Bob Uslander & Elizabeth Uslander

Biography:

Dr. Bob and Elizabeth Uslander co-founded **Empowered Endings**, a unique model of palliative and end-of-life care, to address the physical, emotional, intellectual and spiritual needs of patients and families facing complex and terminal illnesses. Find them at www.empoweredendings.com.

Bob Uslander, MD, received his Medical Degree from the UCLA School of Medicine where he was inducted into the Alpha Omega Alpha Medical Honor Society. Since completing residency training in Emergency Medicine, he has dedicated over 30 years to the practice of Emergency, Palliative and End of Life Care.

Elizabeth Uslander, MSW MTS, received her BA cum laude from Georgetown University, and was inducted into the Theta Alpha Kappa Honor Society before going on to earn her Master's degrees cum laude with distinguished honors at University of Southern California, and Wesley Theological Seminary, specializing in social work, spiritual care, and social entrepreneurship.



Interview Questions:

- What legal end-of-life care options are available now?
- Can you share your professional journey, motivation, and what shaped your model?
- In your roles as an emergency and palliative care doctor, and an end-of-life social worker and doula, what gaps have you identified in the healthcare system?
- Can you share challenges in discussing sensitive topics with patients and families? Solutions?
- What support do families receive from the healthcare system? Is it adequate?
- What is a death doula and how unique is the doctor-and-doula partnership?
- How do you engage and collaborate with healthcare professionals and organizations?
- You are both advocates for optimal end-of-life care. What needs to change?

The Washington Post Los Angeles Times
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Interview Topics/Titles:

- Permission to Choose: Creating an Empowered End of Life Experience
- Empowered Endings: Reimagining Palliative and End of Life Care
- Humanizing Healthcare: Bringing Back Old Fashioned Values
- Doctors and Doulas: Partnering to Transform End of Life Journeys
- Family Support: A Missing Piece of the Healthcare Puzzle
- Understanding Compassionate and Legal End of Life Options
- Medical Aid in Dying (MAiD): A Gentle and Dignified Choice
- Voluntary Stopping Eating and Drinking (VSED): A Natural Option
- Conversations Not Crises: Planning Your End of Life Journey
- Medicine for the Soul: Spirituality in End of Life Care
- Transformational Grief: Turning Pain into Possibility
- The Evolution of Relationships: Healing Connections After Loss
- Open and Honest Conversations About Our Mortality

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