

Compassionate Communities Australia



Weaving compassion and
connection across Australia
as we live, die, grieve and
care for each other

Compassionate Communities Australia acknowledges the traditional owners and custodians of Country throughout Australia and acknowledges their continuing connection to land, water and community. We pay our respects to the people, the cultures and the elders past, present and emerging.



www.compassionatecommunities.au



COMPASSION. We respond with a shared humanity and kindness to each person's pain, distress and need. We look for the things we can do, however small you think they may be, to give comfort and relief. We have time for those we support and work alongside. We do not wait to be asked, because we already care.

What are Compassionate Communities?

Compassionate Communities grow connectedness and compassion, working together, to create a supportive environment for those in need.

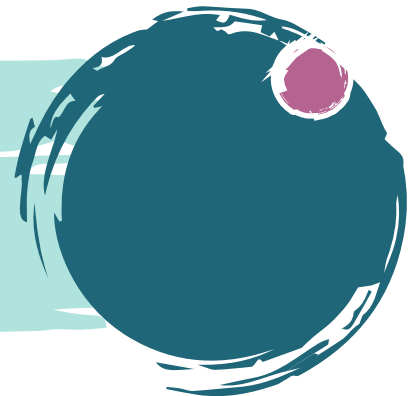
Compassionate Communities is a **practice** that openly encourages, supports and celebrates caring for each other during life's most testing times, especially those associated with life threatening or life limiting illness, chronic disability, being a carer, frailty, ageing, dementia, dying and grief.

This is the community's responsibility, that's me, you, all individuals, families, peers, neighbourhoods, workplaces, schools, health services, government, faith based, voluntary and other organisations and services.

Did you know?

95% of the dying person's time is spent with their family, support network or alone.

Less than **5%** of their time is spent with health care services.



Proven benefits of Compassionate Communities include:

- ✦ People feel cared for and supported in times of need
- ✦ Significant improvement in social connectedness
- ✦ Increased support networks and links to the community
- ✦ Improved ability to engage in activities of daily living
- ✦ Significant financial savings through the reduction in use of hospital services
- ✦ A more holistic approach that addresses the social, practical and emotional domains of care



What we do

Compassionate Communities Australia supports communities to reclaim and own their central role in caring, dying and grieving. We actively promote the role of community based caregiving networks and our collective ability to engage with serious illness and death.

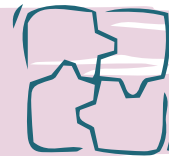
Our purpose is to build the capacity of Compassionate Communities across Australia in their endeavours to enable people to care, die and grieve supported by their community.

Compassionate Communities Australia aims to become a hub of knowledge and skills for community-led solutions that would lead to social and systems change.

As a peak body we have a role in:

1

Advocacy and policy development to shape dialogue that fosters a shared responsibility approach to end of life care.



2

Conducting **research** and sharing evidence-based public health approaches for example, palliative care, end of life care and community development



3

Building **partnerships** and opportunities for the community and formal services to work together.



4

Education and development of resources focusing on death and grief literacy.



5

Supporting **community led programs** including the Compassionate Connector program, Compassionate Workplaces, Compassionate City Charter & Toolkit.





It is absolutely everybody's business Be part of it

Together we can support each other to live well until our last breath and to die surrounded by people we care about.

Join Compassionate Communities Australia
and become a member.

www.compassionatecommunities.au

An important part of support is the kindness of one person to another

We are looking for donors and supporters to help us achieve our collective vision. The priority areas for 2024 include:

- ✚ Build the foundation for Compassionate Communities Australia
- ✚ Map the potential membership of Compassionate Communities Australia
- ✚ Launch Compassionate Communities Australia
- ✚ Survey the sector to identify priority needs
- ✚ Support local communities with resources and education programs so they can succeed in driving social and system change