



Palliative Care is Everybody's Business

COMPASSIONATE COMMUNITIES WHERE TO START GUIDE

A guide to help you start initiatives to nurture your local compassionate community

Northern Adelaide Region



We are inclusive.

We celebrate multiple approaches and points of view.

*When we say palliative care is everybody's business,
no matter their age, we mean everybody.*

Acknowledgements

Our organisation acknowledges the Traditional Custodians of the lands and seas on which we live and work, and pays respect to Elders - past, present and emerging.

Palliative Care South Australia (PCSA) has undertaken this work as part of the Nurturing Compassionate Communities in Adelaide project, this has been made possible by funding from Adelaide Primary Health Network (Adelaide PHN).

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Dying is a normal part of life.

Professor Allen Kellehear (founder of the international Public Health Palliative Care movement) states:

‘Dying isn’t a medical issue with a social component, it is a social issue with a medical component’.

We believe everyone has a role to play and palliative care is everybody’s business, including Local Councils, Health, Social and Community Services and Groups. Our dream is that all SA communities are prepared to care for their citizens in their last chapter of life and have active Compassionate Communities.

We are regularly asked:

Where do we start when nurturing a Compassionate Community?

This Guide provides localised recommendations for your community, with initiatives identified BY YOUR local citizens FOR YOUR community.

We hope this will assist your Councils, Services, Volunteer Organisations, Community Groups and Citizens to ‘Fly in Formation’ when supporting your community members who are experiencing a serious illness, dying, grief or caregiving.



Adjunct Associate Professor Shyla Mills
CEO, Palliative Care SA

What is a public health approach to palliative care?

According to the World Health Organisation it is absolutely crucial that communities are involved in their own health and wellbeing and this must include their experiences of death, dying, loss and care.

This approach includes the following characteristics:

1. Prevention
2. Harm reduction
3. Early intervention
4. Sustainability

For more information visit www.phpci.org

Palliative Care - The New Essentials Model

This model has been used to provide direction to the actions identified:



Abel J, Kellehear A, Karapliagou A. Palliative care—the new essentials. *Ann Palliat Med* 2018;7(Suppl 2):S3-S14. doi: 10.21037/apm.2018.03.04

Why was this Guide needed?

We recognise that there are many recommendations that organisations need to focus on, yet rarely are specific community/social initiatives are recommended based on feedback from your local citizens. This Guide aim to provide simple “Where to Start Recommendations” specifically for your community.

Where to Start Guide

Northern Adelaide Region



How we listened...

The *Where to Start Recommendations* within this Guide have emerged from extensive consultation between 2023-2024, which involved a total of **512** inputs across the state, via 3 stages of consultation.

The process of consultation is summarised below:

Priorities for Palliative Care in SA 2024-2026

- The development of the report involved consultation with 99 people in a Policy Summit and follow up surveys from June 2023-April 2024
- The results are SA Statewide priorities published on the PCSA website: palliativecaresa.org.au/priorities-for-palliative-care-in-sa

SA Compassionate Communities Conversation Series

- The development of the report involved consultation with 237 people in 12 events across SA from November 2023-January 2024
- The results are 1 x SA Statewide report and 12 Local results reports published on the PCSA website: palliativecaresa.org.au/community-conversations

Compassionate Communities: Where to Start Guides

- The development of these Guides involved consultation via survey and rapid virtual round tables with 176 people from June - July 2024
- The results are 10 Guides on the PCSA website: palliativecaresa.org.au/CCSA

Your Where to Start Recommendations identified by your citizens...



RECOMMENDED Council initiatives to start with...

- Consider adopting the Compassionate Cities Charter
- Maintain a directory of Local Supports (including health, social and community supports)



RECOMMENDED community initiatives to start with..

- Create a peer support groups to focus on shared experiences
- Host community death café/chatty cafes

Recommended Next Steps...

- If you are from your local council, identify who could be involved and lead these initiatives, discuss this guide at your meetings and identify strategies for implementing these recommendations
- If you are a community citizen - visit your local council and talk with its Community Engagement Team. Take a copy of this report and tell them you would like to work with them to activate some of these actions
- Stay inspired and get involved: Join the Compassionate Communities SA Community of Practice (CCSA CoP)
 - The CCSA CoP meets every 2 months for one hour online. There is a CCSA CoP for Country regions and another for Metro regions. Anyone with an interest is welcome to join - email: hello@palliativecaresa.org.au

Background information to note:

- No singular organisation/service/group is responsible for the implementation of these actions: they are collective aspirational actions to help us all 'fly in formation' and support our community members experiencing a serious illness, dying, grief and caregiving in our region.
- These actions are based on a consultation and not a research project or representative study.
- This publication identifies community initiatives that could be supported by agencies or organised by community groups to nurture compassionate communities - we recognise that compassionate communities organically create their own initiatives.


PALLIATIVE CARE SOUTH AUSTRALIA'S POLICY GUIDING PRINCIPLES

Palliative Care is...

about the whole person



for the entire dying journey



for every age & every stage



about the community of care

choice, autonomy & dignity



about living



not 'one-size fits all'



Everyone's business



care for the carer



a human right



Palliative Care. It's more than you think.



We strive to create a community where members say: *“everybody has a role to play in supporting each other in times of serious illness, dying, death and grief. We are ready, willing and confident to have conversations about living, dying and grieving well and to support each other in emotional and practical ways.”*

Palliative Care South Australia’s Mission

