

South Australia Compassionate Communities Conversation Series

Report 2023/24



Compassionate Communities SA

Program of Palliative Care SA

Series Lead



Funded by



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In Collaboration with



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 wish to thank all our collaborative partners, staff and board members who have supported the development of this document and our partners, stakeholders, event participants and PCSA members who have given their valuable time and expertise to help guide the development of this publication, Carol Hope Consulting for your assistance in theming the information. We greatly appreciate the contributions everyone has made in sharing experience, knowledge and time with us.

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www.palliativecaresa.org.au

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Download at www.palliativecaresa.org.au



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**SA COMPASSIONATE COMMUNITY
CONVERSATION
VICTOR HARBOR ~ 1 NOV 2023**



**SA COMPASSIONATE COMMUNITY
CONVERSATION
WOODVILLE ~ 2 NOV 2023**



**SA COMPASSIONATE COMMUNITY
CONVERSATION
MT BARKER ~ 3 NOV 2023**



**SA COMPASSIONATE COMMUNITY
CONVERSATION
SOUTHERN ADELAIDE ~ 9 NOV 2023**



**SA COMPASSIONATE COMMUNITY
CONVERSATION
MT GAMBIER ~ 10 NOV 2023**



**SA COMPASSIONATE COMMUNITY
CONVERSATION
WHYALLA ~ 15 NOV 2023**



**SA COMPASSIONATE COMMUNITY
CONVERSATION
PT LINCOLN ~ 16 NOV 2023**



**SA COMPASSIONATE COMMUNITY
CONVERSATIONS
MURRAY BRIDGE ~ 20 NOV 2023**



**SA COMPASSIONATE COMMUNITY
CONVERSATIONS
BERRI ~ 22 NOV 2023**



**SA COMPASSIONATE COMMUNITY
CONVERSATIONS
TEA TREE GULLY ~ 23 NOV 2023**



**SA COMPASSIONATE COMMUNITY
CONVERSATIONS
KADINA ~ 30 NOV 2023**



**SA COMPASSIONATE COMMUNITY
CONVERSATIONS
PT PIRIE ~ 31 JANUARY 2024**

You're Invited

CCSA
Conversations
Activity of Palliative Care SA

TO A LOCAL COMPASSIONATE COMMUNITY CONVERSATION WITH FREE MORNING TEA

Location: 12 Communities across South Australia **Date:** Nov 2023 - Jan 2024
Time: 10:00am - 11:30am **Cost:** FREE

Win

ALL ATTENDEES GO IN THE DRAW TO
WIN A \$50 GIFT VOUCHER*

*Terms and conditions apply, \$50 gift voucher door prize drawn at the conclusion of each event



LOCATION: Victor Harbor
DATE: Wednesday 1st November 2023
LOCATION: Woodville
DATE: Thursday 2nd November 2023
LOCATION: Mount Barker
DATE: Friday 3rd November 2023
LOCATION: Marion
DATE: Thursday 9th November 2023

LOCATION: Mt Gambier
DATE: Friday 10th November 2023
LOCATION: Whyalla
DATE: Wednesday 15th November 2023
LOCATION: Port Lincoln
DATE: Thursday 16th November 2023
LOCATION: Murray Bridge
DATE: Monday 20th November 2023

LOCATION: Berri
DATE: Wednesday 22nd November 2023
LOCATION: Modbury North
DATE: Thursday 23rd November 2023
LOCATION: Kadina
DATE: Thursday 30th November 2023
LOCATION: Port Pirie
DATE: Friday 31st Jan 2024

EVERYONE IS INVITED. THIS IS AN IMPORTANT CONVERSATION FOR YOUR WHOLE COMMUNITY.

Join the conversation and discuss how together we can build a compassionate community in your local community. Compassionate communities are communities with networks of support around people at the end stage of life. You will receive information and participate in discussions about compassionate communities, including how to become a more compassionate neighbour and friend, what services and supports are currently available and explore what compassionate communities could look like within your local neighbourhood.

DO YOU KNOW PEOPLE WHO ARE EXPERIENCING A SERIOUS ILLNESS, AGEING, DISABILITY, DYING, GRIEF AND/OR CAREGIVING (EITHER PERSONALLY OR PROFESSIONALLY)? THEN IT IS ESSENTIAL FOR YOU TO ATTEND THESE MORNING TEAS.



**RSVP: www.palliativecaresa.org.au/compassionate-communities-sa
OR CALL 08 8271 1643**

Seats limited to 65 | Book your seat today | Everyone's invited

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Palliative Care
South Australia

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Event Sponsor



In Collaboration with





Initiative Rationale and Executive Summary

Initiative Rationale

A message from Palliative Care South Australia's CEO

Dying is a normal part of life. Whilst palliative care is generally recognised within the health system, there is a growing movement across Australia and globally to adopt a public health approach to serious illness, ageing, dying, grief and caregiving. This approach includes a community centric model which builds compassionate communities that integrate with health, social & community care services and civic agencies to support people approaching the end stage of life.

To support this expanding public health approach to palliative care* movement, PCSA established the Compassionate Communities SA (CCSA) program in early 2023 to work with community groups, local governments, health services and individuals to nurture a compassionate communities approach across the state. Within this CCSA program there are a number of projects, two of these are the 'Nurturing Compassionate Communities in Country SA project' funded by Country SA Primary Health Network (PHN) and the 'Nurturing Compassionate Communities in Adelaide project' funded by Adelaide PHN.

Between November 2023 and January 2024, the Nurturing Compassionate Communities in SA project team undertake the SA Compassionate Communities Conversation Series initiative, inspired by a similar activity undertaken by Palliative Care Queensland in 2019. This was hosted by PCSA, in collaboration with Carers SA and was supported by the South Australian Government, Country SA PHN and Adelaide PHN. The Hospital Research Foundation Group – Palliative Care sponsored the events. We facilitated 12 events across South Australia which brought together people from local communities to discuss and learn how they can nurture a compassionate community. In this initiative, we met with a total of 237 South Australians, we learnt about their needs, where they find supports, what local supports are available and what strategies could be used to nurture compassionate communities in their region. This report shares those findings and identifies key focus areas for individuals, groups, organisations and decision makers in nurturing compassionate communities across SA.

Palliative care is everyone's business and access to palliative care is a human right. The Compassionate Communities approach focuses on keeping love, laughter and friendship central to people's lives in the last chapter of life. This report is relevant to everyone in South Australia.



Adjunct Associate Professor Shyla Mills

Chief Executive Officer
Palliative Care South Australia

Executive Summary

The purpose

To host open community discussions to identify how compassionate communities can be nurtured across South Australia.

What are Compassionate Communities?

Compassionate Communities are networks of support around people at the end stage of life.

Who participated?



237 South Australians participated in free community morning tea conversations



12 locations

What South Australians told us

If they had a life threatening illness, they weren't sure that their physical, emotional, spiritual and social needs would be met with the current systems.

In addition to national and state based organisations & services, each local region of South Australia has a unique crop of local community groups and volunteer organisations that support the last chapter of life.

The top two places they look for information

about serious illness, dying, grief and caregiving are:

- #1 Their General Practitioner (GP)
- #2 Their Outer Circle Network (family, friends, neighbour or colleagues)

Although people assume not many people are comfortable to talk about death and dying, the majority actually do feel comfortable to talk about it.

If their neighbour has a life threatening illness, the majority of people would be willing to offer support, far fewer would be willing to accept help from a neighbour if they were in this circumstance.

Not all South Australians trust their Substitute Decision Maker to make the right decision if they were unable to.

They have many ideas and suggested activities that could help nurture compassionate communities locally and would be willing to be involved.

To go forward, we invite those interested in nurturing compassionate communities across SA to focus on the following areas:





Project Background

Organisations involved in this Project



**Palliative Care
South Australia**

Palliative Care South Australia (Project Lead)

Palliative Care South Australia (PCSA) is a leading charity and independent peak body representing palliative care providers, the community and people experiencing a serious illness, dying, grief and caregiving, as well as those with an interest in palliative care across South Australia.

www.palliativecaresa.org.au



Carers SA (Project Collaborator)

Carers SA Purpose: Addressing the challenges for current and future Carers so they can care for others.

Carers SA Vision: To be recognised as the key 'Carer organisation' in South Australia.

www.carerssa.com.au



An Australian Government Initiative

Country SA PHN (Project Funder)

Country SA PHN is the Primary Health Network covering the country regions of South Australia. The key goals of the Primary Health Networks are to increase the efficiency and effectiveness of health services for people, particularly those at risk of poor health outcomes, and to improve the coordination of health services, and increasing access and quality support for people.

www.countrysaphn.com.au



An Australian Government Initiative

Adelaide PHN (Project Funder)

Adelaide PHN is the local Primary Health Network for the Adelaide region, an independent, not-for-profit organisation funded by the Australian Government. Adelaide PHN works with primary health care professionals and communities to understand our region's health and wellbeing needs. Our work helps people access safe, equitable and timely health care where it's most needed.

www.adelaidephn.com.au



**Government
of South Australia**

SA Health

SA Health - Health Services Programs Branch (Project Supporter)

SA Health is committed to protecting and improving the health of all South Australians by providing leadership in health reform, public health services, health and medical research, policy development and planning, with an increased focus on well being, illness prevention, early intervention and quality care

www.sahealth.sa.gov.au

We also thank The Hospital Research Foundation – Palliative Care for providing event sponsoring which funded the catering for the 12 events and Flinders University Research Centre for Death and Dying (RePaDD) for providing the lucky door prize for the 12 events.

About the Conversations

Key Question We Asked

We framed the Conversation by beginning and ending each event with the same question:

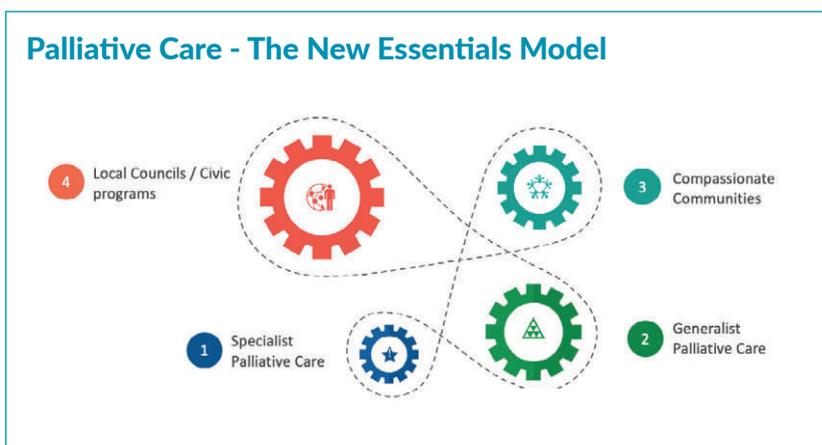
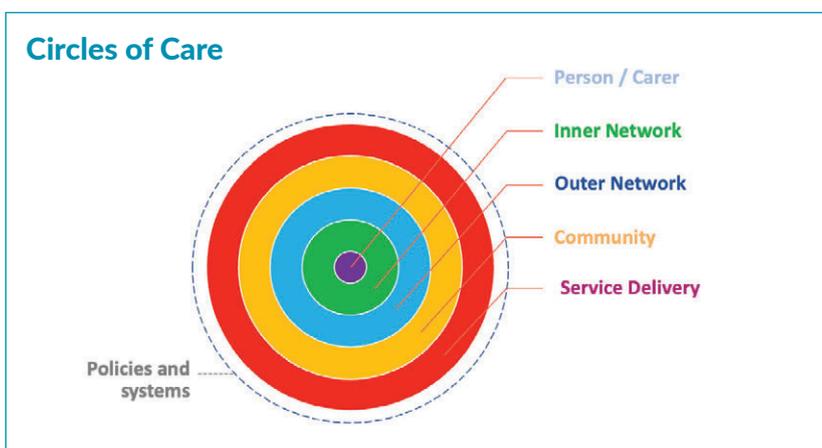


“How do we, together, keep LOVE, LAUGHTER and FRIENDSHIP central to the end chapter of life?”



Key Models Used

We used the New Essentials Model¹ to discuss palliative care and the Circles of Care Model² to discuss care networks.



Guest Speakers

We invited a representative from the local palliative care service and local council to present at each session.

We encouraged participants to reflect on the following statement

Living well is a daily choice.

Dying well takes planning and health, social and community supports.

¹ 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
² Adapted from: Abel J, Walteri, Carey B, et al, *BMJ Supportive & Palliative Care*, dr10, 1136/hmjsprare-20t2-000359



Project Strategies

Locations of Conversations

The 12 locations were chosen in collaboration with the project partners. Originally locations were based on one per Local Health Network across SA, however on review of population and geography additional locations were chosen. As the Women's and Children's Health Network was statewide, we did not host a specific event for this network, however encouraged people linked to all ages to attend.

Event Promotion

The events were promoted via the following mechanisms:

- Joint media release from the partner agencies and individual media contact
- Social Media posts and events, which were boosted in each area
- Health, Social and Community organisations in each area were contacted and encouraged to disseminate

As an incentive to attend, a \$50 voucher per event as a lucky door prize was provided and by Flinders University Research Centre for Death and Dying (RePaDD), this was included in the promotion.

Information collections

The events were promoted via the following mechanisms:

Registration for the event (prior to the Conversation)

- Basic demographic questions

One Individual Activity (during to the Conversation)

- Where would you go for information about serious illness, dying, grief and caregiving? (Ranking with 6 options)
- Do you feel your Substitute Decision Maker* would make the right decision for you if you couldn't verbalise them?
- How do you related to this statement "I feel comfortable with discussing death and dying"?
- If you had a life threatening illness, do you feel that the current system would meet your needs in relation to:
 - Physical needs, Emotional needs, Spiritual needs, Social needs?
- Do you feel that if your neighbour had a life threatening illness you would feel comfortable in offering them help and support?
- Do you feel that if you had a life threatening illness you feel comfortable in accepting help offered by others in your neighbourhood?

Two Group Desktop Activities (during to the Conversation)

- Please list existing groups, supports, organisations and services that are available locally to help people experiencing a serious illness, dying, grief and caregiving
- Please list what community initiatives, events, activities and support you would like to see in your community to help keep love, laughter and friendship central to the last chapter of life

Evaluation (at the end of to the Conversation)

- What is your level of satisfaction with this event?
- Please share a take home message from today's session
- Any other comments, feedback or suggestions

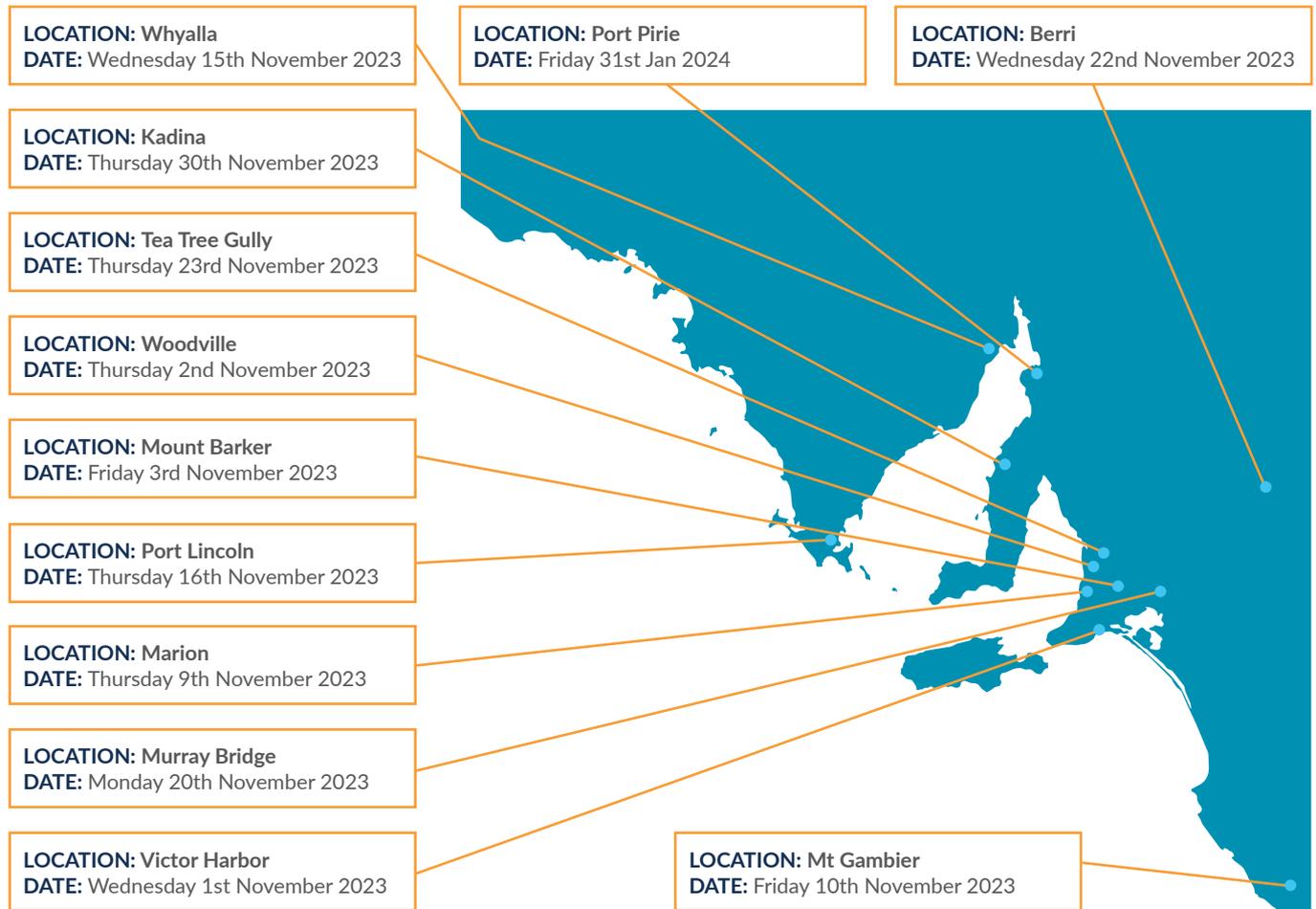
* <https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/conditions/end+of+life+care/advance+care+directives/information+for++advance+care+directive/substitute+decision+makers++advance+care+directive>



Statewide Findings

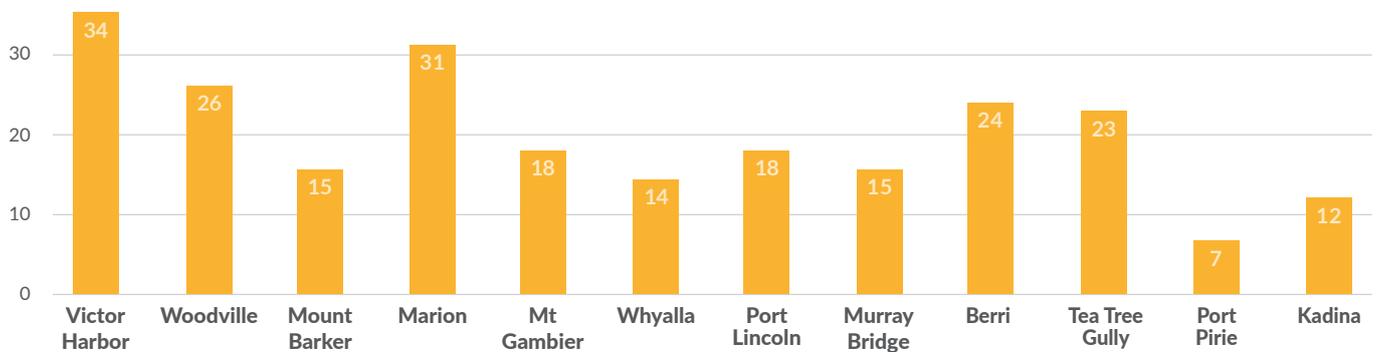
Who attended the Conversations?

How did we structure the 12 Conversations?



How many people participated in the Conversations?

237 people participated across the state.



How did people identify their gender?

Majority were female.

How did people identify in relation to examples provided?

The Conversations events were promoted broadly across health, carer and community channels. As such, we were interested in understanding the context in which our participants attended the Conversations. We gave our participants a series of statements and asked them to identify which statements apply to them. Participants were able to select more than one option.



Interestingly, almost two thirds of our participants work in the health, social or community services sector, perhaps indicating an appetite for health professionals and professional caregivers to engage with communities about serious illness, dying, grief and caregiving. Also, 58.8% of participants identified as a carer or had somebody close to them dying or had died recently. This may speak to their motivations for participating in the Conversations.

NOTE: this is not a research project, it's not a representative study, it is the results of a series of conversations across the state and what was told to us.

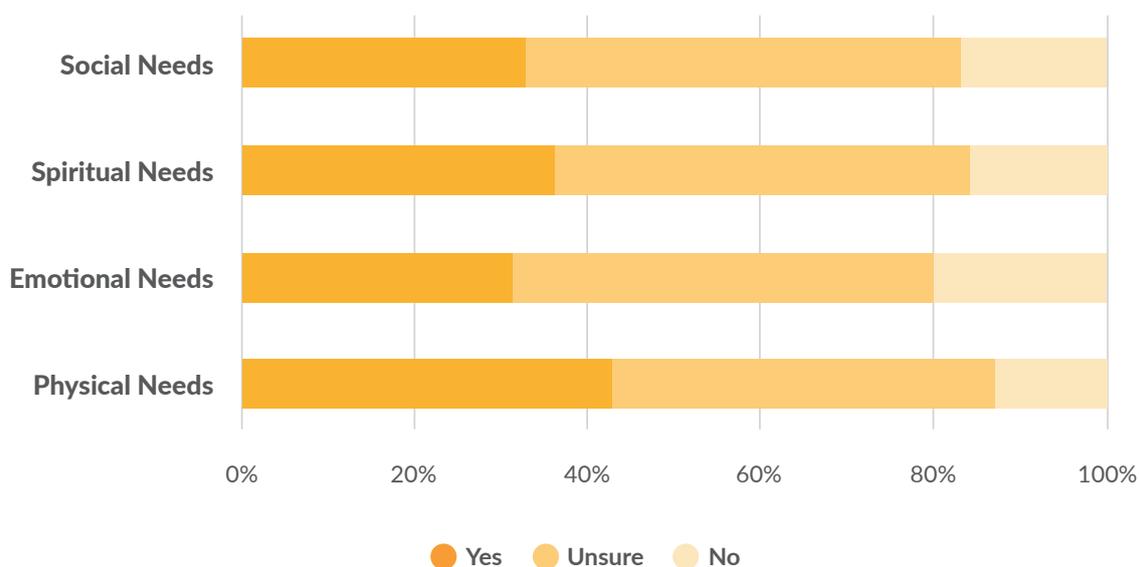
Findings Section 1: Information and Supports

Do South Australians feel that the current systems would meet their support needs if they had a life threatening illness?

What we did:

To understand how people feel their support needs would be met if they were at the end chapter of life. We asked individuals “if you had a life-threatening illness, do you feel the current system would meet your needs in relation to Physical needs, Emotional needs, Spiritual needs and Social needs”?

What we learned:



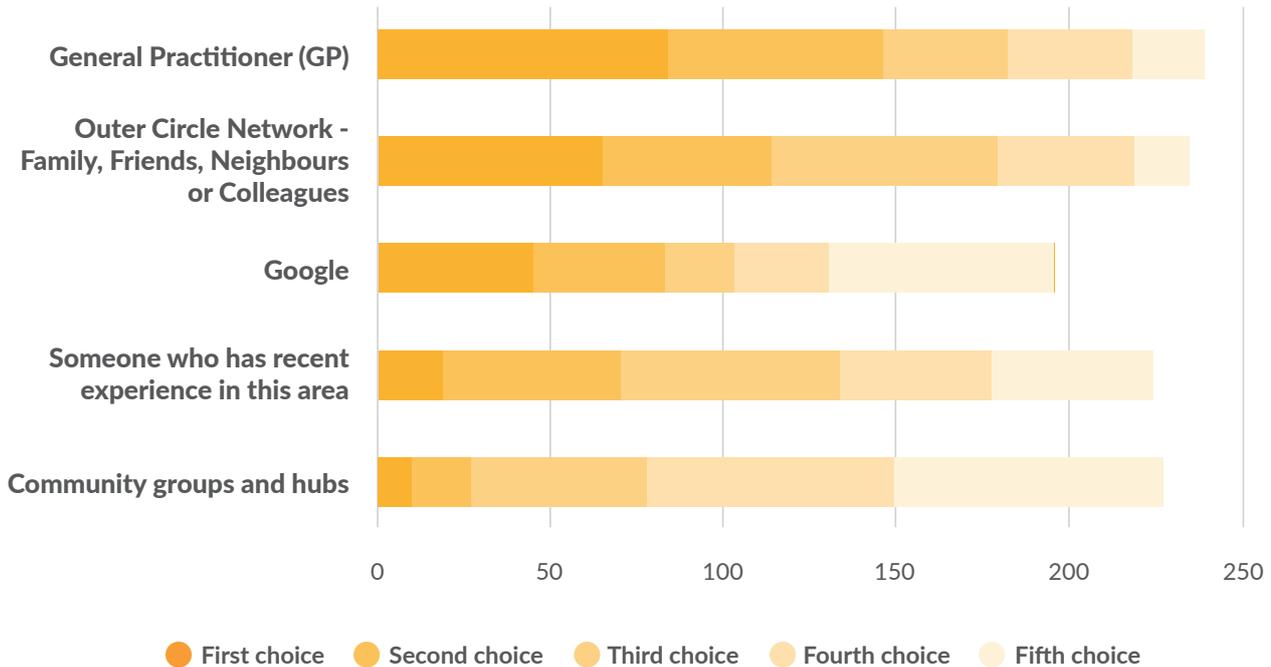
This could suggest that many South Australians do not know what the current systems are and may benefit from more information about available services and supports.

Where do South Australians look for information about serious illness, dying, grief and caregiving?

What we did:

To understand where people look for information, we asked participants to rank (in order of preference) where they would go for information about serious illness, dying, grief and caregiving.

What we learned:



The highest ranked source of information is the participant's GP, which demonstrates the importance of the GP's role in knowing and sharing this information. Interestingly, the second most popular source of information is those within the participant's trusted network (outer circle network) of family, friends, neighbours and colleagues.

It is important to note, that specialist palliative care and end-of-life services were mentioned in the 'other' option. In total, sixteen (16) participants mentioned such services as a source of information.

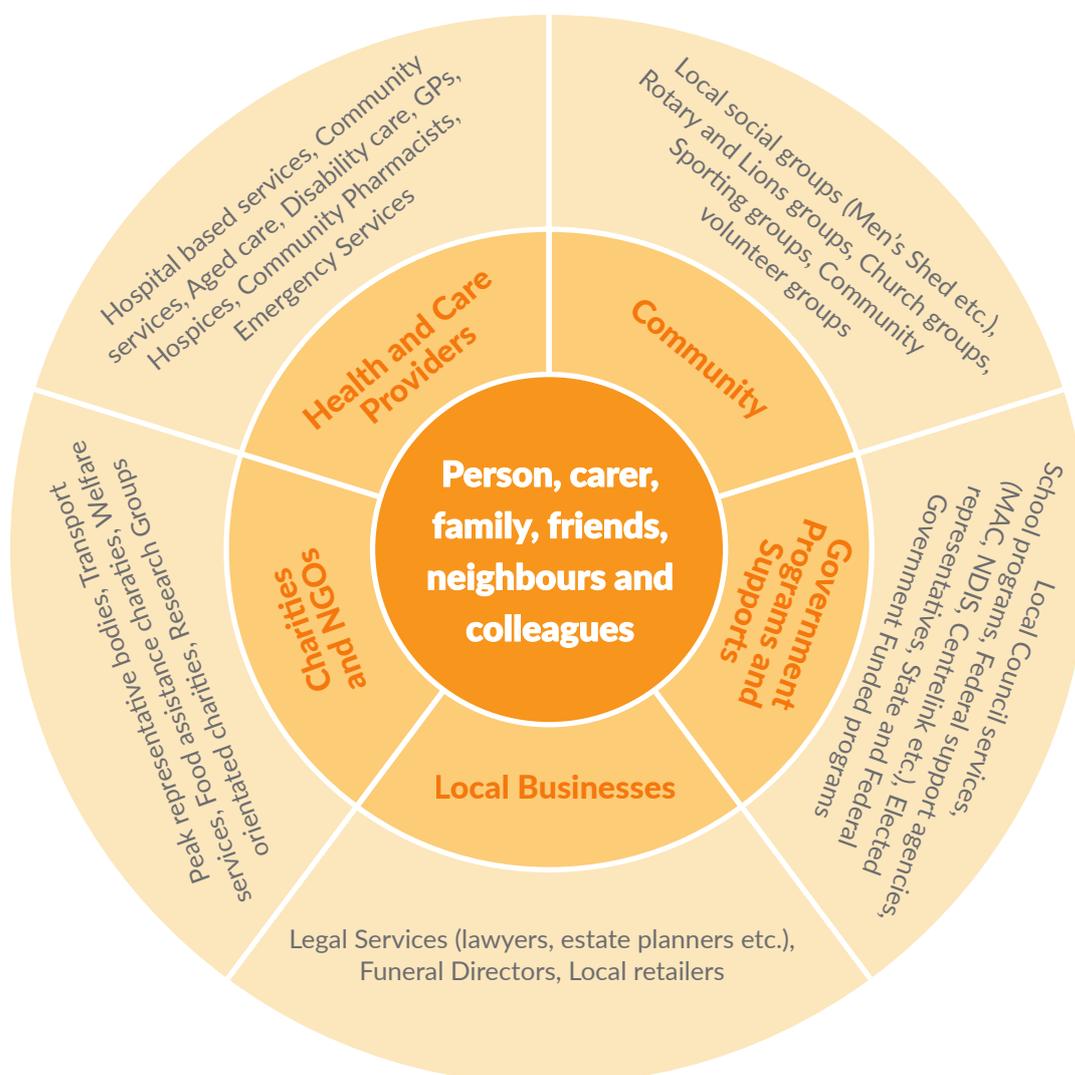
What community supports do South Australians already trust to help them navigate serious illness, dying, grief and caregiving?

What we did:

Understanding current state is important to identify strengths which may be shared across communities. We asked the participants to list existing groups, supports, organisations and services that are available locally to help people experiencing a serious illness, dying, grief and caregiving. We call this activity 'treasure mapping'.

What we learned:

South Australians have a multitude of organisations, services, agencies and businesses that can support them in their last chapter of life. In addition to national and state based organisations and services, each local area has a unique crop of local community groups and volunteer organisations.



Findings Section 2: Compassionate Citizens

Are South Australians comfortable with discussing death and dying?

What we did:

Palliative Care South Australia often hears that our society is uncomfortable with discussing death and this can lead to delayed access to support services. To understand if this is true in South Australia, we asked participants if they are comfortable with discussing death and dying.

What we learned:



Our participants overwhelmingly responded that they are comfortable with talking about death and dying. It is important to acknowledge that over 65% of our participants are health and care professionals which may have influenced the results. However, it could be an indication that the dial is shifting for the community.

Do South Australians trust their Substitute Decision Maker to make the right decision for them (if they couldn't themselves)?

What we did:

According to Advance Care Planning Australia, almost 50% of people will be unable to make their own end-of-life decisions. A Substitute Decision Maker is activated when a person no longer has the cognitive capacity to make a decision on their own behalf. To understand trust regarding the role of Substitute Decision Makers, we asked participants if they feel that their Substitute Decision Maker would make the right decision for them if they were unable to?

What we learned:



Not all South Australians trust their Substitute Decision Maker to make the right decision if they were unable to. The majority do, yet over one in five are not sure.

The results may suggest many are confused about the role of the Substitute Decision Maker or they may not have had specific conversations about their wishes and preferences to guide their decisions.

Are South Australians comfortable in offering their neighbours help and support if they had a life threatening illness?

What we did:

Developing compassionate communities includes supporting our neighbours in times of difficulty. To understand South Australian's readiness to offer help and support, we asked participants if they are comfortable offering help and support to a neighbour who has a life threatening illness.

What we learned:



Consistent with previous responses, our participants overwhelmingly responded that they would be comfortable to offer help and support to their neighbours. This result strongly indicates a generosity of spirit by South Australians through their collective willingness to support people around them who have a life threatening illness.

Are South Australians comfortable in accepting help offered by others in their neighbourhood, if they had a life threatening illness?

What we did:

Offering to support people in our neighbourhood is one thing, but how would South Australians react if the tables were turned? To understand if our community is comfortable to accept help, we asked our participants, if they had a life threatening illness, would they feel comfortable in accepting help offered from others in their neighbourhood?

What we learned:



The responses show that whilst the majority of participants would feel comfortable accepting help from others in their neighbourhood, the affirmative response is not as strong as in the previous questions. Furthermore, more than one in four South Australians are unsure. Whilst there is an overwhelming willingness to help others, the willingness to receive help is over 25% lower. This creates a contradiction and a challenge in developing compassionate communities, we need communities to offer help, but we also need individuals in communities to be willing to accept help.

Findings Section 3: Compassionate Communities

What community initiatives would help grow Compassionate Communities across South Australia?

What we did:

Having asked our participants to identify initiatives in relation to the last chapter of life in their communities. We seek to understand what new initiatives participants would like to see and be a part of. We asked participants to work in table groups to list community initiatives, events, activities and supports they would like to see in their community to help keep love, laughter and friendship at the centre of the end chapter of life.

What we learned:

A total of 273 Community Initiatives were suggested.

The majority of the participants also stated they would like to participate or be involved in these initiatives. The local Council was usually identified a key group to be involved with most initiatives identified. Examples of these Community Initiatives are provided below:

- | | |
|---|--|
| Street organised events to improve connection with neighbours | Festival of the Living and Dying |
| Welcome to the neighbourhood kits | Death, Grief and Compassion Cafes |
| Meal rosters for older or isolated neighbours | Establishment of new community groups (craft, sewing, friendship groups, yarning circles etc.) |
| Neighbourhood newsletters and social media groups | Groups specific to culturally and linguistically diverse communities |
| Advance Care Directive assistance | Increase in community volunteers |
| Improvement to public housing (air conditioning, heating etc.) | Pet care and pet visiting initiatives |
| Improvements to public spaces (accessibility) | Themed book clubs |
| Compassionate community champions and network activators | Community singing |
| Memorial events and initiatives | Reminiscence based activities (memory boxes, scrapbooking and collecting oral histories) |
| Art exhibitions | Improved transport options (community bus, patient transfer and volunteer ride share) |
| Printed resources in publicly accessible locations (library, medical centres and funeral directors) | Access to professionally facilitated community education (for example, Last Aid) |
| Intergenerational activities and events to foster connectedness | School programs about death and dying |
| Afternoon and morning teas | Spiritual focus retreats |
| Death and Dying expo | |

To go forward, we invite those interested in nurturing compassionate communities across SA to focus on the following areas:

What key themes could be taken forward to nurture compassionate communities across SA?

What we did:

The Compassionate Communities Conversation Series was designed to build awareness and understanding about community's role in supporting people with serious illness in their last chapter of life, and their caregivers. As well as to learn from the community what is existing in this space and what would they like to see in future. We asked participants to share a take home message, feedback and comments from the sessions. This in addition to other results was themed into focus areas. We asked participants to share a take home message, feedback from the session they attended.

What we learned:

Five focus areas were identified for individuals, groups, communities, organisations and decision makers across SA in relation to nurturing Compassionate Communities across SA.



Note these are in no particular order of priority.

Findings Section 4: Compassionate Conversations

Do South Australian local communities have an interest in this topic?

What we did:

To bring about change, we used marketing engagement methodologies including a media release, social media and network marketing.



7 media interviews



15k+ social media reach



Port Lincoln Times article 26 October 2023



Yorke Peninsula Country Times article 5 December 2023



Community chat event



Murray Bridge Pioneer article 25 October 2023

What we learned:

7 media interviews (articles published or radio interviews).

The total social media reach for these Conversations was 15,011.

Was the Conversation Series considered a useful approach?

What we did:

To determine if the local, in-person Conversations workshop methodology was a success for those who attended, we asked participants to rate their level of satisfaction with the event.

What we learned:

We received 79 responses to this question and 97.46% responded Excellent or Good.



97% Excellent or Good satisfaction rating

Overwhelmingly, the participants rated their level of satisfaction as excellent or good, which suggests that the format and methodology of the Conversations events were successful from the community's perspective. This is consistent with the final comments in the evaluation survey that participants were invited to share, which included comments such as "fantastic", "thought provoking" and "wonderful session".

PALLIATIVE CARE SOUTH AUSTRALIA'S POLICY GUIDING PRINCIPLES

Palliative
Care is...

about the
whole person



for
every age &
every stage



about the
community
of care



about
choice, autonomy
& dignity



not
'one-size
fits all'



Everyone's
business



care for
the carer



a human
right



Palliative Care.
It's more than
you think.



Local Findings

Berri

SA Compassionate Communities Conversation 2023/24



Series Lead  Palliative Care South Australia	Funded by  phn COUNTRY SA An Australian Government Initiative	Supported by  Government of South Australia SA Health	In Collaboration with  Carers SA Australia
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What are Compassionate Communities?

Compassionate Communities are networks of support around people at the end stage of life.

About the SA Compassionate Communities Conversation Series

From November 2023 to January 2024, the Compassionate Communities SA program team undertook a roadshow of 12 open community conversations throughout the state about serious illness, ageing, dying and grief. The Conversation events focused on the principles of public health approaches to palliative care* and encouraged participants to consider individual and collective strategies for nurturing compassionate communities in their local region.

Who Attended the Conversation?



28 participants



Wednesday
22nd November
2023



Berri Hotel,
Berri



Ngaiawang, Ngawait,
Nganguruku, Ngintait
& Ngarkat peoples

Health region

Riverland Mallee Coorong
Local Health Network

Country SA PHN

Local, State and Federal Government region

Local: Berri Barmera Council

State: Chaffey

Federal: Barker

33%

I am caring for someone currently

I volunteer for organisations/groups

46%

35%

Someone close to me is dying / has recently died

I work in health, social or community services

42%

13%

I have a life threatening illness

I am a member of the community with an interest in palliative care

38%

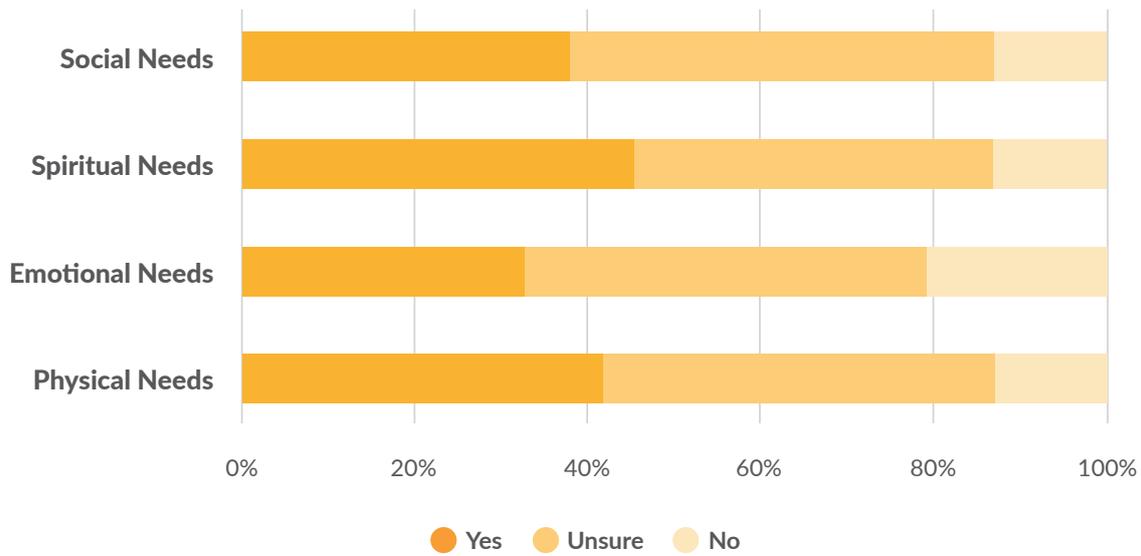
*A public health approach to end of life care, views the community as an equal partner in the long and complex task of providing quality healthcare at the end of life. www.phpci.org
NOTE: this is not a research project, it's not a representative study, it is the results of a series of conversations across the state and what was told to us.



What we learnt

Do Locals feel that the current systems would meet their support needs if they had a life threatening illness?

To understand how people feel their support needs would be met if they were at the end chapter of life, we asked individuals “if you had a life-threatening illness, do you feel the current system would meet your needs in relation to Physical needs, Emotional needs, Spiritual needs and Social needs”?



Locals were not confident (in any domain) that their needs would be met by the current systems. They were most confident that their Spiritual needs would be met and least confident that their Emotional and Social needs would be met by the current systems.

This is in comparison to the statewide results which showed that participants weren't confident (in any domain) that their needs would be met by the current systems. They were most confident that their Physical needs would be met and least confident that their Emotional and Social needs would be met by the current systems.

Where do Locals look for information about serious illness, dying, grief and caregiving?

To understand where people look for information, we asked participants to rank (in order of preference) where they would go for information about serious illness, dying, grief and caregiving.



This is in comparison to the South Australian statewide results where General Practitioner (GP) was ranked 1st and Outer Circle Network was ranked 2nd.



What community supports do Locals already trust to help them navigate serious illness, dying, grief and caregiving?

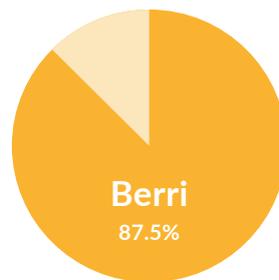
Understanding current state is important to identify strengths which may be shared across communities. We asked the participants to list existing groups, supports, organisations and services that are available locally to help people experiencing a serious illness, dying, grief and caregiving. We call this activity 'treasure mapping'.

Treasure Map: Berri

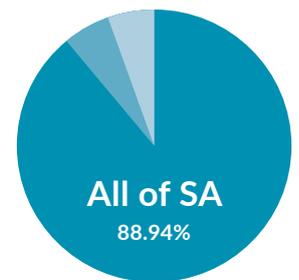
Salvation Army	Church groups and networks	St Vincent de Paul	Aged care volunteer visiting scheme
Activity group (sewing, craft etc.)	Friends and colleagues	Various support groups (cancer, mental health etc.)	U3A
McGrath Foundation nurses	Lions club	Rotary club	Men's Shed
Red Cross	GPs	Riverland Respite	Aged care
Hippy Program	Family services	Aboriginal services	Dementia Australia
Country Women's Association	Our Town	Wig library	Berri Community Centre
Community Connections	Carers SA	Palliative Care Team	Berri Allied Health
Relationships Australia	Focus 1	Country Health Connect	MIND Australia
NDIS services	Mission Australia	Headspace	Visiting specialists

Are Locals comfortable with discussing death and dying?

Similar to all of South Australia, the majority of Berri participants (87.5%) are comfortable discussing death and dying.



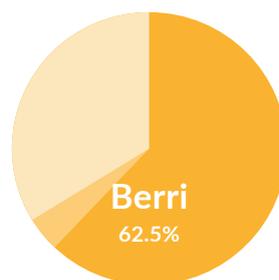
● Yes ● No ● Unsure



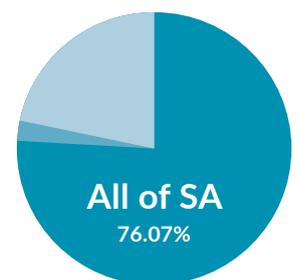
● Yes ● No ● Unsure

Are Locals comfortable in their Substitute Decision Maker making the right decision for them (if needed)?

Fewer people in Berri are comfortable with their Substitute Decision Maker making the right decisions for them if needed, compared to all of South Australia. Also, most of the Berri participants who did not answer 'yes' are unsure.



● Yes ● No ● Unsure



● Yes ● No ● Unsure



Are Locals comfortable in offering their neighbours help and support if they had a life threatening illness?



79%
YES

Are Locals comfortable in accepting help offered by others in their neighbourhood, if they had a life threatening illness?



63%
YES

The local responses show that whilst the majority of people would be willing to offer support, far fewer would be willing to accept help from a neighbour if they were in this circumstance. This is similar to the statewide results. Whilst there is an overwhelming willingness to help others, the willingness to receive help is lower. This creates a contradiction and a challenge in developing compassionate communities, we need communities to offer help, but we also need individuals in communities to be willing to accept help.

What are some initiatives that your community as a collective could do to help grow local compassionate communities?

The following Community Initiatives were identified by the Berri participants:

- | | | |
|---|---|--|
| Visiting people that are isolated/lonely | Music groups | Walking netball group |
| Afternoon teas/cuppa's (Hosting chat & cuppa sessions) | Free bingo | Volunteer for community check-ins |
| Pampering sessions - hand massages, head massages, foot spa | Walking group | Memorial tree/event |
| Reminiscence & reflections | Chatty Café | Community events (pageants) |
| Advance care planning information and meetings | Community bus to assist those less mobile | Sports clubs |
| | Memorial at Christmas | Scrapbooking of life journey to reflect and to open up conversations |
| | Candlelight bar at Bunnings for men | |

To go forward, we invite those interested in nurturing compassionate communities across SA to focus on the following areas:



For more information: palliativecaresa.org.au/ccsa

Kadina

SA Compassionate Communities Conversation 2023/24



Series Lead  Palliative Care South Australia

Funded by  phn COUNTRY SA An Australian Government Initiative

Supported by  Government of South Australia SA Health

In Collaboration with  Carers SA Australia

What are Compassionate Communities?

Compassionate Communities are networks of support around people at the end stage of life.

About the SA Compassionate Communities Conversation Series

From November 2023 to January 2024, the Compassionate Communities SA program team undertook a roadshow of 12 open community conversations throughout the state about serious illness, ageing, dying and grief. The Conversation events focused on the principles of public health approaches to palliative care* and encouraged participants to consider individual and collective strategies for nurturing compassionate communities in their local region.

Who Attended the Conversation?



14 participants



Thursday
30th November
2023



Copper Coast Sport & Leisure Centre,
Kadina



Narungga and
Adjahdura peoples

Health region

Yorke and Northern
Local Health Network

Country SA PHN

Local, State and Federal Government region

Local: Copper Coast Council

State: Narungga

Federal: Grey

8%

I am caring for someone currently

I volunteer for organisations/groups

42%

33%

Someone close to me is dying / has recently died

I work in health, social or community services

75%

0%

I have a life threatening illness

I am a member of the community with an interest in palliative care

50%

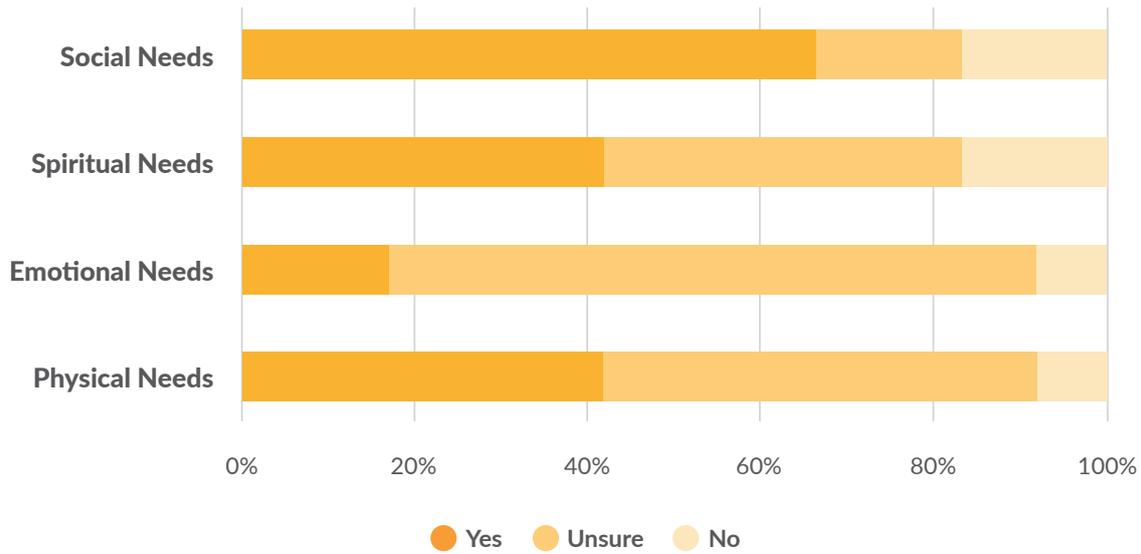
*A public health approach to end of life care, views the community as an equal partner in the long and complex task of providing quality healthcare at the end of life. www.phpci.org
NOTE: this is not a research project, it's not a representative study, it is the results of a series of conversations across the state and what was told to us.



What we learnt

Do Locals feel that the current systems would meet their support needs if they had a life threatening illness?

To understand how people feel their support needs would be met if they were at the end chapter of life, we asked individuals “if you had a life-threatening illness, do you feel the current system would meet your needs in relation to Physical needs, Emotional needs, Spiritual needs and Social needs”?



Locals were only confident that their Social needs would be met by the current systems. They were least confident that their Emotional needs would be met by the current systems.

This is in comparison to the statewide results which showed that participants weren't confident (in any domain) that their needs would be met by the current systems. They were most confident that their Physical needs would be met and least confident that their Emotional and Social needs would be met by the current systems.

Where do Locals look for information about serious illness, dying, grief and caregiving?

To understand where people look for information, we asked participants to rank (in order of preference) where they would go for information about serious illness, dying, grief and caregiving.



This is in comparison to the South Australian statewide results where General Practitioner (GP) was ranked 1st and Outer Circle Network was ranked 2nd.



What community supports do Locals already trust to help them navigate serious illness, dying, grief and caregiving?

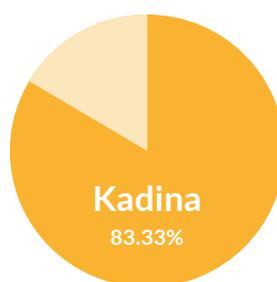
Understanding current state is important to identify strengths which may be shared across communities. We asked the participants to list existing groups, supports, organisations and services that are available locally to help people experiencing a serious illness, dying, grief and caregiving. We call this activity 'treasure mapping'.

Treasure Map: Kadina

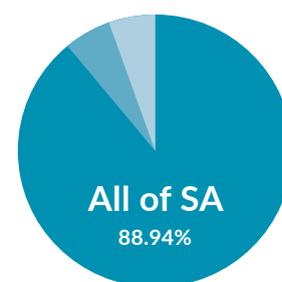
Respite care options	Probus Club	Salvation Army	ARIS
Church groups and networks	Meals on Wheels	My Aged Care	RACFs
Lifeline	Care in Motion	Chaplain services	Palliative Care Team
Charities	Centrelink	Charities	Community Visitor Scheme
Leaf Program	Hospitals	Seasons for Growth - schools	Better Care in the Community
Funeral services	Care Finder	Legal services	Carers and disability link
Information Exchange	Carers SA		

Are Locals comfortable with discussing death and dying?

Similar to all of South Australia, the majority of Kadina participants (83.33%) are comfortable discussing death and dying.



● Yes ● No ● Unsure



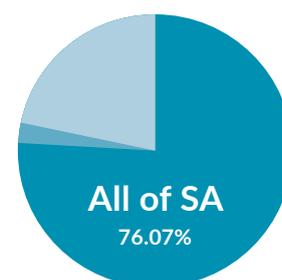
● Yes ● No ● Unsure

Are Locals comfortable in their Substitute Decision Maker making the right decision for them (if needed)?

All (100%) of the participants in Kadina are comfortable with their Substitute Decision Maker making the right decisions for them if needed, much higher than compared to all of South Australia.



● Yes ● No ● Unsure



● Yes ● No ● Unsure



Are Locals comfortable in offering their neighbours help and support if they had a life threatening illness?

Are Locals comfortable in accepting help offered by others in their neighbourhood, if they had a life threatening illness?



75%
YES



58%
YES

The local responses show that whilst the majority of people would be willing to offer support, far fewer would be willing to accept help from a neighbour if they were in this circumstance. This is similar to the statewide results. Whilst there is an overwhelming willingness to help others, the willingness to receive help is lower. This creates a contradiction and a challenge in developing compassionate communities, we need communities to offer help, but we also need individuals in communities to be willing to accept help.

What are some initiatives that your community as a collective could do to help grow local compassionate communities?

The following Community Initiatives were identified by the Kadina participants:

Palliative Care "Visitors"
(volunteers)

Ambulance transport
for family/social events
(free)

Raising awareness events

Community memorial event
once a year

Cafe meeting place
for carers/palliative care
patients to meet people
going through the
same thing

Council volunteer group

New neighbour welcome kit

Get to know people in your
street & support agents

Engage in young people -
social groups

Volunteers to sit with
people at end of life

To go forward, we invite those interested in nurturing compassionate communities across SA to focus on the following areas:



For more information: palliativecaresa.org.au/ccsa

Marion

SA Compassionate Communities Conversation 2023/24



Series Lead  Palliative Care South Australia	Funded by  phn ADELAIDE An Australian Government Initiative	Supported by  Government of South Australia SA Health	In Collaboration with  Carers SA Australia
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What are Compassionate Communities?

Compassionate Communities are networks of support around people at the end stage of life.

About the SA Compassionate Communities Conversation Series

From November 2023 to January 2024, the Compassionate Communities SA program team undertook a roadshow of 12 open community conversations throughout the state about serious illness, ageing, dying and grief. The Conversation events focused on the principles of public health approaches to palliative care* and encouraged participants to consider individual and collective strategies for nurturing compassionate communities in their local region.

Who Attended the Conversation?



27 participants



Thursday
9th November
2023



Marion Cultural
Centre, Marion



Kurna peoples

Health region

Southern Adelaide
Local Health Network

Adelaide PHN

Local, State and Federal Government region

Local: City of Marion Council

State: Gibson

Federal: Boothby

35%

I am caring for someone currently

I volunteer for organisations/groups

19%

39%

Someone close to me is dying / has recently died

I work in health, social or community services

68%

6%

I have a life threatening illness

I am a member of the community with an interest in palliative care

26%

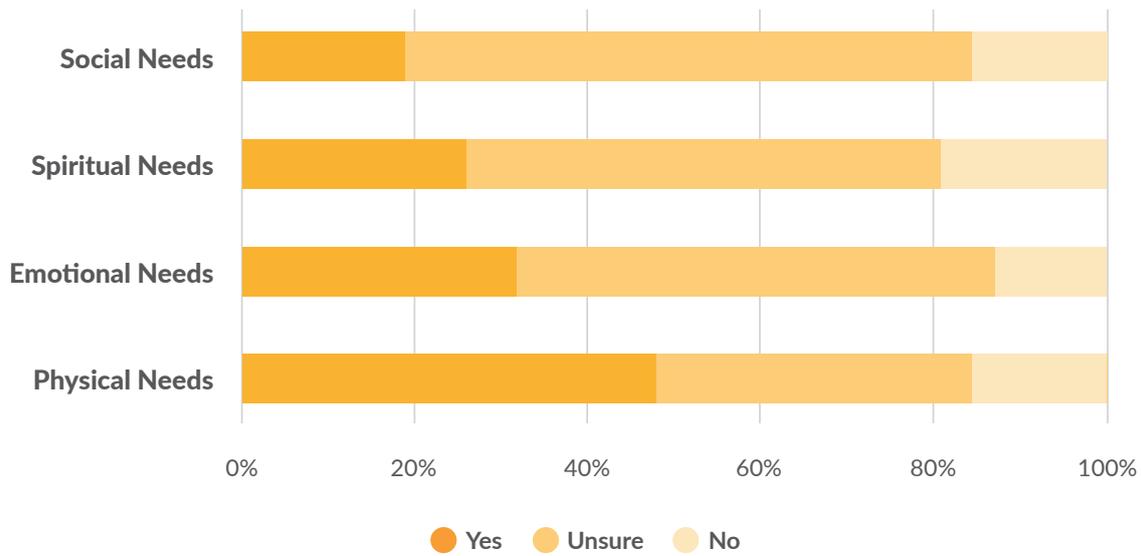
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What we learnt

Do Locals feel that the current systems would meet their support needs if they had a life threatening illness?

To understand how people feel their support needs would be met if they were at the end chapter of life, we asked individuals “if you had a life-threatening illness, do you feel the current system would meet your needs in relation to Physical needs, Emotional needs, Spiritual needs and Social needs”?



Locals were not confident (in any domain) that their needs would be met by the current systems. They were most confident that their Physical needs would be met and least confident that their Social and Spiritual needs would be met by the current systems.

This is in comparison to the statewide results which showed that participants weren’t confident (in any domain) that their needs would be met by the current systems. They were most confident that their Physical needs would be met and least confident that their Emotional and Social needs would be met by the current systems.

Where do Locals look for information about serious illness, dying, grief and caregiving?

To understand where people look for information, we asked participants to rank (in order of preference) where they would go for information about serious illness, dying, grief and caregiving.



This is in comparison to the South Australian statewide results where General Practitioner (GP) was ranked 1st and Outer Circle Network was ranked 2nd.



What community supports do Locals already trust to help them navigate serious illness, dying, grief and caregiving?

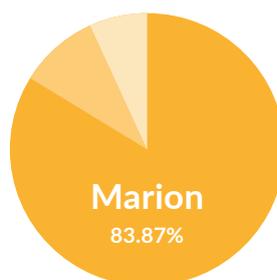
Understanding current state is important to identify strengths which may be shared across communities. We asked the participants to list existing groups, supports, organisations and services that are available locally to help people experiencing a serious illness, dying, grief and caregiving. We call this activity ‘treasure mapping’.

Treasure Map: Marion

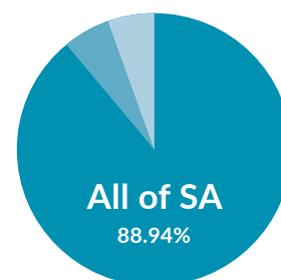
Naporendi Aboriginal Community Centre	Gender specific groups (Men’s / Women’s Shed)	Food assistance (Foodbank, Wakefield House)	MHCP – Rural and Remote Health
Anglicare	Salvation Army	Hall Street for Homeless	Greenhill Lodge
Ronald McDonald	Starlight Foundation	RDNS	My Aged Care
Diabetes SA	Heart Foundation	Parkinsons Association	CTG-ITC
Aboriginal Health	Mental Health Services	Red Cross	Care Finder
Southern Vales Compassionate Communities	Peer group led ACD activities	Mental Health Emergency Triage	Church groups and networks
Memorial gardens	Yoga Group	Death & Dementia Doulas	Academic organisations
Virtual care service	Hospital@Home	Threshold Singers Adelaide	Hospitals
ECO Village Community Support (Aldinga)	Dementia Australia (Nightingale Program)	Marion Council - Positive Ageing	Palliative care nurse connect
Palliative care team	GPs	Funeral Directors	Youth groups
Palliative Care South Australia	Aged care (RACF and Home Care)	Elizabeth House – Active Ageing	Schools – wellness coordinators
Carers SA	Onkaparinga Council	Disability agencies	MSSA
THRF Group	Grief Link	Pharmacists	Respite services

Are Locals comfortable with discussing death and dying?

Marion participants are predominantly (83.87%) comfortable discussing death and dying, similar to all of South Australia.



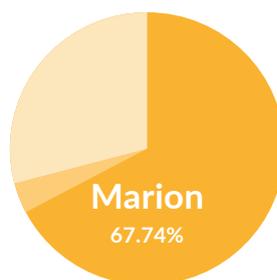
● Yes ● No ● Unsure



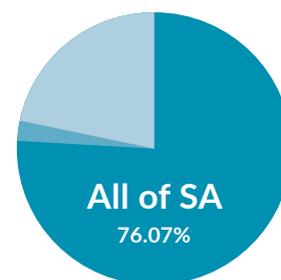
● Yes ● No ● Unsure

Are Locals comfortable in their Substitute Decision Maker making the right decision for them (if needed)?

Participants in Marion reported that less than 70% are comfortable that their Substitute Decision Maker would make the right decision for them. This is almost 10% lower than the all of South Australia figure.



● Yes ● No ● Unsure



● Yes ● No ● Unsure



Are Locals comfortable in offering their neighbours help and support if they had a life threatening illness?

Are Locals comfortable in accepting help offered by others in their neighbourhood, if they had a life threatening illness?



90%
YES



61%
YES

The local responses show that whilst the majority of people would be willing to offer support, far fewer would be willing to accept help from a neighbour if they were in this circumstance. This is similar to the statewide results. Whilst there is an overwhelming willingness to help others, the willingness to receive help is lower. This creates a contradiction and a challenge in developing compassionate communities, we need communities to offer help, but we also need individuals in communities to be willing to accept help.

What are some initiatives that your community as a collective could do to help grow local compassionate communities?

The following Community Initiatives were identified by the Marion participants:

- Dog/pet care support/ walking & feeding care when in hospital
- Air conditioners, fans, heating in housing SA Properties public housing
- Shared lunch hosted by the council to promote the sense of connectedness
- Visiting program
- Themed book clubs
- Artist & author in residence - primary school to aged care - Death is a normal part of life
- Festival of living and dying - Fringe Festival
- Singing - "audible kindness" at life thresholds
- Volunteering to support palliative care clients to access services & provide support to stay at home
- Being a good neighbour - "Know my name" - listen, talk, connect
- Widespread access to death literacy - Last Aid - normalising death
- Building something with your hands
- Neighbours bringing bins in
- Morning/afternoon teas once a month

To go forward, we invite those interested in nurturing compassionate communities across SA to focus on the following areas:



For more information: palliativecaresa.org.au/ccsa

Mount Barker

SA Compassionate Communities Conversation 2023/24



Series Lead  Palliative Care South Australia	Funded by  phn COUNTRY SA An Australian Government Initiative	Supported by  Government of South Australia SA Health	In Collaboration with  Carers SA Australia
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What are Compassionate Communities?

Compassionate Communities are networks of support around people at the end stage of life.

About the SA Compassionate Communities Conversation Series

From November 2023 to January 2024, the Compassionate Communities SA program team undertook a roadshow of 12 open community conversations throughout the state about serious illness, ageing, dying and grief. The Conversation events focused on the principles of public health approaches to palliative care* and encouraged participants to consider individual and collective strategies for nurturing compassionate communities in their local region.

Who Attended the Conversation?



16 participants



Friday
3rd November
2023



Laratinga Pavilion,
Mount Barker



Peramangk peoples

Health region

Barossa Hills Fleurieu
Local Health Network

Country SA PHN

Local, State and Federal Government region

Local: Mount Barker
District Council

State: Kavel

Federal: Mayo

27%

I am caring for someone currently

I volunteer for organisations/groups

7%

40%

Someone close to me is dying / has recently died

I work in health, social or community services

60%

0%

I have a life threatening illness

I am a member of the community with an interest in palliative care

47%

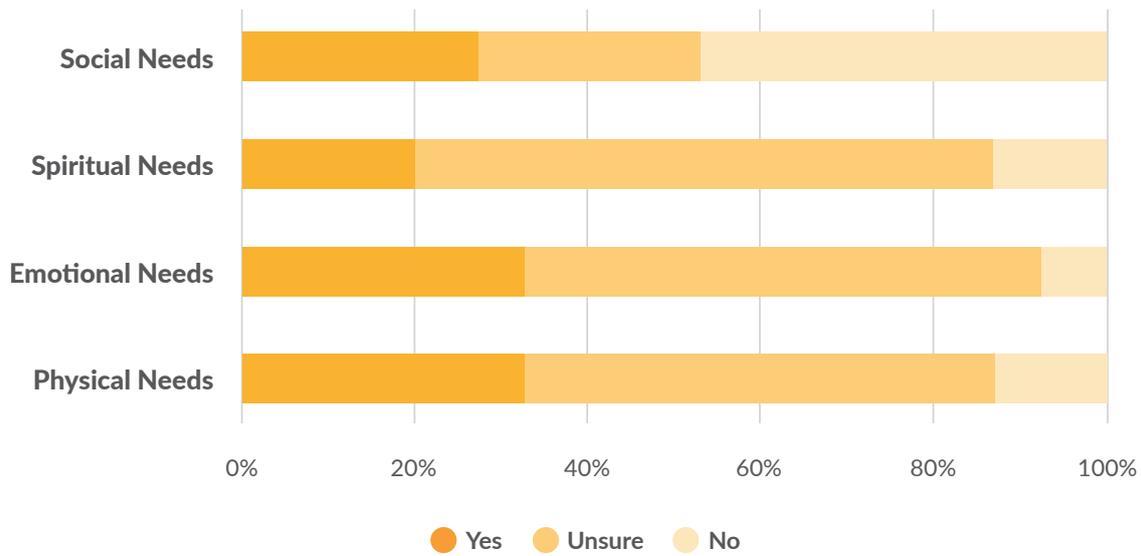
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NOTE: this is not a research project, it's not a representative study, it is the results of a series of conversations across the state and what was told to us.



What we learnt

Do Locals feel that the current systems would meet their support needs if they had a life threatening illness?

To understand how people feel their support needs would be met if they were at the end chapter of life, we asked individuals “if you had a life-threatening illness, do you feel the current system would meet your needs in relation to Physical needs, Emotional needs, Spiritual needs and Social needs”?



Locals were not confident (in any domain) that their needs would be met by the current systems. They were most confident that their Physical and Emotional needs would be met and least confident that their Spiritual needs would be met by the current systems.

This is in comparison to the statewide results which showed that participants weren’t confident (in any domain) that their needs would be met by the current systems. They were most confident that their Physical needs would be met and least confident that their Emotional and Social needs would be met by the current systems.

Where do Locals look for information about serious illness, dying, grief and caregiving?

To understand where people look for information, we asked participants to rank (in order of preference) where they would go for information about serious illness, dying, grief and caregiving.

#1 **67%** of Local participants ranked this option as first

General Practitioner (GP)

#2 **53%** of Local participants ranked this option as second

Outer Circle Network

This is in comparison to the South Australian statewide results where General Practitioner (GP) was ranked 1st and Outer Circle Network was ranked 2nd.



What community supports do Locals already trust to help them navigate serious illness, dying, grief and caregiving?

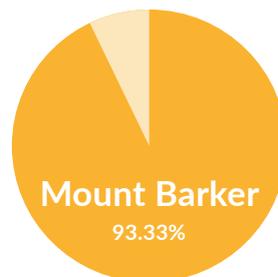
Understanding current state is important to identify strengths which may be shared across communities. We asked the participants to list existing groups, supports, organisations and services that are available locally to help people experiencing a serious illness, dying, grief and caregiving. We call this activity 'treasure mapping'.

Treasure Map: Mount Barker

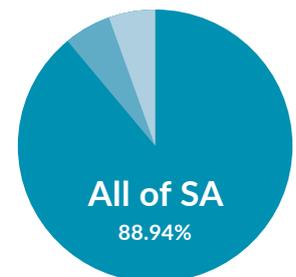
Zest Creative Living Life	LHN Palliative Care Team	Mt Barker Community Centre	Mt Barker Council
Mental Health Network	Church networks and groups	Rotary club	Lions club
Adelaide Hills Community Service	Funeral services	PTA	Sports groups
Representative Government	EAP's	GP's	Emergency Services

Are Locals comfortable with discussing death and dying?

The majority of Mount Barker participants (93.33%) are comfortable discussing death and dying, this is almost 5% higher than the all of South Australia figure.



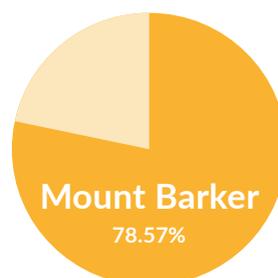
● Yes ● No ● Unsure



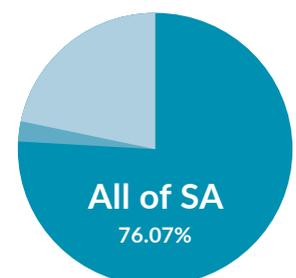
● Yes ● No ● Unsure

Are Locals comfortable in their Substitute Decision Maker making the right decision for them (if needed)?

Similar to all of South Australia, the majority of Mount Barker participants (78.57%) are comfortable in their Substitute Decision Maker making the right decision for them, the remainder were unsure.



● Yes ● No ● Unsure



● Yes ● No ● Unsure



Are Locals comfortable in offering their neighbours help and support if they had a life threatening illness?

Are Locals comfortable in accepting help offered by others in their neighbourhood, if they had a life threatening illness?



80%
YES



60%
YES

The local responses show that whilst the majority of people would be willing to offer support, far fewer would be willing to accept help from a neighbour if they were in this circumstance. This is similar to the statewide results. Whilst there is an overwhelming willingness to help others, the willingness to receive help is lower. This creates a contradiction and a challenge in developing compassionate communities, we need communities to offer help, but we also need individuals in communities to be willing to accept help.

What are some initiatives that your community as a collective could do to help grow local compassionate communities?

The following Community Initiatives were identified by the Mount Barker participants:

Additional support for new residents that may not have local supports

Life skills workshops particularly for older men who have lost spouses

Financial counselling support to assist with sorting out affairs

LGA's key to be a central point of information sharing

Funeral directors to provide information and support

Death and dying/end of life events

Intergenerational connections in the community

More volunteering options, particularly in younger populations for vulnerable communities

Normalise the conversation

Pet visiting scheme with local community

Street party/functions

Lived experience group

Families supporting families
Expos

Neighbourhood social networks
Urban and care facility design
Death cafes

Neighbourhood networks

To go forward, we invite those interested in nurturing compassionate communities across SA to focus on the following areas:



For more information: palliativecaresa.org.au/ccsa

Mount Gambier

SA Compassionate Communities Conversation 2023/24



Series Lead  Palliative Care South Australia	Funded by  phn COUNTRY SA An Australian Government Initiative	Supported by  Government of South Australia SA Health	In Collaboration with  Carers SA Australia
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The Conversation events focused on the principles of public health approaches to palliative care* and encouraged participants to consider individual and collective strategies for nurturing compassionate communities in their local region.

Who Attended the Conversation?



15 participants



Friday
10th November
2023



The Commodore,
Mount Gambier



Bungandij peoples

Health region

Limestone Coast
Local Health Network

Country SA PHN

Local, State and Federal Government region

Local: City of Mount Gambier

State: Mt Gambier

Federal: Barker

17%

I am caring for someone currently

I volunteer for organisations/groups

50%

22%

Someone close to me is dying / has recently died

I work in health, social or community services

50%

0%

I have a life threatening illness

I am a member of the community with an interest in palliative care

50%

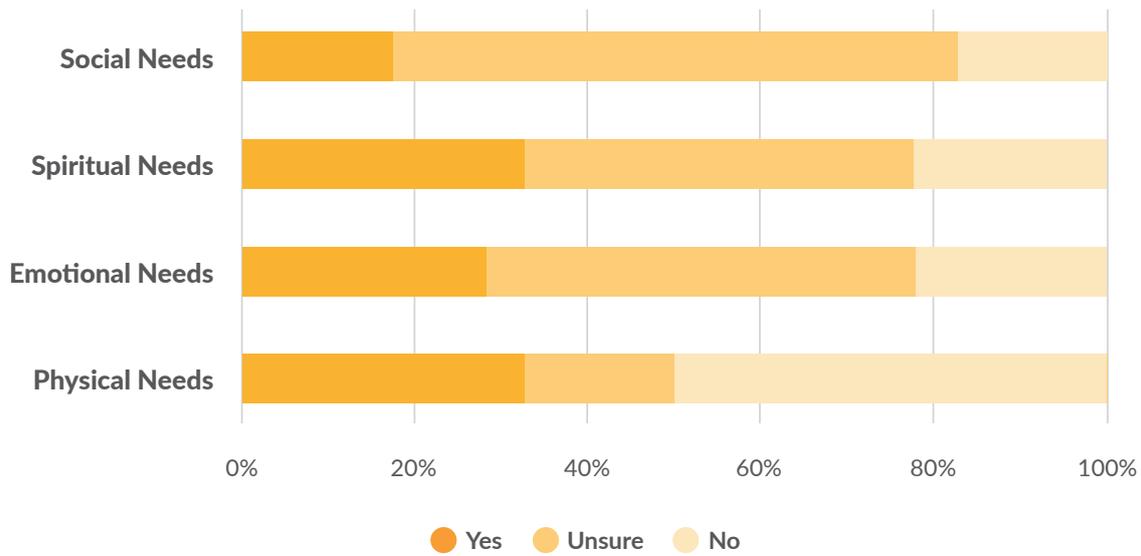
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What we learnt

Do Locals feel that the current systems would meet their support needs if they had a life threatening illness?

To understand how people feel their support needs would be met if they were at the end chapter of life, we asked individuals “if you had a life-threatening illness, do you feel the current system would meet your needs in relation to Physical needs, Emotional needs, Spiritual needs and Social needs”?



Locals were not confident (in any domain) that their needs would be met by the current systems. They were most confident that their Physical and Spiritual needs would be met and least confident that their Social needs would be met by the current systems.

This is in comparison to the statewide results which showed that participants weren’t confident (in any domain) that their needs would be met by the current systems. They were most confident that their Physical needs would be met and least confident that their Emotional and Social needs would be met by the current systems.

Where do Locals look for information about serious illness, dying, grief and caregiving?

To understand where people look for information, we asked participants to rank (in order of preference) where they would go for information about serious illness, dying, grief and caregiving.

#1 **83%**
 of Local participants ranked this option as first
General Practitioner (GP)

#2 **39%**
 of Local participants ranked this option as second
Someone Who Has Recent Experience in this Area

This is in comparison to the South Australian statewide results where General Practitioner (GP) was ranked 1st and Outer Circle Network was ranked 2nd.



What community supports do Locals already trust to help them navigate serious illness, dying, grief and caregiving?

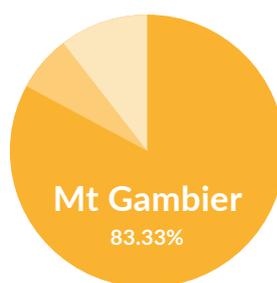
Understanding current state is important to identify strengths which may be shared across communities. We asked the participants to list existing groups, supports, organisations and services that are available locally to help people experiencing a serious illness, dying, grief and caregiving. We call this activity 'treasure mapping'.

Treasure Map: Mount Gambier

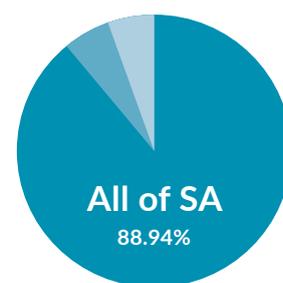
Lions club	Rotary club	Not-for-profit groups	Red Cross Transport
Lifeline	Carera SA	Limestone Coast Community Services	NDIS
Community Connect	Skylight	Aged care services	Library
Men's Shed	Salvation Army	Local activity groups (crochet, craft etc.)	Women for Women
Death Doulas	Community Visitor Scheme	Church groups	Meditation group
Focus on Health – Grief Counsellor	In Home Hospice	My Aged Care	Country Health Connect
Head Space	School hubs	GPs	Foodbank
Sunset Kitchen	Meals on Wheels	Funeral Directors	Legal Services
Members of Parliament	Mount Gambier Cancer Support Group	Prostate Cancer Support Group	Booby Bunch
Palliative Care Team	Complete Home Care	Migrant Resource Centre	St Vincent de Paul

Are Locals comfortable with discussing death and dying?

Similar to all of South Australia, the majority of Mount Gambier participants (83.33%) are comfortable discussing death and dying.



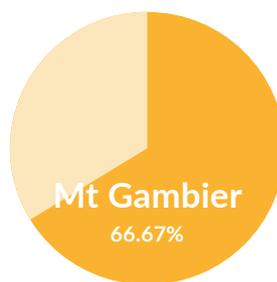
● Yes ● No ● Unsure



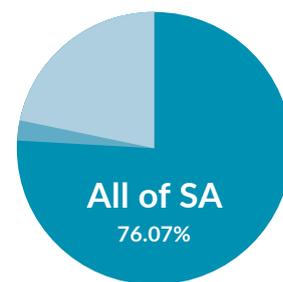
● Yes ● No ● Unsure

Are Locals comfortable in their Substitute Decision Maker making the right decision for them (if needed)?

Fewer people in Berri are comfortable with their Substitute Decision Maker making the right decisions for them if needed, compared to all of South Australia. Also, all of the Mount Gambier participants who did not answer 'yes' are unsure.



● Yes ● No ● Unsure



● Yes ● No ● Unsure



Are Locals comfortable in offering their neighbours help and support if they had a life threatening illness?

Are Locals comfortable in accepting help offered by others in their neighbourhood, if they had a life threatening illness?



89%
YES



61%
YES

The local responses show that whilst the majority of people would be willing to offer support, far fewer would be willing to accept help from a neighbour if they were in this circumstance. This is similar to the statewide results. Whilst there is an overwhelming willingness to help others, the willingness to receive help is lower. This creates a contradiction and a challenge in developing compassionate communities, we need communities to offer help, but we also need individuals in communities to be willing to accept help.

What are some initiatives that your community as a collective could do to help grow local compassionate communities?

The following Community Initiatives were identified by the Mount Gambier participants:

Community Directory
for services

Street party

Pet meet & greet

Death Café

Medical Clinics offering
information available to
take away

Community events in
Shopping centres

Library programs

Collecting oral history

To go forward, we invite those interested in nurturing compassionate communities across SA to focus on the following areas:



For more information: palliativecaresa.org.au/ccsa

Murray Bridge

SA Compassionate Communities Conversation 2023/24



Series Lead  Palliative Care South Australia	Funded by  phn COUNTRY SA An Australian Government Initiative	Supported by  Government of South Australia SA Health	In Collaboration with  Carers SA Australia
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What are Compassionate Communities?

Compassionate Communities are networks of support around people at the end stage of life.

About the SA Compassionate Communities Conversation Series

From November 2023 to January 2024, the Compassionate Communities SA program team undertook a roadshow of 12 open community conversations throughout the state about serious illness, ageing, dying and grief.

The Conversation events focused on the principles of public health approaches to palliative care* and encouraged participants to consider individual and collective strategies for nurturing compassionate communities in their local region.

Who Attended the Conversation?



13 participants



Monday
20th November
2023



Bridgeport,
Murray Bridge



Ngarrindjeri peoples

Health region

Riverland Mallee Coorong
Local Health Network

Country SA PHN

Local, State and Federal Government region

Local: The Rural City of
Murray Bridge

State: Hammond

Federal: Barker

13%

I am caring for
someone currently

I volunteer for
organisations/groups

13%

33%

Someone close to me is
dying / has recently died

I work in health, social
or community services

60%

0%

I have a life
threatening illness

I am a member of the
community with an
interest in palliative care

67%

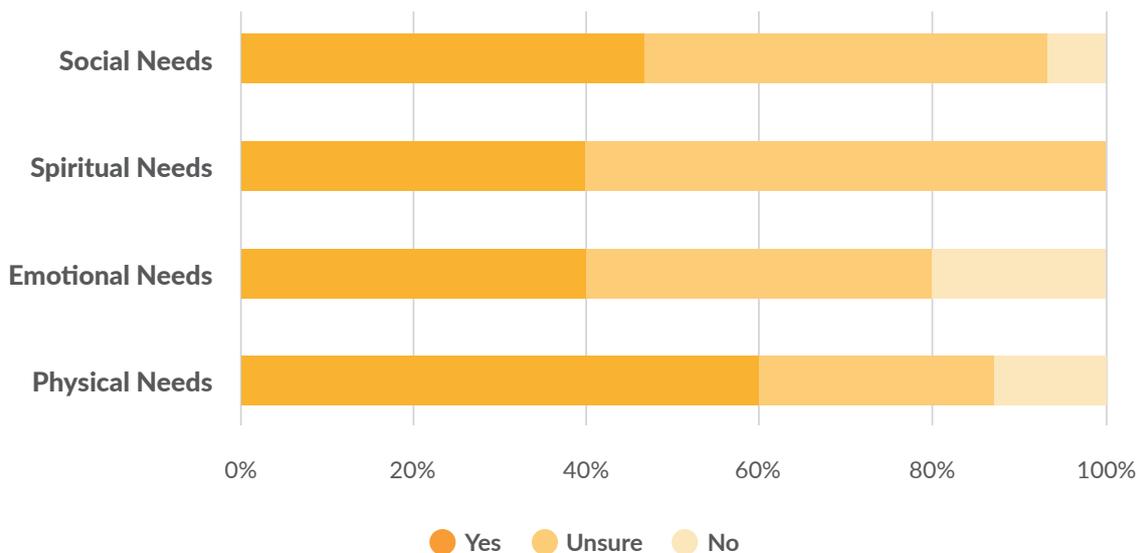
*A public health approach to end of life care, views the community as an equal partner in the long and complex task of providing quality healthcare at the end of life. www.phpci.org
NOTE: this is not a research project, it's not a representative study, it is the results of a series of conversations across the state and what was told to us.



What we learnt

Do Locals feel that the current systems would meet their support needs if they had a life threatening illness?

To understand how people feel their support needs would be met if they were at the end chapter of life, we asked individuals “if you had a life-threatening illness, do you feel the current system would meet your needs in relation to Physical needs, Emotional needs, Spiritual needs and Social needs”?



Locals only confident that their Physical needs would be met by the current systems. They were least confident that their Spiritual and Emotional needs would be met by the current systems.

This is in comparison to the statewide results which showed that participants weren’t confident (in any domain) that their needs would be met by the current systems. They were most confident that their Physical needs would be met and least confident that their Emotional and Social needs would be met by the current systems.

Where do Locals look for information about serious illness, dying, grief and caregiving?

To understand where people look for information, we asked participants to rank (in order of preference) where they would go for information about serious illness, dying, grief and caregiving.

#1 **53%**
of Local participants ranked this option as equal first
General Practitioner (GP) / Outer Circle Network

#2 **40%**
of Local participants ranked this option as second
Someone Who Has Recent Experience in this Area

This is in comparison to the South Australian statewide results where General Practitioner (GP) was ranked 1st and Outer Circle Network was ranked 2nd.



What community supports do Locals already trust to help them navigate serious illness, dying, grief and caregiving?

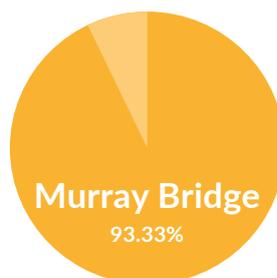
Understanding current state is important to identify strengths which may be shared across communities. We asked the participants to list existing groups, supports, organisations and services that are available locally to help people experiencing a serious illness, dying, grief and caregiving. We call this activity 'treasure mapping'.

Treasure Map: Murray Bridge

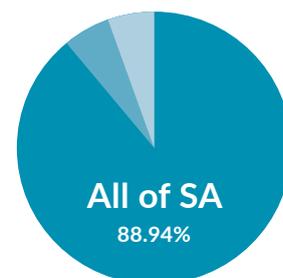
Aged care providers	Church groups and networks	Waterford Estate	Colostomy Support Group
Country Health Connect	Men's Shed	New Neighbour health kit	Local charities
Skylight Mental Health	GPs	Carer's SA	Local Council
Chamber of Commerce	Red Cross	Silent Ripples Inc.	Rotary club
Tailem Bend Community Centre	Hospitals	Palliative Care Service	Allied Health
Pharmacies	Funeral Directors	Volunteer Services	Legal services

Are Locals comfortable with discussing death and dying?

The majority of Mount Barker participants (93.33%) are comfortable discussing death and dying, this is almost 5% higher than the all of South Australia figure.



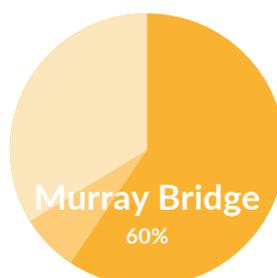
● Yes ● No ● Unsure



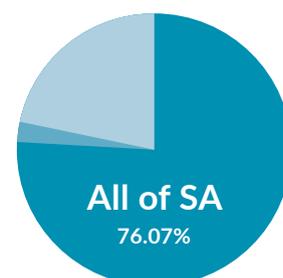
● Yes ● No ● Unsure

Are Locals comfortable in their Substitute Decision Maker making the right decision for them (if needed)?

Fewer people in Murray Bridge are comfortable with their Substitute Decision Maker making the right decisions for them if needed, compared to all of South Australia. Also, most participants who did not answer 'yes' are unsure.



● Yes ● No ● Unsure



● Yes ● No ● Unsure



Are Locals comfortable in offering their neighbours help and support if they had a life threatening illness?

Are Locals comfortable in accepting help offered by others in their neighbourhood, if they had a life threatening illness?



100%
YES



60%
YES

The local responses show that whilst all participants would be willing to offer support, far fewer would be willing to accept help from a neighbour if they were in this circumstance. This is similar to the statewide results. Whilst there is an overwhelming willingness to help others, the willingness to receive help is lower. This creates a contradiction and a challenge in developing compassionate communities, we need communities to offer help, but we also need individuals in communities to be willing to accept help.

What are some initiatives that your community as a collective could do to help grow local compassionate communities?

The following Community Initiatives were identified by the Murray Bridge participants:

- | | | |
|---|-------------------------|---|
| 50+ friendship group | Men's group | Education within schools (public & private) |
| Council initiative - 6/8 week program re life/death & dying | Crabb group | Community memorial - focus point for memorial through Arts - music, painting etc. |
| Community Conversations about death & dying with all demographics | Yarning circles | Informal street corner type conversations |
| Support groups for those who are isolated | Turn Up Tuesdays | Shared experiences - facilitated through support group |
| Christmas pageant - fireworks | Volunteers in aged care | |
| | Cultural Camp | |
| | Storytelling Expo | |

To go forward, we invite those interested in nurturing compassionate communities across SA to focus on the following areas:



For more information: palliativecaresa.org.au/ccsa

Port Lincoln

SA Compassionate Communities Conversation 2023/24



Series Lead



Funded by



Supported by



In Collaboration with



What are Compassionate Communities?

Compassionate Communities are networks of support around people at the end stage of life.

About the SA Compassionate Communities Conversation Series

From November 2023 to January 2024, the Compassionate Communities SA program team undertook a roadshow of 12 open community conversations throughout the state about serious illness, ageing, dying and grief.

The Conversation events focused on the principles of public health approaches to palliative care* and encouraged participants to consider individual and collective strategies for nurturing compassionate communities in their local region.

Who Attended the Conversation?



18 participants



Thursday
16th November
2023



Marina Hotel,
Port Lincoln



Bargaria peoples

Health region

Eyre and Far North
Local Health Network

Country SA PHN

Local, State and Federal Government region

Local: City of Port Lincoln

State: Flinders

Federal: Grey

11%

I am caring for someone currently

I volunteer for organisations/groups

22%

44%

Someone close to me is dying / has recently died

I work in health, social or community services

61%

0%

I have a life threatening illness

I am a member of the community with an interest in palliative care

67%

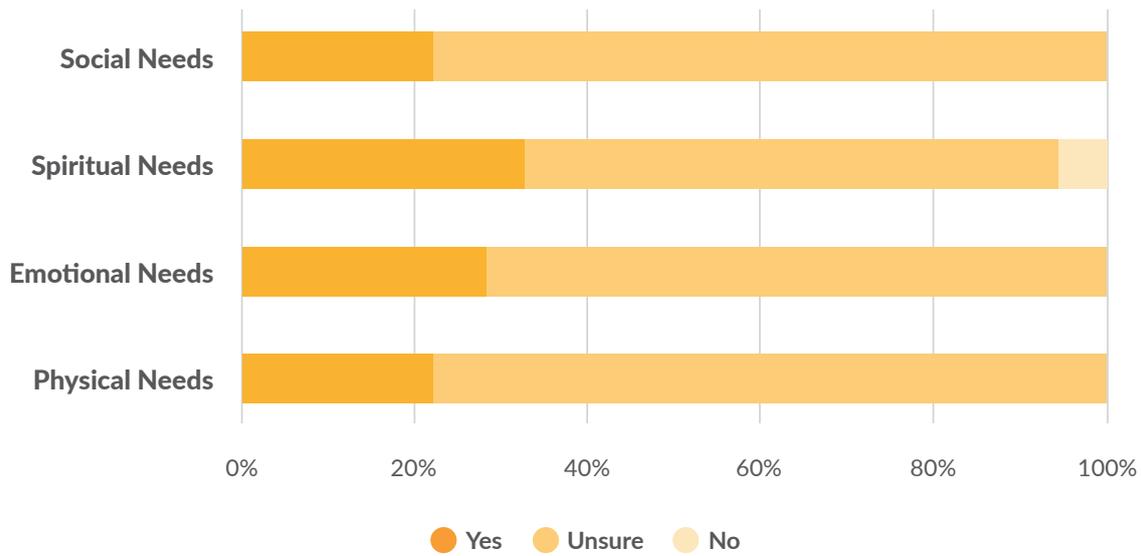
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NOTE: this is not a research project, it's not a representative study, it is the results of a series of conversations across the state and what was told to us.



What we learnt

Do Locals feel that the current systems would meet their support needs if they had a life threatening illness?

To understand how people feel their support needs would be met if they were at the end chapter of life, we asked individuals “if you had a life-threatening illness, do you feel the current system would meet your needs in relation to Physical needs, Emotional needs, Spiritual needs and Social needs”?



Locals were not confident (in any domain) that their needs would be met by the current systems. They were most confident that their Spiritual and Emotional needs would be met and least confident that their Physical and Social needs would be met by the current systems.

This is in comparison to the statewide results which showed that participants weren’t confident (in any domain) that their needs would be met by the current systems. They were most confident that their Physical needs would be met and least confident that their Emotional and Social needs would be met by the current systems.

Where do Locals look for information about serious illness, dying, grief and caregiving?

To understand where people look for information, we asked participants to rank (in order of preference) where they would go for information about serious illness, dying, grief and caregiving.

#1 **61%**
 of Local participants ranked this option as first
General Practitioner (GP)

#2 **50%**
 of Local participants ranked this option as second
Someone Who Has Recent Experience in this Area

This is in comparison to the South Australian statewide results where General Practitioner (GP) was ranked 1st and Outer Circle Network was ranked 2nd.



What community supports do Locals already trust to help them navigate serious illness, dying, grief and caregiving?

Understanding current state is important to identify strengths which may be shared across communities. We asked the participants to list existing groups, supports, organisations and services that are available locally to help people experiencing a serious illness, dying, grief and caregiving. We call this activity 'treasure mapping'.

Treasure Map: Port Lincoln

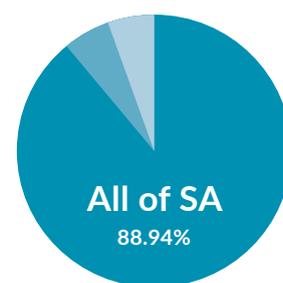
Community House	Church groups and networks	Fred's Van	West Coast Youth
EP Community Foundation	Men's Shed	Lincoln Learn	Dementia Australia
Local worker / peer support	GPs	Carer's SA	Positive Future Self (counselling)
NDIS services	Red Cross	Care Finders	Country Outback Health
Centacare Counselling	Head Space	Eyre Futures	My Aged Care
Aged care providers	Library	Port Lincoln Aboriginal Health Service	Intergenerational Play Group
Family and friends	Hospitals	Palliative Care Service	Mentally Fit EP
Neighbour Watch	Sports clubs	Lions club	Rotary club
Country Women's Association	Probyn	Facebook groups	Carer's group
Pharmacies	Funeral Directors	Elder Care	Legal services

Are Locals comfortable with discussing death and dying?

All Port Lincoln participants (100%) are comfortable discussing death and dying. This is over 10% higher than the all of South Australia figure.



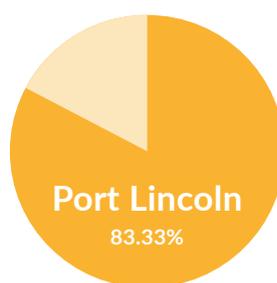
● Yes ● No ● Unsure



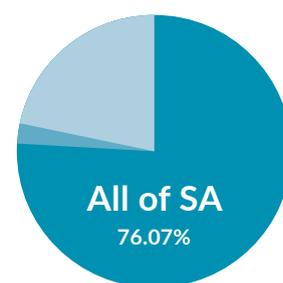
● Yes ● No ● Unsure

Are Locals comfortable in their Substitute Decision Maker making the right decision for them (if needed)?

More people in Port Lincoln are comfortable with their Substitute Decision Maker making the right decisions for them if needed, than all of South Australia. Also, none of the Port Lincoln participants were uncomfortable, the remainder were all unsure.



● Yes ● No ● Unsure



● Yes ● No ● Unsure



Are Locals comfortable in offering their neighbours help and support if they had a life threatening illness?

Are Locals comfortable in accepting help offered by others in their neighbourhood, if they had a life threatening illness?



83%
YES



67%
YES

The local responses show that whilst the majority of people would be willing to offer support, far fewer would be willing to accept help from a neighbour if they were in this circumstance. This is similar to the statewide results. Whilst there is an overwhelming willingness to help others, the willingness to receive help is lower. This creates a contradiction and a challenge in developing compassionate communities, we need communities to offer help, but we also need individuals in communities to be willing to accept help.

What are some initiatives that your community as a collective could do to help grow local compassionate communities?

The following Community Initiatives were identified by the Port Lincoln participants:

- | | | |
|---|---|--|
| <p>Grief Cafe
Musical offerings
Support groups
Volunteers in nursing homes need training in palliative care
Peer support/mentors – one on one support
Raising awareness – community talks and education sessions
Art groups</p> | <p>People sharing their stories, events to celebrate life & explain services/choices
Facebook support page
Increase information available at places such as library, on Council website or other websites
Calendar of events – Advance Care Planning sessions
Community groups
Expo</p> | <p>Recommended resources – information, books, websites
More travel share (bus, carpooling etc.)
Visits to Palliative care patients
Host more community conversations
Community art exhibition
Education in schools
Professionally facilitated and peer led groups</p> |
|---|---|--|

To go forward, we invite those interested in nurturing compassionate communities across SA to focus on the following areas:



For more information: palliativecaresa.org.au/ccsa

Port Pirie

SA Compassionate Communities Conversation 2023/24



Series Lead



Funded by



Supported by



In Collaboration with



What are Compassionate Communities?

Compassionate Communities are networks of support around people at the end stage of life.

About the SA Compassionate Communities Conversation Series

From November 2023 to January 2024, the Compassionate Communities SA program team undertook a roadshow of 12 open community conversations throughout the state about serious illness, ageing, dying and grief.

The Conversation events focused on the principles of public health approaches to palliative care* and encouraged participants to consider individual and collective strategies for nurturing compassionate communities in their local region.

Who Attended the Conversation?



8 participants



Wednesday
31st January
2024



Port Pirie
Regional Precinct,
Port Pirie



Nukunu peoples

Health region

Yorke and Northern
Local Health Network

Country SA PHN

Local, State and Federal Government region

Local: Port Pirie
Regional Council

State: Stuart

Federal: Grey

43%

I am caring for someone currently

I volunteer for organisations/groups

29%

29%

Someone close to me is dying / has recently died

I work in health, social or community services

57%

14%

I have a life threatening illness

I am a member of the community with an interest in palliative care

43%

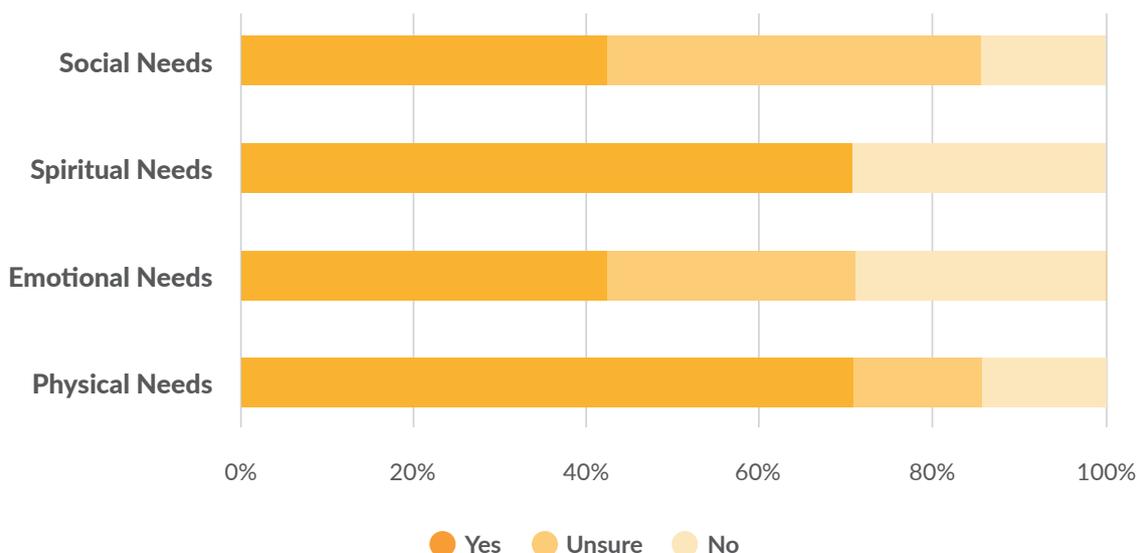
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NOTE: this is not a research project, it's not a representative study, it is the results of a series of conversations across the state and what was told to us.



What we learnt

Do Locals feel that the current systems would meet their support needs if they had a life threatening illness?

To understand how people feel their support needs would be met if they were at the end chapter of life, we asked individuals “if you had a life-threatening illness, do you feel the current system would meet your needs in relation to Physical needs, Emotional needs, Spiritual needs and Social needs”?



Locals were only confident that their Physical and Spiritual needs would be met by the current systems. They were least confident that their Emotional and Social needs would be met by the current systems. This is in comparison to the statewide results which showed that participants weren't confident (in any domain) that their needs would be met by the current systems. They were most confident that their Physical needs would be met and least confident that their Emotional and Social needs would be met by the current systems.

Where do Locals look for information about serious illness, dying, grief and caregiving?

To understand where people look for information, we asked participants to rank (in order of preference) where they would go for information about serious illness, dying, grief and caregiving.

#1 **71%**
of Local participants ranked this option first

General Practitioner (GP)

#2 **43%**
of Local participants ranked these options equal second

Outer Circle Network / Someone Who Has Recent Experience / Google

This is in comparison to the South Australian statewide results where General Practitioner (GP) was ranked 1st and Outer Circle Network was ranked 2nd.



What community supports do Locals already trust to help them navigate serious illness, dying, grief and caregiving?

Understanding current state is important to identify strengths which may be shared across communities. We asked the participants to list existing groups, supports, organisations and services that are available locally to help people experiencing a serious illness, dying, grief and caregiving. We call this activity 'treasure mapping'.

Treasure Map: Port Pirie

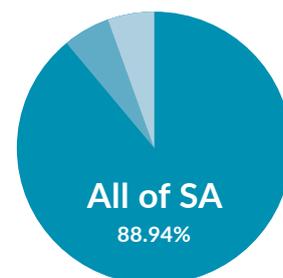
Uniting Country South Australia	Centacare	The Last Gift	Country and Outback Health
Ngangkari Health Clinics	GP	Pulse	Thrive
Hamil House	Sonda	Church groups and networks	Meals on Wheels
Aboriginal Health Team	Funeral Centre	Big Day Videography	Hip Photography
Aboriginal Family Support Services	Council	Pharmacies	Legal Services

Are Locals comfortable with discussing death and dying?

All Port Pirie participants (100%) are comfortable discussing death and dying. This is over 10% higher than the all of South Australia figure.



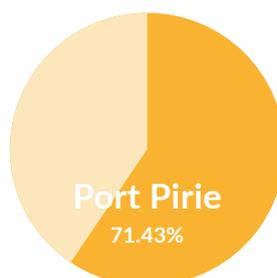
● Yes ● No ● Unsure



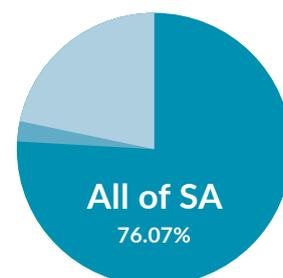
● Yes ● No ● Unsure

Are Locals comfortable in their Substitute Decision Maker making the right decision for them (if needed)?

Fewer people in Port Pirie are comfortable with their Substitute Decision Maker making the right decisions for them if needed, compared to all of South Australia. Also, all participants who did not answer 'yes' are unsure.



● Yes ● No ● Unsure



● Yes ● No ● Unsure



Are Locals comfortable in offering their neighbours help and support if they had a life threatening illness?

Are Locals comfortable in accepting help offered by others in their neighbourhood, if they had a life threatening illness?



86%
YES



71%
YES

The local responses show that whilst all participants would be willing to offer support, far fewer would be willing to accept help from a neighbour if they were in this circumstance. This is similar to the statewide results. Whilst there is an overwhelming willingness to help others, the willingness to receive help is lower. This creates a contradiction and a challenge in developing compassionate communities, we need communities to offer help, but we also need individuals in communities to be willing to accept help.

What are some initiatives that your community as a collective could do to help grow local compassionate communities?

The following Community Initiatives were identified by the Port Pirie participants:

Make a wish happen
- last outing
Monthly market

Women's group
Book club

Community Events
Festival

To go forward, we invite those interested in nurturing compassionate communities across SA to focus on the following areas:



For more information: palliativecaresa.org.au/ccsa

Tea Tree Gully

SA Compassionate Communities Conversation 2023/24



Series Lead  Palliative Care South Australia

Funded by  phn ADELAIDE
An Australian Government Initiative

Supported by  Government of South Australia
SA Health

In Collaboration with  Carers SA Australia

What are Compassionate Communities?

Compassionate Communities are networks of support around people at the end stage of life.

About the SA Compassionate Communities Conversation Series

From November 2023 to January 2024, the Compassionate Communities SA program team undertook a roadshow of 12 open community conversations throughout the state about serious illness, ageing, dying and grief. The Conversation events focused on the principles of public health approaches to palliative care* and encouraged participants to consider individual and collective strategies for nurturing compassionate communities in their local region.

Who Attended the Conversation?



30 participants



Thursday
23rd November
2023



Burrageh
Recreation Centre,
Modbury North



Kurna peoples

Health region

Northern Adelaide
Local Health Network

Adelaide PHN

Local, State and Federal Government region

Local: City of Tea Tree Gully

State: Newland

Federal: Makin

13%

I am caring for someone currently

I volunteer for organisations/groups

48%

30%

Someone close to me is dying / has recently died

I work in health, social or community services

61%

0%

I have a life threatening illness

I am a member of the community with an interest in palliative care

39%

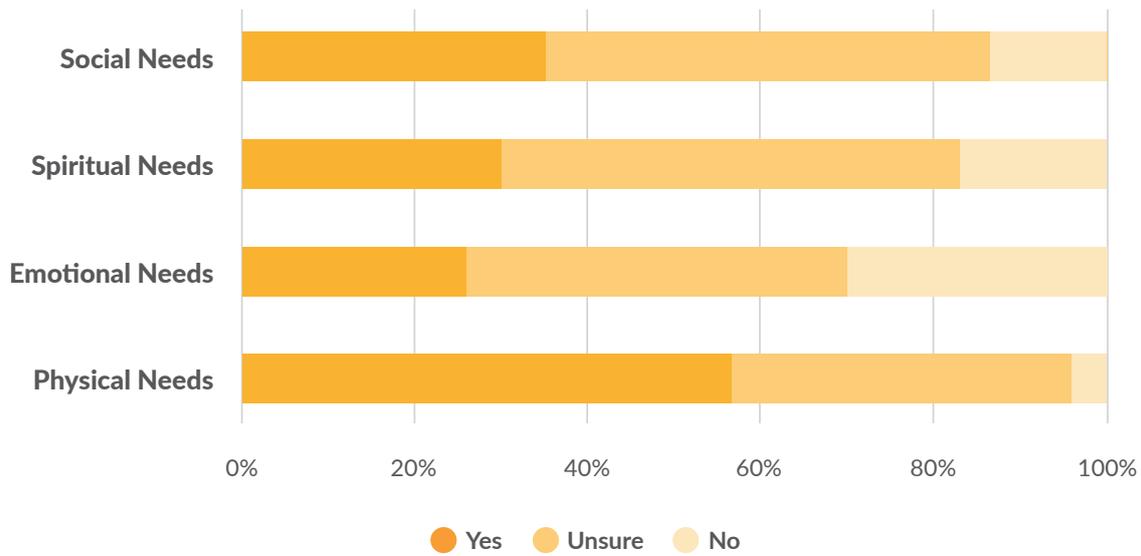
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NOTE: this is not a research project, it's not a representative study, it is the results of a series of conversations across the state and what was told to us.



What we learnt

Do Locals feel that the current systems would meet their support needs if they had a life threatening illness?

To understand how people feel their support needs would be met if they were at the end chapter of life, we asked individuals “if you had a life-threatening illness, do you feel the current system would meet your needs in relation to Physical needs, Emotional needs, Spiritual needs and Social needs”?



Locals were only confident that their Physical needs would be met by the current systems. They were least confident that their Spiritual and Emotional needs would be met by the current systems.

This is in comparison to the statewide results which showed that participants weren't confident (in any domain) that their needs would be met by the current systems. They were most confident that their Physical needs would be met and least confident that their Emotional and Social needs would be met by the current systems.

Where do Locals look for information about serious illness, dying, grief and caregiving?

To understand where people look for information, we asked participants to rank (in order of preference) where they would go for information about serious illness, dying, grief and caregiving.



This is in comparison to the South Australian statewide results where General Practitioner (GP) was ranked 1st and Outer Circle Network was ranked 2nd.



What community supports do Locals already trust to help them navigate serious illness, dying, grief and caregiving?

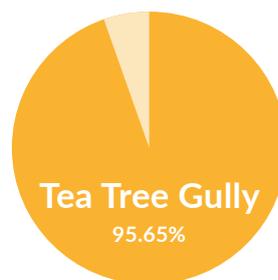
Understanding current state is important to identify strengths which may be shared across communities. We asked the participants to list existing groups, supports, organisations and services that are available locally to help people experiencing a serious illness, dying, grief and caregiving. We call this activity ‘treasure mapping’.

Treasure Map: Tea Tree Gully

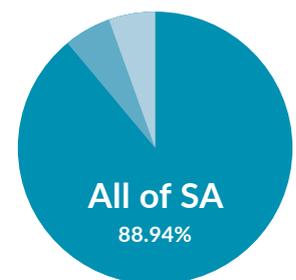
Specialist palliative care service	Tea Tree Gully Compassionate Communities	Tea Tree Gully Council community support services	Local RSL clubs (Legacy Pathways)
Jack Young Centre	Cemeteries	Bagster Community Centre	Carer’s Forum
Wills and estate planning services	Intervention Living Specialists	School programs / counsellors	Morello Community Centre
Funeral Directors	Dementia Café	Library – digital hub	Family history
Historical Society	JPs	GPs	Hospitals
Church groups and networks	Country Women’s Association	Activity groups (dance, craft, choir etc.)	Hospital Research Foundation
Sports clubs	Disability Expo	Community websites	Home library service
Red Cross	Community Hub	Salvation Army	Rotary club
Lions club	Men’s Shed	Anglicare	Meals on Wheels
RACFs	Aged care transport	Grief Link	Local dog park

Are Locals comfortable with discussing death and dying?

The majority of Tea Tree Gully participants (95.65%) are comfortable discussing death and dying, this over 5% higher than the all of South Australia figure.



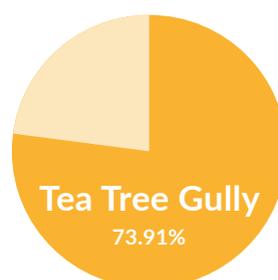
● Yes ● No ● Unsure



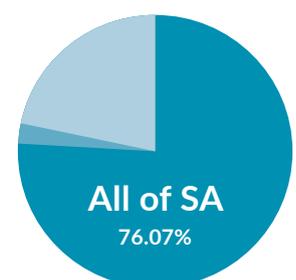
● Yes ● No ● Unsure

Are Locals comfortable in their Substitute Decision Maker making the right decision for them (if needed)?

Participants in Tea Tree Gully reported that almost 74% are comfortable that their Substitute Decision Maker would make the right decision for them. This is consistent with the all of South Australia figure.



● Yes ● No ● Unsure



● Yes ● No ● Unsure



Are Locals comfortable in offering their neighbours help and support if they had a life threatening illness?



91%
YES

Are Locals comfortable in accepting help offered by others in their neighbourhood, if they had a life threatening illness?



70%
YES

The local responses show that whilst the majority of people would be willing to offer support, far fewer would be willing to accept help from a neighbour if they were in this circumstance. This is similar to the statewide results. Whilst there is an overwhelming willingness to help others, the willingness to receive help is lower.

This creates a contradiction and a challenge in developing compassionate communities, we need communities to offer help, but we also need individuals in communities to be willing to accept help.

What are some initiatives that your community as a collective could do to help grow local compassionate communities?

The following Community Initiatives were identified by the Tea Tree Gully participants:

Compassionate Communities Champion (a representative who knows and can activate the community on behalf of those who need it)

Community event/community gathering

Advertise community gatherings/who is the compassionate communities representative in local publications/media

Expo in local spaces

Community memorial

A delegate to speak about compassionate communities

A memorial/monument to acknowledge

Newsletter - local community, news, e-delivery, social network

Meal roster for elderly members or grieving families

Education programs

Support multicultural and non English speaking communities

LLF - social movement, target younger social circles

Volunteer visiting programs (peer support)

Death cafe

Dying to know Quiz Night

Memory box making

To go forward, we invite those interested in nurturing compassionate communities across SA to focus on the following areas:



For more information: palliativecaresa.org.au/ccsa

Victor Harbor

SA Compassionate Communities Conversation 2023/24



Series Lead  Palliative Care South Australia	Funded by  phn COUNTRY SA An Australian Government Initiative	Supported by  Government of South Australia SA Health	In Collaboration with  Carers SA Australia
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What are Compassionate Communities?

Compassionate Communities are networks of support around people at the end stage of life.

About the SA Compassionate Communities Conversation Series

From November 2023 to January 2024, the Compassionate Communities SA program team undertook a roadshow of 12 open community conversations throughout the state about serious illness, ageing, dying and grief.

The Conversation events focused on the principles of public health approaches to palliative care* and encouraged participants to consider individual and collective strategies for nurturing compassionate communities in their local region.

Who Attended the Conversation?



28 participants



Wednesday
1st November
2023



Recreation Centre,
Victor Harbor



Ramindjeri and
Ngarrindjeri peoples

Health region

Barossa Hills Fleurieu
Local Health Network

Country SA PHN

Local, State and Federal Government region

Local: City of Victor Harbor

State: Finniss

Federal: Mayo

18%

I am caring for someone currently

I volunteer for organisations/groups

29%

35%

Someone close to me is dying / has recently died

I work in health, social or community services

65%

3%

I have a life threatening illness

I am a member of the community with an interest in palliative care

56%

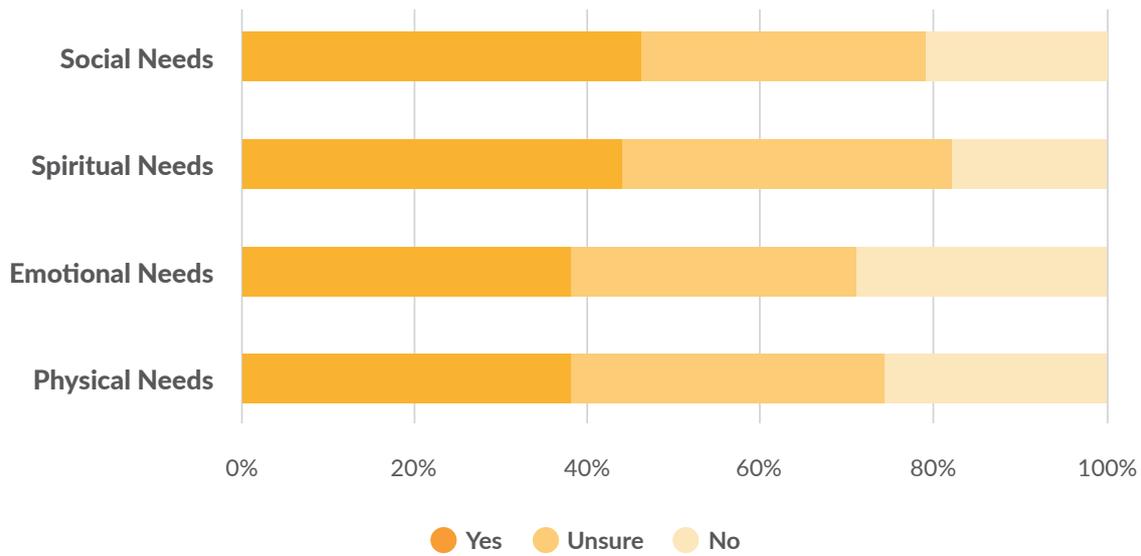
*A public health approach to end of life care, views the community as an equal partner in the long and complex task of providing quality healthcare at the end of life. www.phpci.org
NOTE: this is not a research project, it's not a representative study, it is the results of a series of conversations across the state and what was told to us.



What we learnt

Do Locals feel that the current systems would meet their support needs if they had a life threatening illness?

To understand how people feel their support needs would be met if they were at the end chapter of life, we asked individuals “if you had a life-threatening illness, do you feel the current system would meet your needs in relation to Physical needs, Emotional needs, Spiritual needs and Social needs”?



Locals were not confident (in any domain) that their needs would be met by the current systems. They were most confident that their Social and Spiritual needs would be met and least confident that their Emotional and Physical needs would be met by the current systems.

This is in comparison to the statewide results which showed that participants weren’t confident (in any domain) that their needs would be met by the current systems. They were most confident that their Physical needs would be met and least confident that their Emotional and Social needs would be met by the current systems.

Where do Locals look for information about serious illness, dying, grief and caregiving?

To understand where people look for information, we asked participants to rank (in order of preference) where they would go for information about serious illness, dying, grief and caregiving.

#1 **73%**
 of Local participants ranked this option as first
General Practitioner (GP)

#2 **50%**
 of Local participants ranked this option as second
Outer Circle Network

This is in comparison to the South Australian statewide results where General Practitioner (GP) was ranked 1st and Outer Circle Network was ranked 2nd.



What community supports do Locals already trust to help them navigate serious illness, dying, grief and caregiving?

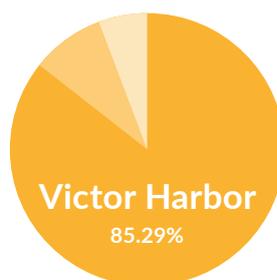
Understanding current state is important to identify strengths which may be shared across communities. We asked the participants to list existing groups, supports, organisations and services that are available locally to help people experiencing a serious illness, dying, grief and caregiving. We call this activity 'treasure mapping'.

Treasure Map: Victor Harbor

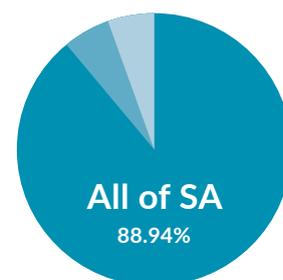
Country Health Connect	Lions Clubs	Community Hubs	Goolwa Community Hub
GPs	Pharmacies	Oral History Groups	CBS Program
Residential Aged Care Facilities	Country Women's Association	SCC Homecare Friendship Group	Fleurier Cancer Support Group
Community Nurses	Legal Services	Hospitals	Local Council
NDIS providers	Local Indigenous Support	Specialist Clinics	ACD Assistance
Funeral homes	Sporting Clubs	Men's Shed	Positive Ageing Taskforce
SA Ambulance	SA Carers	My Aged Care	Palliative Care Team
Rotary Clubs	Volunteer Organisations	Encounter Centre	Parkinson's Support
Neighbour Day	Church Networks	Torrens House	Care Finders
Dementia Australia	JP Services	Victor Library	Victor Disability Aids Shop
Right Assistance Service	Compassionate Communities Collaborative Incorporated	Southern Community Transport	End of Life Choices Funding
Counsellors	Autobiography - Legacy	Make A Wish	Beach House
U3A	Allied Health	Medirides Cancer Care	Meals on Wheels

Are Locals comfortable with discussing death and dying?

Victor Harbor participants are predominantly (85.29%) comfortable discussing death and dying, similar to all of South Australia.



● Yes ● No ● Unsure



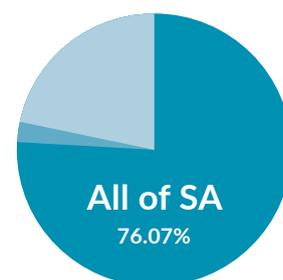
● Yes ● No ● Unsure

Are Locals comfortable in their Substitute Decision Maker making the right decision for them (if needed)?

More people in Victor Harbor are comfortable with their substitute decision maker making the right decisions for them if needed, than the all of South Australia figure. Also, all participants who did not answer 'yes' are unsure.



● Yes ● No ● Unsure



● Yes ● No ● Unsure



Are Locals comfortable in offering their neighbours help and support if they had a life threatening illness?



100%

YES

Are Locals comfortable in accepting help offered by others in their neighbourhood, if they had a life threatening illness?



71%

YES

The local responses show that whilst the majority of people would be willing to offer support, far fewer would be willing to accept help from a neighbour if they were in this circumstance. This is similar to the statewide results. Whilst there is an overwhelming willingness to help others, the willingness to receive help is lower. This creates a contradiction and a challenge in developing compassionate communities, we need communities to offer help, but we also need individuals in communities to be willing to accept help.

What are some initiatives that your community as a collective could do to help grow local compassionate communities?

The following Community Initiatives were identified by the Victor Harbor participants:

Advance Care Planning days with representatives to assist (for example, GPs, palliative care specialists)

Grief and dying education for schools and universities

Identifying cultural differences around death and dying

Create a register of clinicians who can assist in emergencies

Support group for carers

Bereavement groups

Local celebration during National Palliative Care Week

Community gatherings (community / cultural group specific)

Community art session

Death Cafés

Community information sessions (monthly morning teas)

Intergenerational activities

Community support funding
In home service development (hairdressing, beauty, art therapy etc.)

Coordination points

Activity groups (walking, Mahjong, Bridge etc.)

To go forward, we invite those interested in nurturing compassionate communities across SA to focus on the following areas:



For more information: palliativecaresa.org.au/ccsa

Whyalla

SA Compassionate Communities Conversation 2023/24



Series Lead  Palliative Care South Australia	Funded by  phn COUNTRY SA An Australian Government Initiative	Supported by  Government of South Australia SA Health	In Collaboration with  Carers SA Australia
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What are Compassionate Communities?

Compassionate Communities are networks of support around people at the end stage of life.

About the SA Compassionate Communities Conversation Series

From November 2023 to January 2024, the Compassionate Communities SA program team undertook a roadshow of 12 open community conversations throughout the state about serious illness, ageing, dying and grief. The Conversation events focused on the principles of public health approaches to palliative care* and encouraged participants to consider individual and collective strategies for nurturing compassionate communities in their local region.

Who Attended the Conversation?



9 participants



Wednesday
15th November
2023



Westland Hotel,
Whyalla



Bargaria peoples

Health region

Flinders and Upper North
Local Health Network

Country SA PHN

Local, State and Federal Government region

Local: Whyalla City Council

State: Giles

Federal: Grey

29%

I am caring for someone currently

I volunteer for organisations/groups

50%

64%

Someone close to me is dying / has recently died

I work in health, social or community services

71%

0%

I have a life threatening illness

I am a member of the community with an interest in palliative care

71%

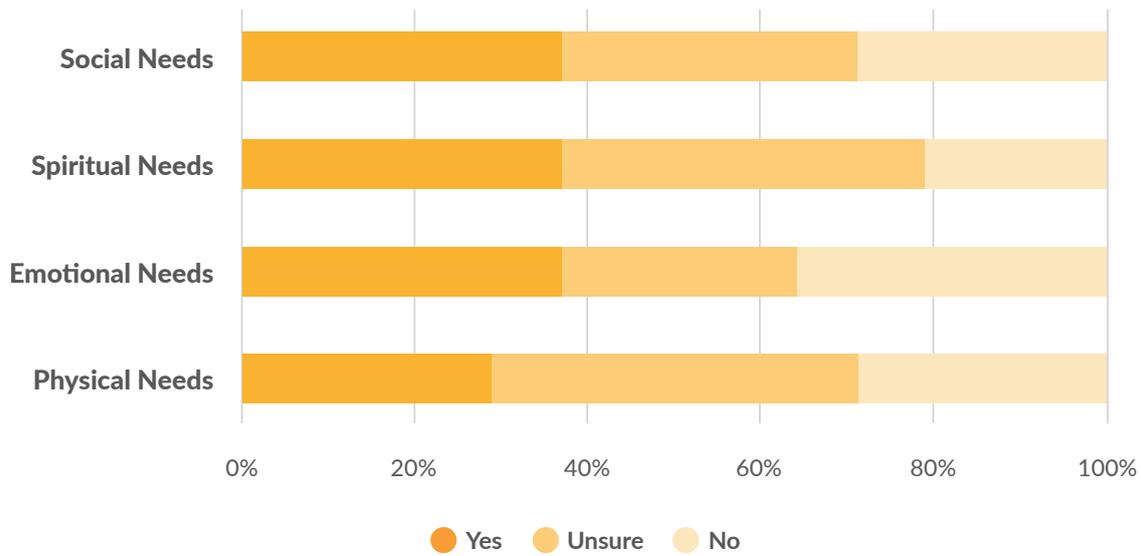
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NOTE: this is not a research project, it's not a representative study, it is the results of a series of conversations across the state and what was told to us.



What we learnt

Do Locals feel that the current systems would meet their support needs if they had a life threatening illness?

To understand how people feel their support needs would be met if they were at the end chapter of life, we asked individuals “if you had a life-threatening illness, do you feel the current system would meet your needs in relation to Physical needs, Emotional needs, Spiritual needs and Social needs”?



Locals were not confident (in any domain) that their needs would be met by the current systems. They were most confident that their Social, Spiritual and Emotional needs would be met and least confident that their Physical needs would be met by the current systems.

This is in comparison to the statewide results which showed that participants weren’t confident (in any domain) that their needs would be met by the current systems. They were most confident that their Physical needs would be met and least confident that their Emotional and Social needs would be met by the current systems.

Where do Locals look for information about serious illness, dying, grief and caregiving?

To understand where people look for information, we asked participants to rank (in order of preference) where they would go for information about serious illness, dying, grief and caregiving.

#1  **64%** of Local participants ranked this option as equal first

General Practitioner (GP) / Outer Circle Network

#2  **36%** of Local participants ranked this option as second

Someone Who Has Recent Experience in this Area

This is in comparison to the South Australian statewide results where General Practitioner (GP) was ranked 1st and Outer Circle Network was ranked 2nd.



What community supports do Locals already trust to help them navigate serious illness, dying, grief and caregiving?

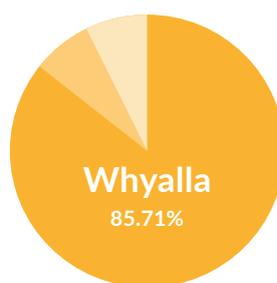
Understanding current state is important to identify strengths which may be shared across communities. We asked the participants to list existing groups, supports, organisations and services that are available locally to help people experiencing a serious illness, dying, grief and caregiving. We call this activity 'treasure mapping'.

Treasure Map: Whyalla

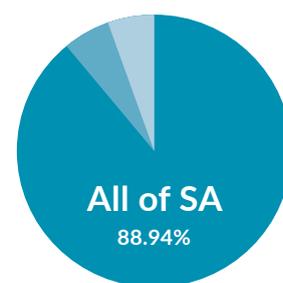
Nunyara Aboriginal Health	Hospitals	Helping Hand	Support Animals
Wellness Sisters	Asbestos Victims Support Group	Cancer Support Groups	Church groups and networks
NDIS	Mission Australia	Rotary club	Lions club
Local Council	Meals on Wheels	Country Health Connect	Calvary Silvery Circle
St Vincent de Paul	Salvation Army	Pink Spirits	Palliative Care Service
Myeloma Support Group	Dementia Support Group	Apex club	JFA Purple Orange
My Time	Oronga Day Centre	YDay	HOPE
Men's Shed	Not afraid to talk	Inclusive reference group	Heartbeats
Funeral Directors	ADRA	Red Cross / DPI	SKILL / our voice

Are Locals comfortable with discussing death and dying?

Similar to all of South Australia, the majority of Whyalla participants (85.71%) are comfortable discussing death and dying.



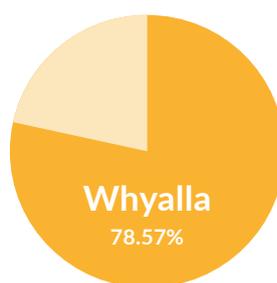
● Yes ● No ● Unsure



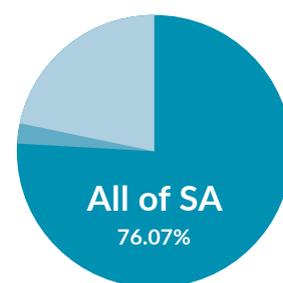
● Yes ● No ● Unsure

Are Locals comfortable in their Substitute Decision Maker making the right decision for them (if needed)?

Slightly more people in Whyalla are comfortable with their substitute decision maker making the right decisions for them if needed, than all of South Australia. Also, participants that did not answer 'yes' were all unsure.



● Yes ● No ● Unsure



● Yes ● No ● Unsure



Are Locals comfortable in offering their neighbours help and support if they had a life threatening illness?

Are Locals comfortable in accepting help offered by others in their neighbourhood, if they had a life threatening illness?



86%
YES



36%
YES

The local responses show that whilst the majority of people would be willing to offer support, far fewer would be willing to accept help from a neighbour if they were in this circumstance. This is similar to the statewide results. Whilst there is an overwhelming willingness to help others, the willingness to receive help is lower. This creates a contradiction and a challenge in developing compassionate communities, we need communities to offer help, but we also need individuals in communities to be willing to accept help.

What are some initiatives that your community as a collective could do to help grow local compassionate communities?

The following Community Initiatives were identified by the Whyalla participants:

- Information on how to connect with services
- Informal community forums to give community a chance to share and support each other
- Formal training for those interested in learning more - seminars, online training etc (volunteers)
- Events at local clubs
- Advertising event & services through multiple mediums - radio, flyers, newspaper, social media, TV, posters (covering all)
- Support people who would like to volunteer and give back to others - training in multiple areas - legal, manual handling etc.
- Relay for life Roses in the Ocean (suicide)
- Guest speakers to share knowledge & information for our community
- Information sessions on how to get your affairs in order
- Fun fundraising event
- Trauma Groups
- Normalising emotions
- Lindsey's legacy

To go forward, we invite those interested in nurturing compassionate communities across SA to focus on the following areas:



For more information: palliativecaresa.org.au/ccsa

Woodville

SA Compassionate Communities Conversation 2023/24



Series Lead  Palliative Care South Australia	Funded by  phn ADELAIDE An Australian Government Initiative	Supported by  Government of South Australia SA Health	In Collaboration with  Carers SA Australia
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Who Attended the Conversation?



26 participants



Thursday
2nd November
2023



Woodville Town Hall,
Woodville



Kaurna peoples

Health region

Central Adelaide
Local Health Network

Adelaide PHN

Local, State and Federal Government region

Local: City of Charles Sturt

State: Cheltenham

Federal: Hindmarsh

23%

I am caring for someone currently

I volunteer for organisations/groups

31%

27%

Someone close to me is dying / has recently died

I work in health, social or community services

85%

4%

I have a life threatening illness

I am a member of the community with an interest in palliative care

50%

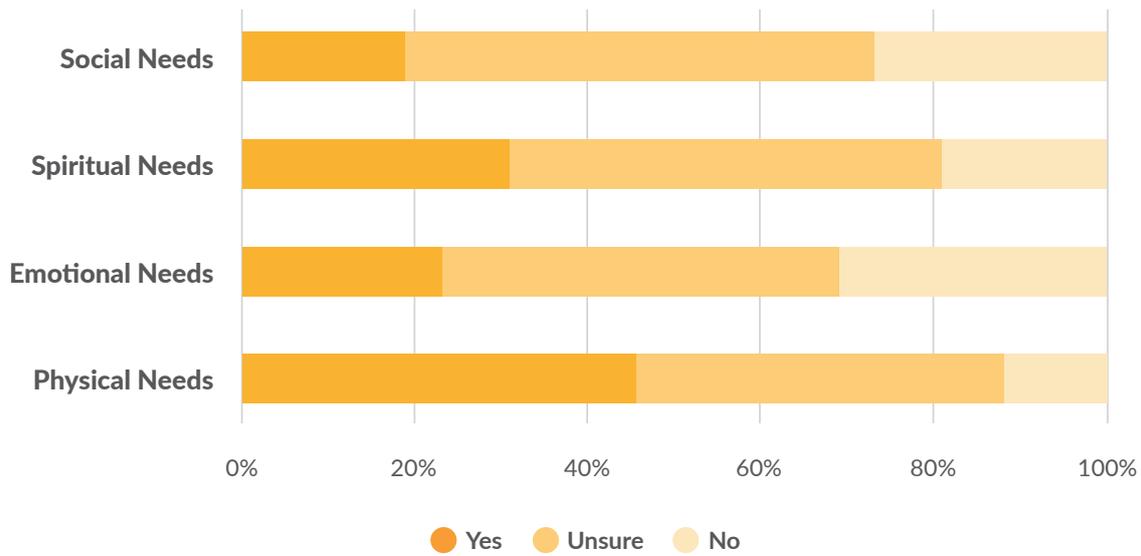
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What we learnt

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Locals were not confident (in any domain) that their needs would be met by the current systems. They were most confident that their Physical needs would be met and least confident that their Social and Emotional needs would be met by the current systems.

This is in comparison to the statewide results which showed that participants weren't confident (in any domain) that their needs would be met by the current systems. They were most confident that their Physical needs would be met and least confident that their Emotional and Social needs would be met by the current systems.

Where do Locals look for information about serious illness, dying, grief and caregiving?

To understand where people look for information, we asked participants to rank (in order of preference) where they would go for information about serious illness, dying, grief and caregiving.



This is in comparison to the South Australian statewide results where General Practitioner (GP) was ranked 1st and Outer Circle Network was ranked 2nd.



What community supports do Locals already trust to help them navigate serious illness, dying, grief and caregiving?

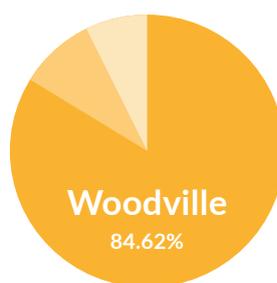
Understanding current state is important to identify strengths which may be shared across communities. We asked the participants to list existing groups, supports, organisations and services that are available locally to help people experiencing a serious illness, dying, grief and caregiving. We call this activity ‘treasure mapping’.

Treasure Map: Woodville

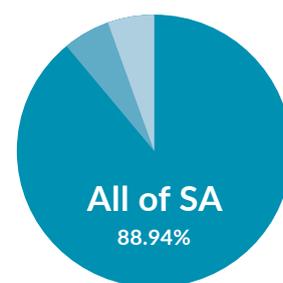
NDIS	Northern volunteering	Local councils	Hospitals
Community groups	End of Life Doula’s	Death Cafes	Spiritual support retreats (Buddha House)
Sporting Abilities Adelaide	Community nurses / RDND	Yellow Door	RACFs
GPs	Church groups and networks	Cancer Council	Diabetes SA
Peak bodies (PCA, COTA, PCSA, MNDSA)	Calvary Care	Libraries	Book clubs
JP Services	Sports clubs	Live music	Parks
Shopping centres	Pharmacies	Restaurants / bars	Yoga studios
Big Shed	Hospital Research Foundation	Pureland Hospice	Solace group
Carers SA	Neighbours and inner circles	My Aged Care	Multicultural Community Council
Dementia Australia	M R Centre	Suicide prevention	Social media and internet search sites

Are Locals comfortable with discussing death and dying?

Woodville participants are predominantly (84.62%) comfortable discussing death and dying, slightly less than the all of South Australia figure.



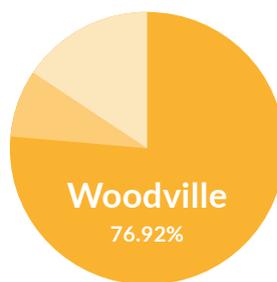
● Yes ● No ● Unsure



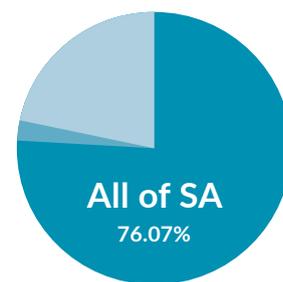
● Yes ● No ● Unsure

Are Locals comfortable in their Substitute Decision Maker making the right decision for them (if needed)?

Similar to the South Australian figure, the majority (76.92%) of participants in Woodville are comfortable that their Substitute Decision Maker would make the right decisions for them if needed.



● Yes ● No ● Unsure



● Yes ● No ● Unsure



Are Locals comfortable in offering their neighbours help and support if they had a life threatening illness?



92%
YES

Are Locals comfortable in accepting help offered by others in their neighbourhood, if they had a life threatening illness?



65%
YES

The local responses show that whilst the majority of people would be willing to offer support, far fewer would be willing to accept help from a neighbour if they were in this circumstance. This is similar to the statewide results. Whilst there is an overwhelming willingness to help others, the willingness to receive help is lower.

This creates a contradiction and a challenge in developing compassionate communities, we need communities to offer help, but we also need individuals in communities to be willing to accept help.

What are some initiatives that your community as a collective could do to help grow local compassionate communities?

The following Community Initiatives were identified by the Woodville participants:

- | | | |
|--|--|---|
| Spiritual focus retreats and supports | Social media to spread info and normalize conversations | Friends and family roster (App available) |
| Death cafes and activities to increase death literacy | When a person has a terminal diagnosis they should be referred to Palliative care to make informed decisions | Council develops free meeting spaces for community |
| Culturally appropriate supports | Palliative Care day centre | Neighbourhood watch/ council area newsletter |
| Disability specific support | Living stories/Biography Group | Sharing positive news stories from compassionate communities amongst media, schools etc |
| School initiatives and connections (intergenerational) | Street Christmas Parties | Street Library |
| Art exhibitions and workshops in connection | Neighbourhood Care Roster | |

To go forward, we invite those interested in nurturing compassionate communities across SA to focus on the following areas:



For more information: palliativecaresa.org.au/ccsa

