



Palliative Care
South Australia

2023-2025

1 July 2023 - 30 June 2025

Project Activity Report

NURTURING COMPASSIONATE COMMUNITIES IN COUNTRY SA

Project Funded by Country SA Primary Health Network



**Compassionate
Communities SA**

Program of Palliative Care SA



SUMMARY

Compassionate Communities are groups of people and places where everybody recognises they all have a role to play in supporting each other in times of serious illness, dying, death, grief and caregiving.

Residents of Compassionate Communities recognise that caring for one another at times of crisis and loss is not a task solely for health and social services but is everyone's business. Everyone is ready, willing and confident to support each other in emotional and practical ways.

The Nurturing Compassionate Communities in Country SA project addresses the following areas of need in the region.

- Build local capacity, resilience and sustainability of services
- Improving patient's primary health care experience
- Developing solutions that meet individual community needs

2023 - 2025

61

TOTAL NUMBER OF
EDUCATION COURSES HOSTED
*PalliLEARN - (Virtual and In-person),
Palliative Care
Hot Topic Webinars,
Last Aid, TLC Connector*

442

TOTAL ATTENDEES AT
EDUCATION COURSES
*PalliLEARN - (Virtual and In-person),
Palliative Care
Hot Topic Webinars,
Last Aid, TLC Connector*

45

TOTAL NUMBER OF
DEATH LITERACY
SURVEYS COMPLETED
(Community Sample)

15

TOTAL NUMBER OF
COMMUNITY
CONSULTATIONS HOSTED
*(Compassionate Community Conversation
workshops and Compassionate Community
Guides Virtual Round tables)*

224

TOTAL NUMBER OF
COMMUNITY
CONSULTATIONS
PARTICIPANTS
*(Compassionate Community Conversation
workshops and Compassionate Community
Guides Virtual Round tables)*

19

TOTAL NUMBER
OF REPORTS
PRODUCED FOR
THE PUBLIC

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*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.*



Compassionate Community Conversations

ABOUT COMPASSIONATE COMMUNITY CONVERSATIONS

The purpose:

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

How we promoted these:

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.

LEARN MORE ABOUT COMPASSIONATE COMMUNITY CONVERSATIONS:

www.palliativecaresa.org.au/ccca



9
SESSIONS HOSTED

141
PARTICIPANTS



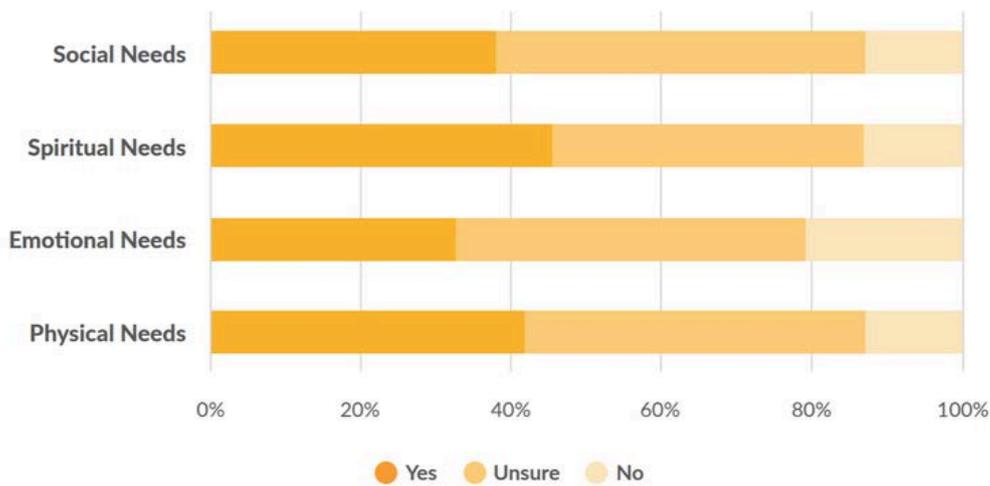
Berri - SA Compassionate Communities Conversation 2023/24



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”?



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 **50%** of Local participants ranked this option as equal first
General Practitioner (GP) / Outer Circle Network

#2 **32%** of Local participants ranked this option as second
Someone Who Has Recent Experience in this Area

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



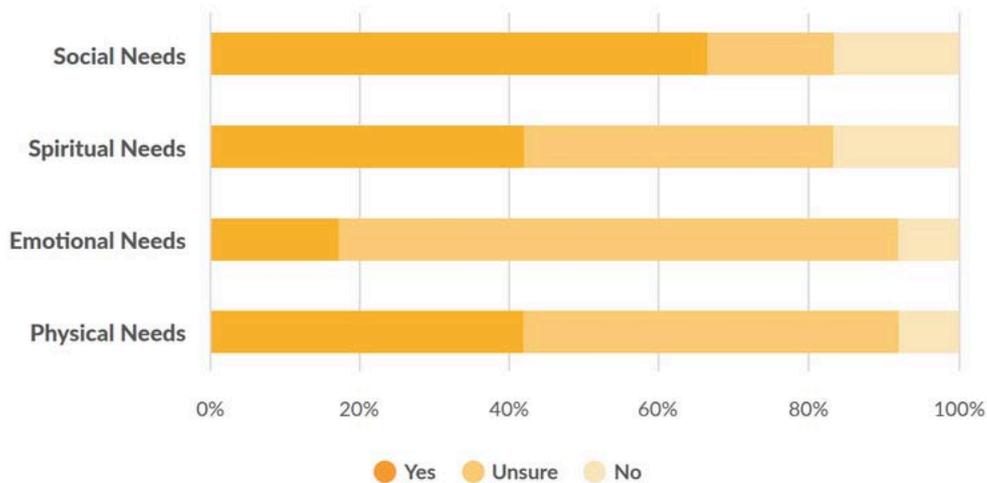
Kadina - SA Compassionate Communities Conversation 2023/24



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”?



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 **75%** of Local participants ranked this option as first
General Practitioner (GP)

#2 **33%** of Local participants ranked these options as equal second
Outer Circle Network / Community Groups & Hubs

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

75%
YES

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

58%
YES



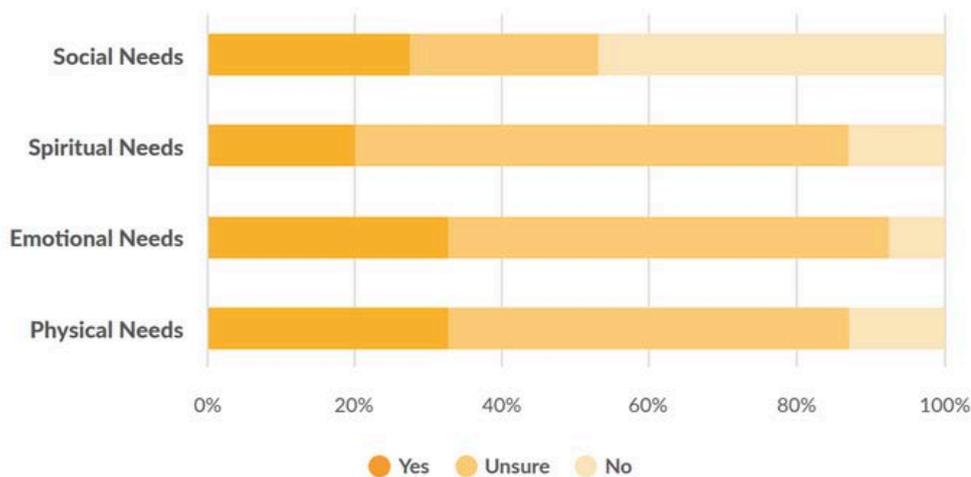
Mount Barker - SA Compassionate Communities Conversation 2023/24



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"?



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

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

80%
YES

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

60%
YES



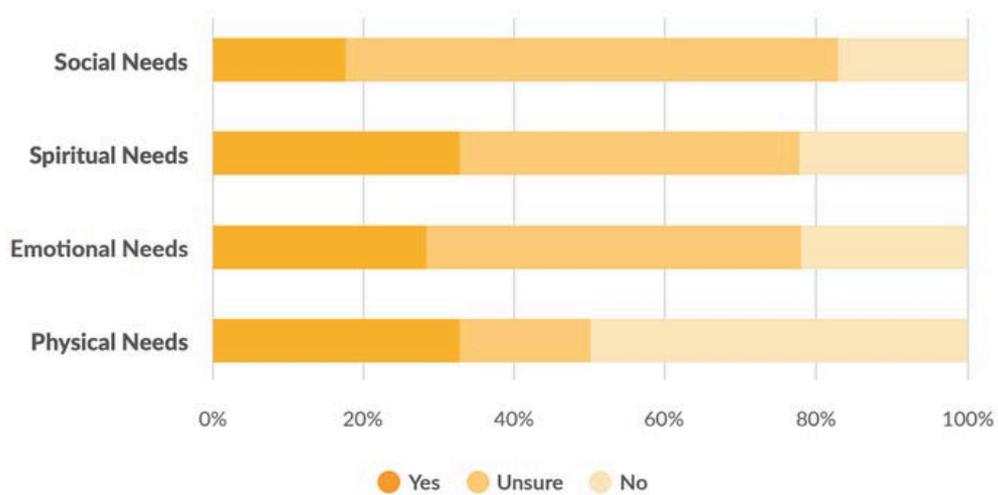
Mount Gambier - SA Compassionate Communities Conversation 2023/24



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”?



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

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

89%
YES

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

61%
YES

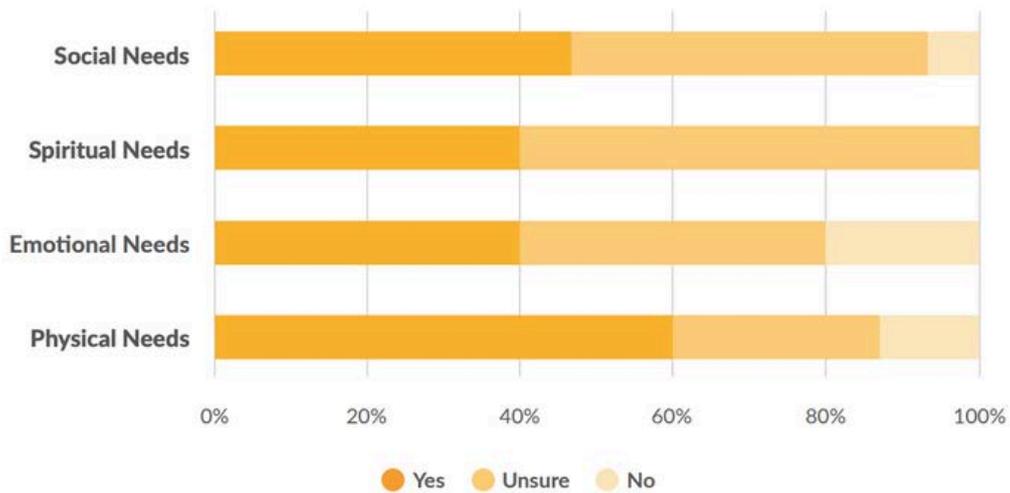


Murray Bridge - SA Compassionate Communities Conversation 2023/24

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”?



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

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?

60%
YES

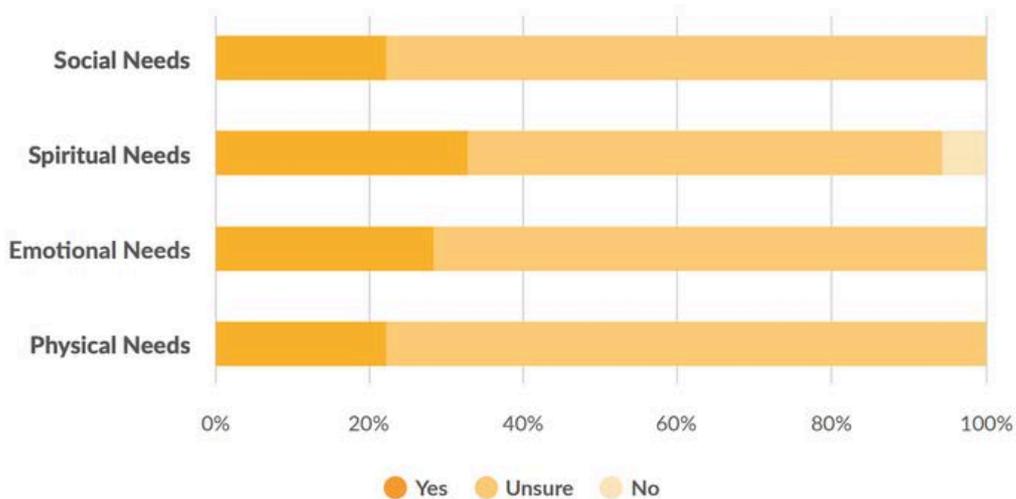


Port Lincoln - SA Compassionate Communities Conversation 2023/24

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"?



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

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

83% YES

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

67% YES



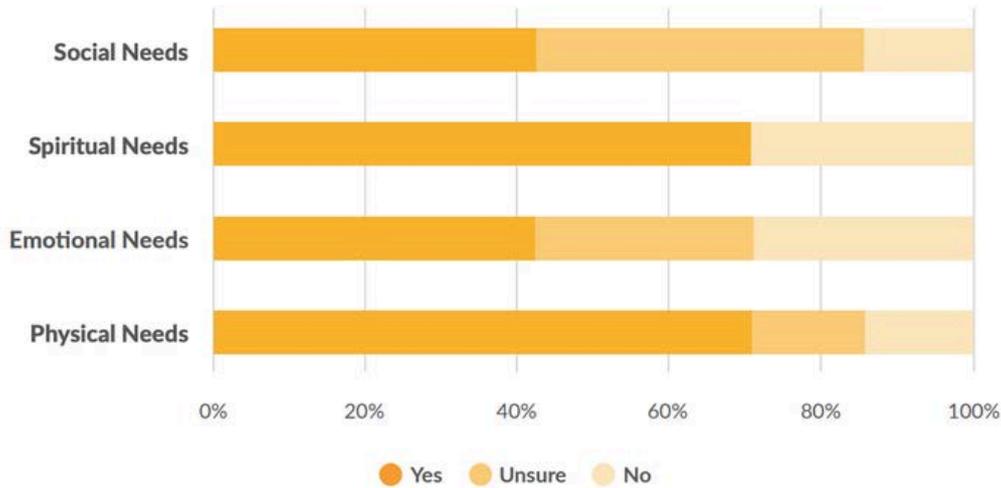
Port Pirie - SA Compassionate Communities Conversation 2023/24



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”?



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

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

86%
YES

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

71%
YES



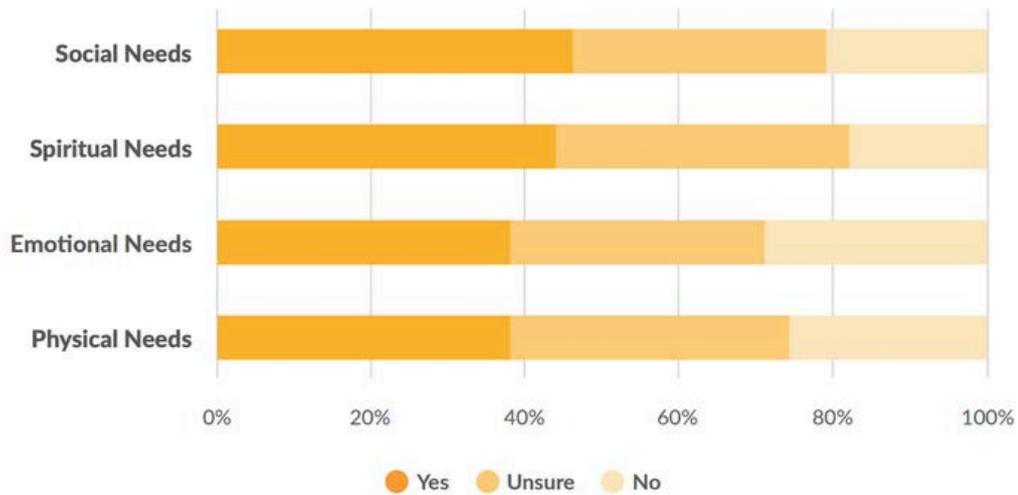
Victor Harbor - SA Compassionate Communities Conversation 2023/24



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”?



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

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

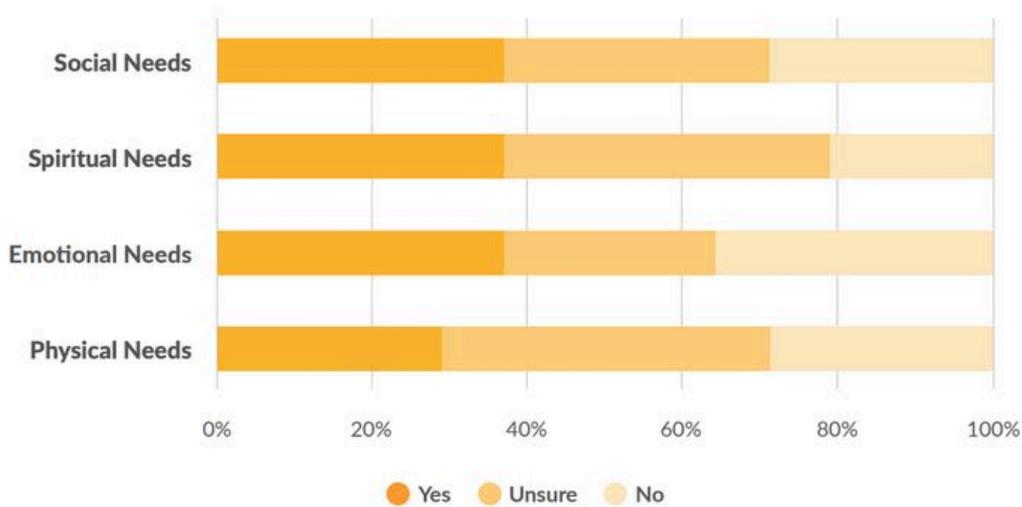


Whyalla - SA Compassionate Communities Conversation 2023/24

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”?



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

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

86% YES

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

36% YES



ABOUT THE COMPASSIONATE COMMUNITIES, Where to start guides

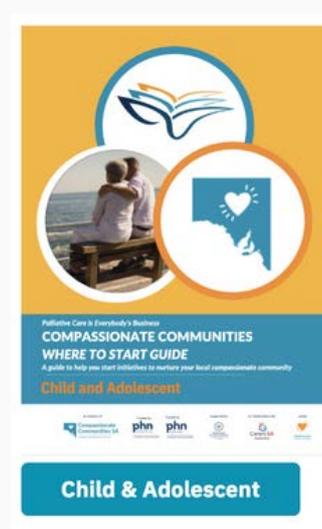
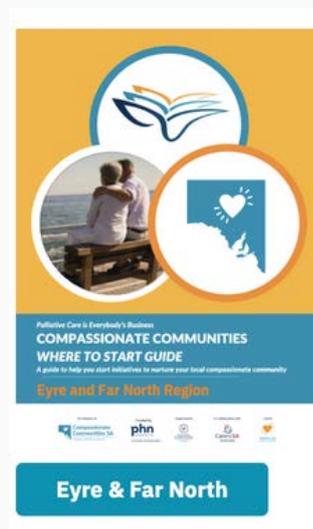
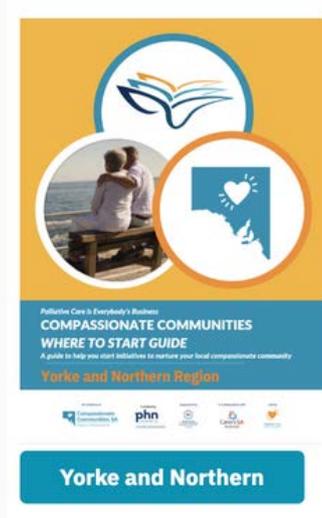
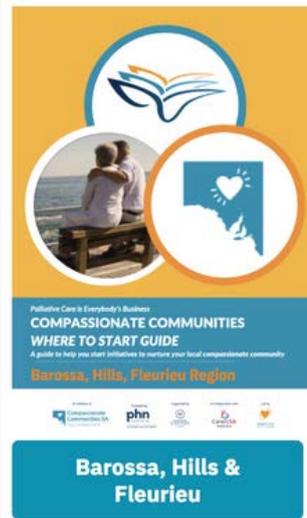
The purpose:

Identify collective aspirational compassionate community actions to help Local Councils, Civic Agencies, Peak Bodies, Community and Social Groups, Specialist and Generalist Palliative Care Services to “Fly in Formation” within each Local Health Region on Compassionate Community Initiatives.

Actions identified from the consultation activities actions to assist with the groups within this Local Health Region to commence compassionate communities initiatives with the aim to nurture a wide variety of compassionate community initiatives.

LEARN MORE ABOUT COMPASSIONATE COMMUNITY CONVERSATIONS:

www.palliativecaresa.org.au/ccca



6
 VIRTUAL ROUND TABLES HOSTED

83
 INPUTS INTO CONSULTATION
 (ROUND TABLE & SURVEY)



Flinders & Upper North

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

RECOMMENDED Council initiatives to start with...

- Consider adopting the Compassionate Cities Charter
- Providing public education about serious illness, dying, grief and caregiving to the community

RECOMMENDED community initiatives to start with..

- Host community conversation sessions with local community experts as guest speakers
- Share stories and legacies of local community members

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

RECOMMENDED Council initiatives to start with...

- Consider adopting the Compassionate Cities Charter
- Co-design new community supports with consumers, carers, community, health and social groups

RECOMMENDED community initiatives to start with..

- Host community death café/chatty cafes
- Create Local Information Brochures (include key information take-aways messages to all of community to know how to access supports)

Limestone Coast

Riverland, Mallee & Coorong

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

RECOMMENDED Council initiatives to start with...

- Consider adopting the Compassionate Cities Charter
- Maintain a directory of Local supports in relation to end chapter of life (health, community and social supports)

RECOMMENDED community initiatives to start with..

- Host a Community Expo (on life/death)
- Create a peer support groups to focus on shared experiences

2024-26 FLYING IN FORMATION ACTIONS

Apparational actions identified in consultation for each SA region to support people experiencing a serious illness, dying, grief and caregiving in your region

Region: **Country SA**



Barossa, Hills & Fleurieu

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



RECOMMENDED Council initiatives to start with...

- Consider adopting the Compassionate Cities Charter
- Co-design new community supports with consumers, carers, community, health and social groups



RECOMMENDED community initiatives to start with..

- Create a peer support groups to focus on shared experiences (particularly for Carers and Bereavement)
- Host Community Information Sessions, with local guest speakers

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



RECOMMENDED Council initiatives to start with...

- Consider adopting the Compassionate Cities Charter
- Co-design new community supports with consumers, carers, community, health and social groups



RECOMMENDED community initiatives to start with..

- Create Volunteer program with palliative care companions (or similar to no-one dies alone)
- Host Community Information Sessions, with local guest speakers

Yorke and Northern

Eyre & Far North

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



RECOMMENDED Council initiatives to start with...

- Consider adopting the Compassionate Cities Charter
- Providing public education about serious illness, dying, grief and caregiving to the community



RECOMMENDED community initiatives to start with..

- Create Volunteer program with palliative care companions
- Create a peer support groups to focus on shared experiences

44

COURSES HOSTED
2023-2025
(40 OF THEM VIRTUAL)

256

PARTICIPANTS
2023-2025

98%

OF RESPONDERS TO OUR EVALUATION SAID THEY WOULD RECOMMEND PALLILEARN TO OTHERS



*“
Fantastic presentation
”*

*“
Very informative session
”*

WE ASKED PARTICIPANTS TO PLEASE SHARE A TAKE HOME MESSAGE

*“
Self-care is necessary not selfish
”*

*“
Reflect upon what is important to you
”*

8

WEBINARS HOSTED
2023-2025
(ALL VIRTUAL)

52

PARTICIPANTS
2023-2025

95%

OF RESPONDERS TO OUR EVALUATION SAID THEY WOULD RECOMMEND PALLIATIVE CARE HOT TOPIC WEBINARS TO OTHERS



“
Fantastic webinar. Will watch it again
”

“
Great webinar, very apparent, really enjoyed all speakers, Thankyou everyone!!
”

WE ASKED PARTICIPANTS TO PLEASE SHARE A TAKE HOME MESSAGE

“
Collaboration is the vital
”

“
Be open to learn and reflect regardless of your own experiences and circumstances
”



EDUCATION and NETWORKS

7

COURSES HOSTED
2023-2025
(ALL IN-PERSON)

120

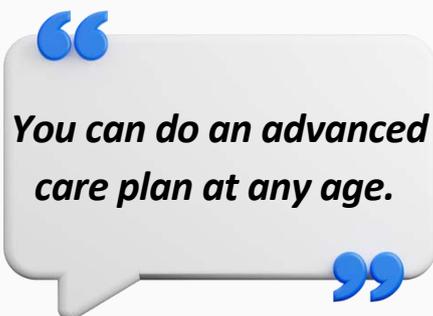
PARTICIPANTS
2023-2025

100%

OF RESPONDERS TO OUR EVALUATION SAID THEY WOULD RECOMMEND LAST AID TO OTHERS



WE ASKED PARTICIPANTS TO PLEASE SHARE A TAKE HOME MESSAGE





EDUCATION and NETWORKS

2

COURSES HOSTED
2023-2025
(ALL IN-PERSON)

14

PARTICIPANTS
2023-2025

100%

OF RESPONDERS TO OUR EVALUATION SAID THEY WOULD RECOMMEND TLC CONNECTOR TRAINING TO OTHERS



WE ASKED PARTICIPANTS TO PLEASE SHARE A TAKE HOME MESSAGE



EDUCATION and NETWORKS

*Compassionate
Communities SA
Community of
Practice (CoP) -
Country*

2

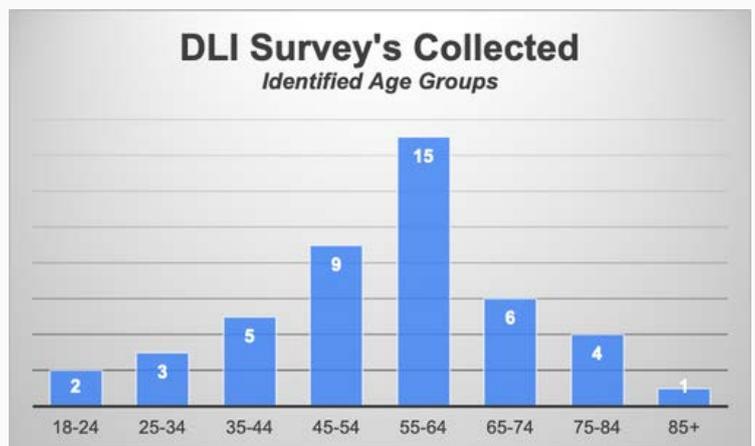
2023-2025
VIRTUAL
GROUPS HOSTED

Death Literacy Index - Community Survey

45

2023-2025
SURVEY'S COLLECTED

DLI Survey's Collected
Identified Age Groups





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Palliative Care
South Australia