

## Be a Champion!

- **Promote** the idea within your circles of family, friends, neighbors, co-workers, or faith groups.
- **Write** blog posts and tweets about stories of compassion and personal experiences of living with a serious illness, end of life, or loss of a loved one.
- **Help** patients and families affected by serious illness or frailty in your neighborhood, workplace, or social network.
- **Enlist** others.

## What are your ideas?

## Who we are

The BC Centre for Palliative Care was established in 2013 to support The Provincial End of Life Action Plan for British Columbia.

## What we do

The Centre provides leadership to support innovative solutions to improve the way we live and die in British Columbia.

## Seed Grant Program

Our seed grant program supports hospice societies and empowers local community leaders from all sectors to partner in a compassionate community movement.

## Let's work together!

Call, email or visit our website for more information and ideas on Compassionate Communities.



# Compassionate Communities in B.C.

*'Caring for each other is what we do.'*



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## What is a Compassionate Community?

A community where people recognize that we each have a role to play in supporting others in times of health crisis, dying, death and loss.

In a compassionate community, individuals are motivated by empathy and kindness to support others through acts of compassion. The acts may seem minor, but can be of great help to people and families affected by serious illness and frailty, such as:

- Pick up groceries for them;
- Mow their lawn;
- Move their garbage bins on collection day;
- Shovel snow from their driveway;
- Cook them a meal;
- Have a chat with them over tea or coffee;
- Join them for a walk; or
- Drive them to doctor's visits.



## Role of community organizations/groups

Community groups can, for example, organize sessions to improve awareness of the difficulties people face, of the help available in community.

They can do these sessions in:

- public events;
- community gatherings;
- talks to schools.

Community groups can build a compassionate neighborhood by:

- Recruiting volunteers and a coordinator from the neighborhood;
- Organize training to volunteers that enables them to help; and
- Linking people and families to volunteers who are ready to help and appropriate resources in their community.

## Our goal

The goal of the Compassionate Communities Initiative is to maximize comfort and well-being of British Columbians who are affected by serious illness, frailty, dying and loss.

*Let's start where we are  
and use what we have.  
Together we can achieve  
great things.*

## How do we do that?

We engage and empower community leaders and groups mobilize residents, no matter where they are gathered, to provide practical and emotional support for people affected by serious illness, frailty, dying and loss.

Here is how we work with community leaders to influence collective change:

- **Seed:** build public awareness and community interest;
- **Grow:** create opportunities of networking and supportive environments through partnerships and multi-sector collaboration;
- **Enable:** offer seed money, ongoing coaching, and tools to support innovative ideas; and
- **Spread:** share and disseminate successful ideas and learning.