

Don't we all want to live in a Compassionate Community?

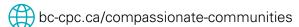
- A community where people support each other during experiences of serious illness, when facing mobility issues, or dealing with grief.
- A community where people understand that these experiences can touch any one of us at any time.
- A community where people plan in advance for the way they want to be treated and cared for during illness and near end of life.
- A community that helps us to live well until the end, surrounded by the people who care about us.

A Compassionate Community benefits us all.



Let's work together!

For information about Compassionate Communities in BC, and how to become involved, please contact us:











All British Columbians affected by serious illness will have equitable access to compassionate, person-centred care and resources.



Compassionate **Communities** Benefit Us All





Let's do it together!





Anyone can be touched by serious illness and frailty at any time.

When this happens, we may struggle to meet everyday basic needs. We may feel lonely and socially disconnected.

A Compassionate Community recognizes these challenges and is prepared to help.







Everyone can help! Here are some ideas:

Compassionate Neighbourhoods

Meet your neighbours: Get to know who lives in your community.

Ask yourself: Who in my neighbourhood is challenged with a serious illness, mobility issues, or is experiencing grief?

Offer help. These acts may seem minor to you but can make a difference to others:

- Provide companionship
- Deliver a simple meal or baked goods
- Walk their dog
- Mow their lawn
- Move their garbage bins on collection day
- Offer to grocery shop
- Drive them to an appointment
- Pick up their prescription

Enlist others to help out as well!

Compassionate Groups

Community groups – such as faith groups, cultural societies, schools, workplaces, clubs, associations – can become Compassionate Communities by:

- Hosting awareness events about the challenges faced by those living with serious illness to inspire others to act.
- **Promoting the idea** of creating Compassionate Communities.
- Organizing information sessions about advance care planning in the event of serious illness.
- Organizing practical tasks to support those in need.
- Linking people to support services.
- Volunteering with hospice societies, seniors' centres or other community organizations.