



## 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:**

-  [bc-cpc.ca/compassionate-communities](http://bc-cpc.ca/compassionate-communities)
-  [office@bc-cpc.ca](mailto:office@bc-cpc.ca) |  604.553.4866
-   @BCC4PC



*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.