

## Compassionate Communities Conversation 2024 Report

### 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

In November 2024 two community conversations were hosted in Kensington. 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?



31 participants



12th November

14th November



Mary MacKillop  
Prescinct (Bethany  
Centre)



Kurna peoples

### Health region

Central Adelaide  
Local Health Network

Adelaide PHN

29%

I am caring for  
someone currently

I volunteer for  
organisations/groups

75%

41%

Someone close to me is  
dying / has recently died

I work in health, social  
or community services

20%

0%

I have a life  
threatening illness

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

58%

### Local, State and Federal Government region

**Local:** City of Norwood,  
payneham and St Peters

**State:** Dunstan

**Federal:** Sturt

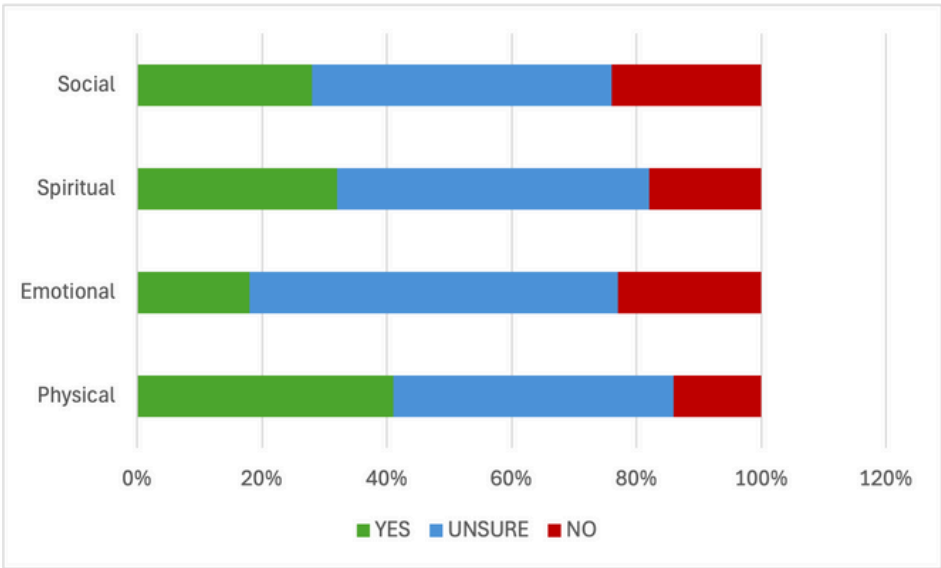
\*A public health approach to end of life care, views the community as an equal partner in the long and complex task of providing quality healthcare at the end of life. [www.phpci.org](http://www.phpci.org)  
NOTE: this is not a research project, it's not a representative study, it is the results of 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 Physical needs would be met and least confident that their Social and Emotional needs would be met by the current systems.

This is similar 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.



Local participants ranked this option as first

General Practitioner (GP)



of Local participants ranked this option as second

Outer Circle Network  
(Family, friends, neighbour or colleagues)

This was the same as the statewide results

People in Kensington also mentioned they would go to their Chaplin/Church Minister or their Library.



What community supports and places 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, locations, organisations and services that are available locally to help people experiencing a serious illness, dying, grief and caregiving. We call this activity ‘treasure mapping’.

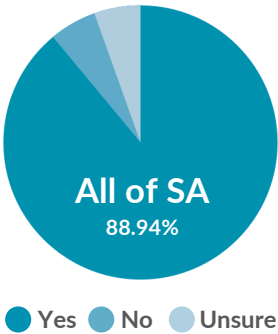
Treasure Map: Kensington

|                    |                            |                          |                     |
|--------------------|----------------------------|--------------------------|---------------------|
| KRA                | Orange Sky Laundry         | Carers SA                | ACVVS               |
| Local churches     | RSL                        | Emerg Food Pantry        | Hynes Garden Centre |
| Dementia Australia | Rotary                     | Supermarket noticeboards | Local Parks         |
| GPs                | Local Council              | Cancer Council           | Mary Potter         |
| Schools / Kindy    | High St Cafe / Other Cafes | Community Choir          | Dog Park            |

Are Locals comfortable with discussing death and dying?

Kensington participants are predominantly (87%) comfortable discussing death and dying.

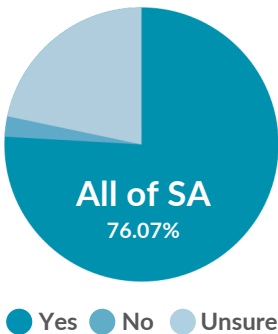
Similar to the all of South Australia figure.



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

Similar to the South Australian figure, the majority (78%) of participants in Kensington are comfortable that their Substitute Decision Maker would make the right decisions for them if needed.

However ideally 100% are comfortable.





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?



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 Kensington participants:

- *Website directory of services and supports*
- *Collaborative with schools to host chatty cafes*
- *Kindergarten and local residents intergenerational conversations*
- *Sharing information about what the local Council has available in this area*
- *Add information in the KRA newsletter, Park Info Board, notice boards*
- *Monthly catch up on specific topics (potentially with guest speakers)*
- *Host education sessions - Last Aid, TLC connector*
- *Compassion conversations / cafes*
- *Yarning circles in the park*
- *Welcome pack for new residents in the area*
- *Walking Group - add in conversations (Curb-side conversations)*
- *Volunteering opportunities for children working on Duke of Ed.*
- *Building a volunteer bank*
- *Blue Christmas (Churches)*
- *Community Gardens - add in conversations*
- *Garden / Pet / Bins support for people who need help*
- *Walking group in Hynes*
- *Art show*

*Thank you to the KRA for supporting this activity*



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



For more information: [palliativecaresa.org.au/ccsa](https://palliativecaresa.org.au/ccsa)