

FAMILY AND FRIENDS

**caregivers**

OF THE NORTHWEST



# Caregiver Corner

## **World Compassionate Communities Day**

by **Diana Wood**

There is an old African proverb - *'It takes a village to raise a child'* – meaning, children need the input and support of their whole community to grow into well-rounded adults. But doesn't it also 'take a village' to support someone who is dying? Or their caregivers? Or the griever? November 1<sup>st</sup> is the inaugural World Compassionate Communities (CC) Day which supports compassionate community approaches to end-of-life care.

It provides a healthy support network for people who have been given a life limiting diagnosis, getting older and needing a bit of help, or grieving

the loss of someone. In an ideal community the help provided could be as simple as someone taking an elderly person's garbage to the curbside, or someone at your work giving you emotional support because your spouse died. It might be someone from one of your social networks who offers to help you with some housework that you have been too ill to do. Or someone who has noticed you haven't been out much lately and offers to take you out for pie and coffee. Yum.

In a world that seems to be taken over by the 'me' generation I truly believe that we are not that far removed from the good old days when we human beings supported and cared for one another.

Compassionate Community's is a

large undertaking but if we take baby steps every community worldwide can become compassionate... meaning, good life, good death, and good grief. It all starts with communities within the community where you live, such as factory or office where you work, social networks you belong to, school network, religious groups, sports clubs, service clubs etc. If each of us took responsibility for CC within the various groups we belong to, it wouldn't take long to build a firm infrastructure.

This model of care goes far beyond the current model of professional or volunteer caring for people, to each and every one of us pitching in and doing our part. If you are a caregiver for some 55 or older give us a call and we can help you get started.

Our Family and Friends Caregivers Support Program is funded by the Government of BC, managed by United Way, and supported by Family Caregivers of BC.



**Terrace Hospice Society**      <http://caregiversofthenorthwest.org>

**#207 – 4650 Lazelle Ave Terrace, BC V8G 1S6 • Phone: (250) 635-4811**