

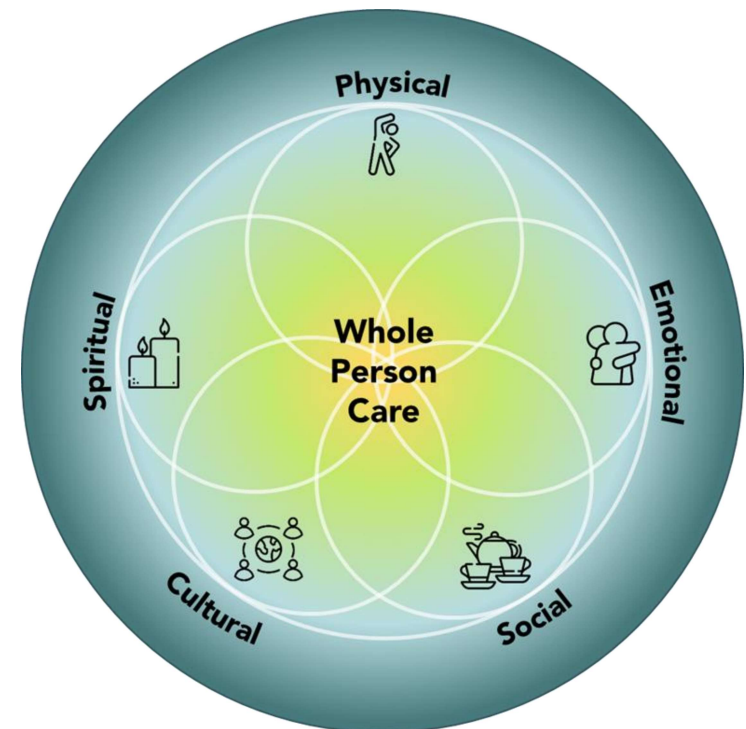
Compassionate Communities

The Compassionate Communities movement is about 20 years old and is a global initiative by communities for communities for patients, caregivers and their families experiencing serious illness, dying and grieving.

Compassion starts with understanding their needs.

Think about them as a whole person and what they need

- Physical – groceries, errands, walking the dog
- Emotional – Listening, a hug, an encouraging text/call
- Social – stay in touch, spend time together (in person or video), continue with hobbies and activities
- Cultural – favourite traditional foods, attend ceremonies/events (in person or virtual)
- Spiritual – get out in nature, pray/smudge/meditate, support from a spiritual care provider of preferred faith leader



Adapted from Pallileam Course, Covenant Health, 2026.

Compassionate Communities Toolkit on Pallium Canada website [Compassionate Communities - Pallium Canada](#)

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More questions? Call your local Palliative Care Consultant!



Assisted Living
Alberta



Palliative and End of Life Care