Building Partnerships Across Community Sectors :

lessons learned from introducing health promotion into palliative care

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Member organisations of the Hume (Rural),
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and Southern Metropolitan, Palliative Care Consortia

Victorian Department of Health

Strengthening Palliative care in Victoria through Health promotion.

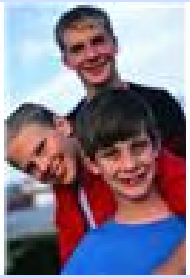
What has health promotion got to do with palliative care?

The relationship between palliative care and the communities they serve is crucial to the successful support of both.

Palliative care services need communities to be actively involved in dying, death, loss and care issues so that support for patients and their families is maximized beyond the simple provision of services. Kellehear & Young 2007

Health promotion in palliative care is about encouraging and supporting this "active" involvement





Health promoting palliative care is about …

- Building on the community's ability to help care for those with a life threatening illness as neighbours, family, colleagues and friends, alongside the care provided by health professionals
- Reminding the community that death and dying is a normal part of life
- Creating supportive environments to engage in difficult conversations

How has HPPC worked?

- Regional Palliative Care Consortia
- Regional health promotion officers
- Supported by local level health promotion resource teams
- Community action approach
- Education, training and skill development
- Availability of small grant funding to partner with other organisations and groups

Ripples in the pond….




Café conversations for community and volunteer skill building
Training around "How to care" & grief & loss
Creative arts responses
Health Promotion in Palliative Care funded community projects
Support programs for carers
Opportunities for public grief – Community Christmas Trees of Remembrance
Community and staff capacity building in Advance Care Planning
Creation of community reflective spaces

Examples … Community health partnerships

- ***How to Care ,What to Say*** in Walwa

Very helpful for me as well as supporting others

Wish I had been to something like this earlier thank you

- Community Christmas Tree of Remembrance in Benalla, Mansfield, Alpine, Murrindindi and Mitchell Shires and Broadmeadows

We don't deal with the death of group members very well … to discuss this openly has been great

- COPD (LAHF) group
- Rumbalara Health Service



Grief tree

Remember loved ones at library

AS the festive season draws near many may become aware it is bittersweet for some, especially those who are remembering relatives, friends, and other dear ones, such as pets, who have died.

In recognition of this, and acknowledging that death and dying are part of everyday life, the Hume Palliative Care Consultancy team is supporting a Christmas Tree of Remembrance which was set up at the Mansfield library yesterday.

The project is in partnership with the Mansfield Palliative Care Service and volunteers, [illegible] Library.

Held in partnership with the Benalla Palliative Care Service, Benalla District Memorial Hospital, the Library, and Community Health, members of the community are encouraged to view the Christmas tree of Remembrance on display at Benalla Library.

Community members are encouraged to write special messages in memory of their loved ones, which can be hung on the tree with other decorations.

[illegible]me people may want to take a card to write at home and bring back, while others may wish to simply write a message and put it on the tree straight away.

[illegible] tree and the messages will stay on display in the library until after Christmas, along with information about services in Benalla that support people experiencing loss and grief, including the palliative care service.

Anyone seeking assistance with loss and grief is encouraged to call Delatite Community Health Service on 5761 2200.

Examples … Local government partnerships



BENALLA RURAL CITY

Aged Care Newsletter

WINTER EDITION 2010

Thus, having prepared their buds against a sure winter, the wise trees stand sleeping in the cold.

GRIEF AWARENESS WEEK 2010
Sunday, 22 August – Saturday, 28 August

Hume Region Palliative Care Consultancy Team is reaching out to the community to encourage people to think and talk about death, dying, grief and palliative care.

Remembering Tree Project

As a part of Grief Week in August 2008 and 2009, the HPCCT at Ovens & King Community Health Service, partnered with the Rural City of Wangaratta in the ***Remembering Tree*** project as a joint community activity.

INFORMATION

Dying to Know – Bringing Death to Life

*This is the title of a coffee table style book published in 2007 by **Pilotlight** Australia.*

***Dying to Know** offers 60 thoughts and images that reflects on living with dying in a way that allows family and friends to have an ongoing conversation that is engaging rather than depressing.*

This book is available at a cost of $15.00.
Phone: 5723 2070
(Ovens & King Community Health Service)
or Jude on 5761 2253 (Community Services)



BAY STREET PRODUCTIONS PRESENT

FourFunerals *in one day*

ALAN HOPGOOD • MARGOT KNIGHT • JENNY SEEDSMAN • MICHELLE HALL

A PLAY BY ALAN HOPGOOD
IN COLLABORATION WITH MOLLY CARLILE

AN ENTERTAINING AND INSPIRING PLAY ABOUT DEATH, GRIEF AND LIVING

MAY 5, 2010 1PM

MELTON COMMUNITY HALL
232 HIGH STREET, MELTON

THE PLAY IS FOLLOWED BY A FACILITATED DISCUSSION SESSION.

TICKETS FROM MELTON VISITOR INFORMATION CENTRE, 323 HIGH STREET, MELTON.
ENQUIRIES: 9747 7300

HealthPlay

Healthplay is a collection of 8 short comedies written by Alan Hopgood addressing the challenging health issues of palliative care, prostate cancer, alzheimer's, diabetes, widowhood, depression and geriatric sex. **www.healthplay.com.au**

Examples … Community group partnerships

- Neighbourhood houses
- Solo Mothers in the North
- Whittlesea Community Connections
- Faith and Hope – self help depression group
- Rotary Clubs
- Bereavement group
- Chambers of Commerce
- Aged care





Lessons learned ….



- Harness a champion – any champion will do!!
- Don’t expect that people will immediately be drawn to your ideas – sometimes they need to “grow” on others!
- Be prepared to take advantage of every opportunity
- A little bit of support can make a big difference!
- Be prepared to get a lot of job satisfaction



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