


Taking charge of your own care

A guide to Advance Care Planning



Give your
loved ones
peace of mind.

I have discussed
my healthcare
wishes with my
loved ones and
healthcare team.



Have you set
your healthcare
plans and goals?



Healthcare Redesigned

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Make Difficult Healthcare Decisions Easier



Imagine having a medical condition or meeting with an accident that leaves you seriously ill and unable to speak. Who would convey your healthcare decisions for you in such critical moments? Would your loved ones understand your preferences and what you truly hope for?

Advance Care Planning (ACP) is a process for you to plan for your future health and personal care. A discussion with you and your loved ones to plan and document your wishes and healthcare goals. Should you be unable to speak for yourself one day, your advance care plan will serve to guide your loved ones and healthcare team in caring for you.



“ Plan for your future health and personal care. ”

Start your ACP discussion early when you still have the mental capacity to decide. If a medical emergency should arise, the stress of decision-making on family members can be lessened if they are aware of your care preferences.



Plan Ahead for Your Healthcare



An ACP discussion will help you and your loved ones to:

- Understand your personal values, beliefs and goals of care.
- Explore how these values and beliefs affect your healthcare preferences in difficult medical situations.

How to Start?



Speak with your doctor or nurse regarding your wish to have an ACP discussion.



Consider the person who is closest to you and is willing to be your Nominated Healthcare Spokesperson (NHS).



Our doctor or nurse will arrange for an ACP Facilitator to contact you. An ACP Facilitator is a trained healthcare professional who will conduct the ACP discussion and guide you through the ACP process. An ACP discussion usually takes around an hour to complete.



“ ACP can be reviewed and updated. ”

Pick the Right Healthcare Spokesperson



When you are thinking about your wishes and preferences, you may want to consider someone whom you can trust and will speak up for you about your care. This person you choose is known as your Nominated Healthcare Spokesperson (NHS). Here is a simple guide to help you pick the right NHS.

“Consider someone whom you can trust and can speak up for you about your care.”



Your NHS should be someone who:

- Understands you well.
- Knows your concerns and would honour your wishes.
- Is willing to be your voice.
- Can communicate your preferred care wishes to the healthcare team.
- Can manage stressful situations.
- Is at least 21 years old.

It is possible to appoint two NHS, but all parties should know and agree with your preferences.

After the ACP Discussion } Discussion

After completing your ACP discussion, the ACP Facilitator will prepare an ACP form for you and your spokesperson's signature.

A copy of the ACP form will be given to you. Please keep this form at a place where it can be easily retrieved during a medical emergency.

An e-copy of the ACP form will be uploaded to the National Electronic Health Record System. Any doctor who is treating you in any public hospital will be able to access your wishes recorded in your form when needed.

“Have an open conversation with your loved ones about your wishes and goals of care.”

Give your loved ones peace of mind.



Frequently Asked Questions

Does having an ACP mean that the doctor won't treat me? When will my doctor act on my decisions in my ACP?

Your doctor will continue to treat you, advise and discuss your care plans with you. Your doctor will refer to your ACP when you lose your mental capacity.

I'm young and healthy. Can I still do ACP?

Yes, you can! Young, healthy adults are also encouraged to discuss their preferred healthcare wishes with their loved ones. Be prepared by planning head.

Will I be able to change my ACP decisions any time?

Yes, you will be able to change your ACP decisions any time. Completing your ACP does not mean that your care preferences are fixed. You may experience changes in your health condition and life circumstances which may result in a change in care

preferences. These changes must be communicated to your Nominated Healthcare Spokesperson (NHS). You can approach your doctor or Alexandra Hospital ACP team to make these changes.

What is the difference between Advance Care Planning (ACP), the Lasting Power of Attorney (LPA) and Advance Medical Directive (AMD)

Advance Care Planning (ACP)

- Purpose: To plan ahead, discuss and express your health and personal care wishes.
- It is not a legal document.
- This document is applicable in the event that you lose your mental capacity.
- The ACP discussion is conducted by a trained ACP Facilitator.

For more information on ACP, please visit www.aic.sg/acp

Lasting Power of Attorney (LPA)

- Purpose: A legal document authorising or giving someone power to decide on your property or finances (e.g. your houses and bank accounts), and personal affairs (e.g. your meals, accommodation and medical care). However, the person receiving the power (known as the donee) will not be able to make decisions on the continuation of life sustaining treatment for you.
- It is a legal document.
- This document is applicable in the event that you lose your mental capacity.
- An LPA must be certified by an accredited doctor, lawyer, or psychiatrist.

For more information on LPA, please refer to the website of the Office of the Public Guardian www.msf.gov.sg/opg or contact 1800 226 6222.

Advance Medical Directive (AMD)

- Purpose: This document will inform the medical team that you do not want extraordinary life-sustaining treatment to prolong your life.
- It is a legal document.
- This document is applicable when you become terminally ill and unconscious, and death is imminent.
- A doctor and a witness are required to sign your AMD form.

For more information on AMD, please refer to the Ministry of Health website at www.moh.gov.sg/policies-and-legislation/advance-medical-directive



Further Information }



The ACP discussion is a face-to-face meeting guided by an ACP Facilitator with you and your Nominated Healthcare Spokesperson (NHS). This is the preferred mode of discussion.

Tele-ACP discussion, which uses a video conferencing software, is also available on a case-by-case basis. Individuals will have to be assessed by an ACP Facilitator first, to determine their suitability for a tele-ACP discussion.

For more information, please contact our Advance Care Planning Team at +65 6370 6029 or e-mail to AH_livingmatters@nuhs.edu.sg

“ **Completing your ACP does not mean that your care preferences are fixed.** ”



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