

Dover Park Hospice

The Hospice Centre, 10 Jalan Tan Tock Seng, Singapore 308436
Tel: 6355 8200 Fax: 6258 9007
Website: www.doverpark.org.sg Email: info@doverpark.org.sg

Dover Park Hospice has 40 in-patient beds. It is also a training centre for hospice care for doctors, nurses and volunteers. Though independent, it works closely with HCA Hospice Care.

HCA Hospice Care

The Hospice Centre, 12 Jalan Tan Tock Seng, Singapore 308437
Tel: 6251 2561 Fax: 6352 2030
Website: www.hca.org.sg Email: info@hca.org.sg

HCA Hospice Care runs the largest hospice home care service in Singapore, and a hospice day care centre. It provides an equipment loan service, and runs a Caregivers Training Programme which incorporates training sessions and support groups for caregivers.

Metta Hospice Care

32 Simei St 1, Metta Building, Singapore 529950
Tel: 6580 4695 Fax: 6787 7542
Website: www.metta.org.sg Email: hospice@metta.org.sg

Metta Hospice Care is one of the services of Metta Welfare Association. It provides home medical and nursing care service. It also provides spiritual care and loan of medical equipment.

Methodist Hospice Fellowship

9 Choa Chu Kang Ave 4, Singapore 689815
Tel: 8161 1455 Fax: 6314 1576
Website: www.mws.org.sg Email: admin@mhf.mws.org.sg

Methodist Hospice Fellowship is the community outreach of Methodist Welfare Services. It provides home medical and nursing care to cancer patients, and spiritual and emotional support to patients' family members.

Singapore Cancer Society

15 Enggor Street, #04-01/04, Realty Centre, Singapore 079716
Tel: 6221 9578 Fax: 6221 9575

Boon Keng Clinic

22 Boon Keng Road, #01-11, Singapore 330022
Tel: 6396 6241 Fax: 6396 6243
Website: www.singaporecancersociety.org.sg
Email: enquiry@singaporecancersociety.org.sg

Singapore Cancer Society provides services in the area of cancer education, research and patient care services. Within patient care services, we have a home care team attending to patients and caregivers in aspects of physical, psychological, spiritual, social and financial needs.

St. Joseph's Home & Hospice

921 Jurong Road, Singapore 649694
Tel: 6268 0482 Fax: 6268 4787
Website: www.stjh.org.sg Email: stjoseph@stjh.org.sg

St. Joseph's Hospice is a project of Catholic Welfare Service. It has a 22-bed hospice within the premises of St. Joseph's Nursing Home. It provides spiritual support.

Operating Hours

Different hospice services have different operational hours. In-patient hospices have medical and nursing staff available around the clock. Hospice day care services operate only during normal working hours. Hospice home care services have staff covering calls at night and on weekends and public holidays. These staff can give advice over the telephone and visit, if necessary, during an emergency.

For more information, send us an email at help@lifebeforedeath.org.sg

Legend:



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| 1. Home nursing and medical care | 4. Loan of equipment |
| 2. In-patient hospice care | 5. Self-help and support group |
| 3. Day care | 6. Transport |



Every person deserves to enjoy every moment of his or her remaining days around loved ones in peace and ease. You too, can make a difference in someone's life by giving the best of memories in the days that remain. If you would like to help, either by donations or volunteering, please contact us at the address below or the organisations listed in this brochure.

SINGAPORE
HOSPICE
COUNCIL

10 Jalan Tan Tock Seng, Singapore 308436
Tel: 6256 2677 Fax: 6258 9007
Website: www.singaporehospice.org.sg
Email: secretariat@singaporehospice.org.sg

SINGAPORE
HOSPICE
COUNCIL



Hospice and
Palliative Care

About Hospice and Palliative Care

Overview

Hospice and palliative care is a holistic approach to caring for patients going through the last stages of their lives. It aims to meet all needs (physical, emotional, psychosocial and spiritual) so as to alleviate suffering and maximise quality of life for patients and their loved ones. Staff and volunteers work in multi-professional teams to support these patients and their families, and enable patients to live their last days fully.



In Singapore, the Singapore Hospice Council (SHC) serves as an umbrella body that incorporates all voluntary organisations that provide hospice and palliative care. In 1995, SHC was registered with 5 members. Today, it has 8 members whose services include caring and improving the lives of patients with serious life-limiting illnesses, supporting their families, providing caregiver training to family members and volunteers, and raising awareness of hospice and palliative care among public and professionals.



Definition

Hospice and palliative care refers to the improvement of the quality of life of patients facing life-threatening illnesses, and of their family members, by providing pain and symptom relief, spiritual and psycho-social support, from the point of diagnosis to the end of life and bereavement.

Situations Covered

Hospice and palliative care is not restricted to any one type of life-limiting illness. Although cancer is the most common ailment of patients receiving hospice and palliative care, patients with any terminal and life-limiting condition can be properly cared for. Palliative care is generally provided for patients who have been diagnosed with just months to live (not years), but it can also be provided for patients in the early stages of their illnesses.

Hospice and palliative care is commonly misunderstood as a service provided for patients staying permanently at the hospice.

Common Misconceptions

Hospice and palliative care is commonly misunderstood as a service provided for patients staying permanently at the hospice. In fact, most hospice and palliative care receivers are cared for in their own homes. In such cases, a family member is the primary caregiver while hospice staff provide support. Some patients choose to use day care services at the hospice. In such cases, patients are bussed to the hospice, spend the day there involved in various therapies and activities, and are sent home in the evening.



Hospice and palliative care is not as simple as a nurse or nurse aide providing patients with medical and physical care (eg. ensuring patients take their medications, bathing patients, etc). It provides both patients and their families with holistic care and support (eg. pain management, physiological and psychological therapies, coaching on basic caregiving for caregivers, and bereavement counselling). Because of the holistic nature, hospice and palliative care is provided by a team consisting of the patient's doctor, nurses, nurse aides, social workers, counsellors and therapists. Each expertise is called upon as and when their services are needed.

One need not be financially well off to engage the services of a hospice and palliative care team. Community hospice and palliative care services (hospice day care and in-patient hospice) are partially supported by government subsidies which are given based on means testing results. Patients and families pay what they can afford on the unsubsidised portion of costs incurred. Any shortfall is covered by charitable donations. As for hospice home care, it is provided free to all patients.

Receiving hospice and palliative care does not mean that patients are moving towards death. There have been cases where these patients' conditions stabilise under the care of hospice and palliative caregivers, and they go on to live normal lives for some years.

Assisi Hospice   
820 Thomson Road, Singapore 574623
Tel: 6347 6446 Fax: 6253 5312
Website: www.assisihospice.org.sg
Email: assisi@mtalvernia-hospital.org.sg

The Assisi Hospice is a Catholic Charity providing integrated high-quality palliative care to in-patient, home care, and day care adult and paediatric cancer patients as well as to other patients with palliative care needs.

Bright Vision Hospital  
5 Lorong Napiri, Singapore 547530
Tel: 6248 5757 Fax: 6881 0702
Website: www.bvh.org.sg Email: ching.hs@bvh.org.sg

Bright Vision Hospital is a voluntary Buddhist community hospital. It has a 32-bed palliative care unit, as well as a full spectrum of services including rehabilitation, chronic sick, subacute care and nursing home. It also operates a TCM clinic, and an integrated home care cum day rehabilitation centre.