SINGAPORE HOSPICE COUNCIL
Living before Leaving

What is Palliative Care?

WATCH

What is Palliative Care?

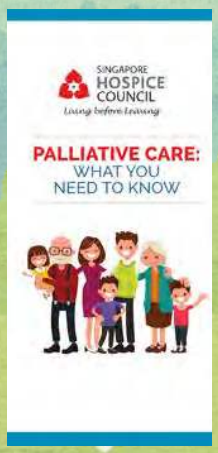
Read stories of other patients, caregivers and healthcaare teams. No one is alone in this journey.

Where can I access Palliative Care Services in Singapore?

Read more about Palliative Care Services in Singapore

WATCH **Different settings of Palliative Care**

Palliative Care: What You Need To Know



English

Chinese

Malay

Tamil

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Compassionate Discharge (ComD) and Medications

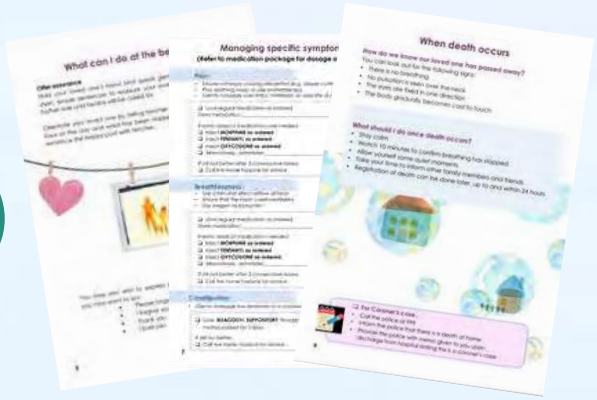
1 Learn more about fulfilling your loved one's wish to spend final days at home

Caregiver Factsheet

WATCH Bringing a dying loved one home

2 Refer to the "End-of-Life care at Home - A Caregiver Guide" when providing care for your loved one at home

Include tips and useful contacts that will help you in your caregiving journey



Caregiver Guide

3 Medications - Information and guide on how to administer

4 common ways of administering medications

Multiple Languages Available

5 common myths about opioids

WATCH

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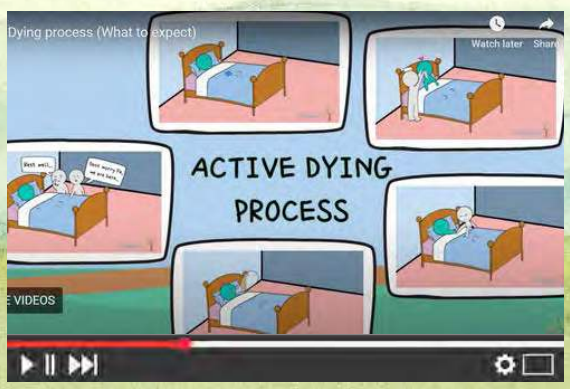
Death and Dying

Understand disease trajectories can help you, your loved ones and the care team to make appropriate care plans

WATCH

3 common disease trajectories

Death is a natural part of life.
However, the process of dying is unique to each individual.
Watch this video to learn about the changes when one is nearing death.



WATCH

Prefer to read? A guide to "Understanding the Final Hours"

Multiple Languages Available

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Grief and Bereavement

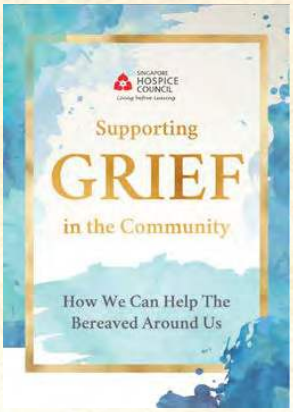
Reading about grief and bereavement isn't just about coping with loss; it's also about finding the path to healing, resilience, and hope. These guides dive into the physical, emotional, and psychological aspects of grief, helping you understand the rollercoaster of emotions.

Caring for Yourself After a Death

When a Death Occurs

Caring for Yourself & Others After a Death

Supporting Grief in the Community



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