



TESTIMONIALS

"I find the ACP session very beneficial as the explanations helps us to understand our father's wishes better." – Caregiver 1

"ACP is good as it allows the patient and family to be aware of possible future scenarios a dementia patient may face Knowing the patient's choices helps to relieve the carer's stress." – Caregiver 2

"I am glad I did ACP as it allows me to document down my preferences and this helps lessen the stress on my children to make decisions for me, in the event I am not able to decide for myself. " – Patient

WHO WE ARE

We are a team of healthcare professionals who are passionate in empowering patients to have a say about their current and future care plans.

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ADVANCE CARE PLANNING IN DEMENTIA





WHAT IS ADVANCE CARE PLANNING (ACP)?

Advance Care Planning (ACP) is the process of planning for your future health and personal care.

It includes:

1. Sharing your personal values, beliefs and goals of care with your loved ones and healthcare provider
2. Exploring your healthcare preferences in difficult medical situations or crises which may include end of life circumstances
3. Identifying someone to be the voice for your future care preferences should you be unable to speak for yourself

WHY SHOULD WE DO ACP IN DEMENTIA?

ACP aims to help persons with dementia establish decisions about future care that may take effect when they lose capacity.

When you are sick, your family may be asked to make difficult decisions about your care such as resuscitation, life support treatments, nutrition and feeding options. Hence ACP enables you to participate in planning for your future care.

ACP provides an opportunity for more person-centered care, allows you to have autonomy over your health, improves quality of care and reduces the stress and anxiety in your loved ones of making decisions on your behalf.

WHEN DO WE DO ACP?

ACP should be discussed early when you are still able to express your wishes and able to make decisions about your future care.

As dementia progresses to advanced stage, one's ability to communicate or make decisions decreases.

WHAT ARE THE BENEFITS OF ACP IN DEMENTIA?

1. Lessen the burden of making difficult medical decisions on your behalf by your loved ones
2. Helps doctors and other healthcare providers know your healthcare preferences

IT'S TIME TO TALK ABOUT IT!

Consider your future care needs

Have a conversation with your primary healthcare provider and loved ones

Opt for a substitute decision maker

Ink down your preferences

Coordinated advance care planning improves patient satisfaction

Ensures patient's autonomy

FREQUENTLY ASKED QUESTIONS

Q: Is ACP a legal document?

A: No, ACP is not a legal document. It is a documentation of the discussion you had about your preferences for future healthcare decisions.

Q: Is ACP the same as Lasting Power of Attorney (LPA) or Advance Medical Directive (AMD)?

A: No, they are not the same. LPA and AMD are both legal documents.

Q: Can I change my mind?

A: Yes, if you change your mind about some of the decisions you've made, please inform your primary healthcare provider and loved ones.