



CHIME

COVID-19 HUMANISTIC CARE IN ISOLATION FOR THE MEDICALLY ILL AND END-OF-LIFE

The COVID-19 pandemic has drastically changed how we care for our loved ones in their final days. Now, we have to care and honor them from a distance. It is our sincere hope that these suggestions will provide a measure of solace and support to you and your family.

Curated by TTSH Palliative Care Services



What Can I Do?

You may wish to bring the following items to provide support and bring comfort to your loved one.



Words of encouragement e.g. written messages, pictures or cards



Photographs of your loved one with family and friends



Comfort items e.g. blanket, pillow, stuffed toys



Audio players with recordings of songs or messages for your loved one



Digital photo frame



Religious items e.g. books, recordings, pictures or prayer beads

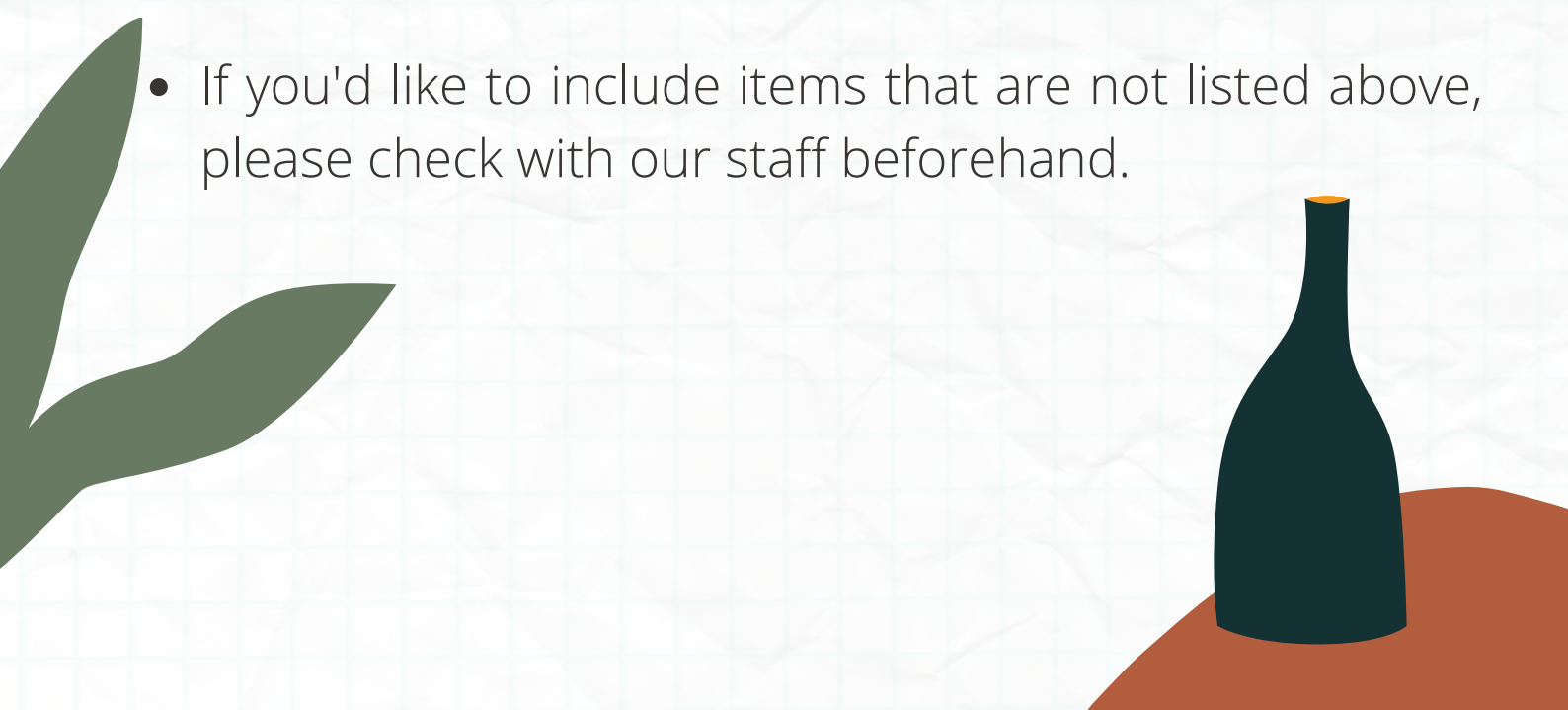


A set of home clothes and a pair of shoes





Important Matters to Note

- Do not rush to your loved one's home to collect his or her personal belongings, as this may put you at risk of infection. We suggest entering their home **at least 5 days** after they have been hospitalised.
 - Be prepared that these items may be disposed after use for infection control purposes.
 - Please notify the ward doctors or nurses before bringing these items. Kindly pack these items into a clean Ziploc bag to be passed to the ward team.
 - If you'd like to include items that are not listed above, please check with our staff beforehand.
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What Can I Say?

Even if your loved one is unable to respond, we trust they will take great encouragement and assurance in the balm of your voices. Here are five essential things that can be said in any order, as you see fit.

I'm sorry,
please forgive
me

Thank you

I forgive you

Goodbye

I love you

For further explanation of the above in Mandarin, please scan the QR code on the right:






What if I Am Quarantined?

If you are unable to visit, you can prepare soft copies of photographs, audio or video recordings for your loved one. Thereafter, get in touch with the TTSH Palliative Medicine team or our Medical Social Workers. We will do our best to present these to your loved one on your behalf.

How Else Can I Help?



Do remember to look after yourself during this difficult time. We need you to be physically and psychologically well, should we need to discuss with you how best to care for your loved one. Please reach out to us if you need support in any way.