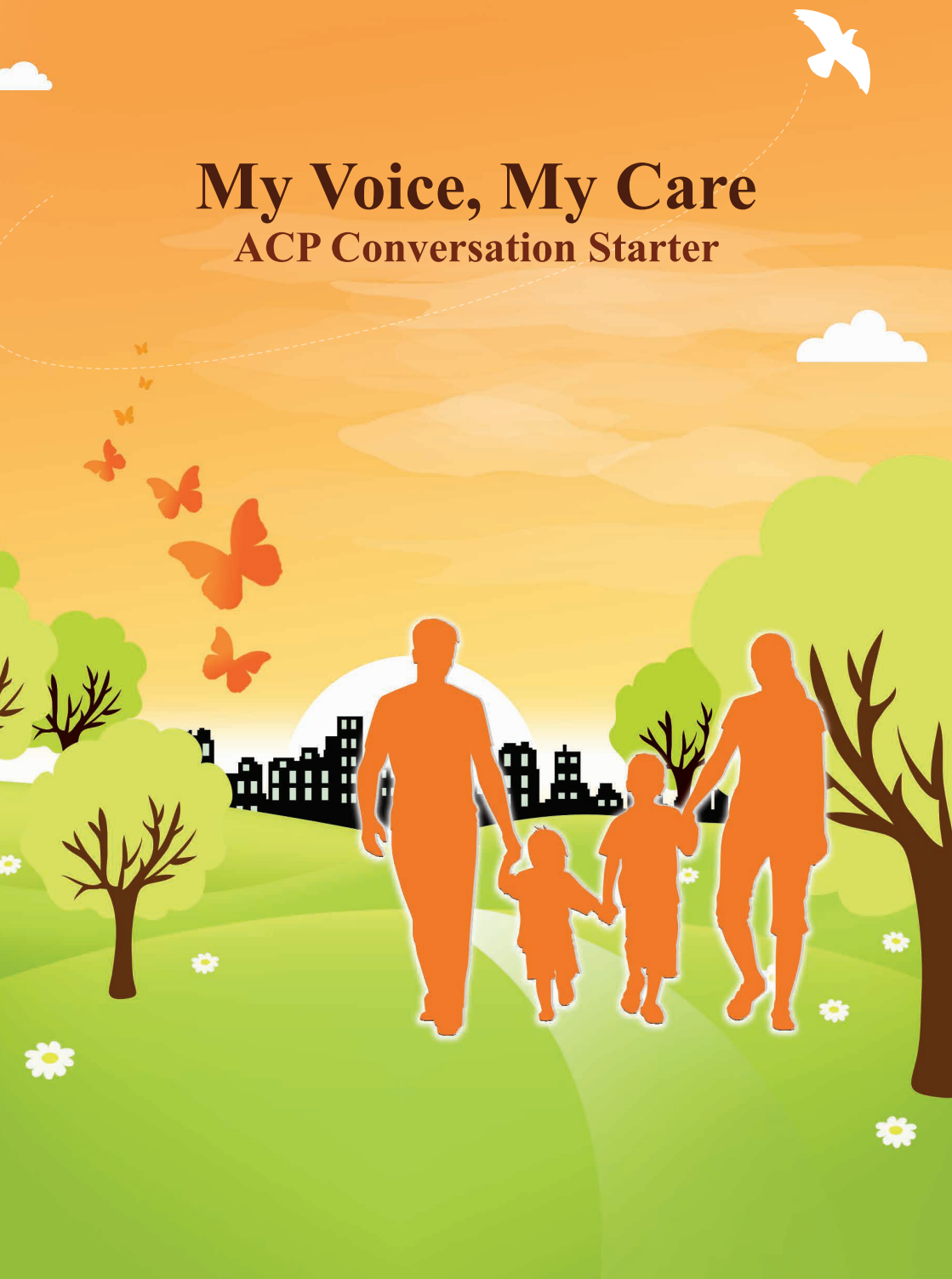


# My Voice, My Care


## ACP Conversation Starter



# Advance Care Planning

Advance Care Planning (ACP) is a voluntary discussion on future health and personal care. It encourages you to think about your personal beliefs and share the goals of care with your family members and healthcare providers. It includes:

- Sharing your personal values, beliefs and goals for care with your loved ones and healthcare providers;
- Exploring your healthcare preferences in difficult medical situations, which could include circumstances at the end-of-life; and
- Appointing a Nominated Healthcare Spokesperson (NHS) to represent your voice and make your preferred care decision should you be unable to speak for yourself one day.



Who should consider ACP?

Everyone, regardless of your age or your health condition.



# My Voice, My Care

## ACP Conversation Starter



Interested to do an Advance Care Plan (ACP), but clueless as to where to start? Below are some guiding questions for you and your loved ones to reflect and discuss.

The questions below are merely a guide, and not meant to be a substitute for an ACP conversation done in the presence of a trained ACP facilitator. If you wish to complete an ACP, please approach your respective healthcare provider for more information.

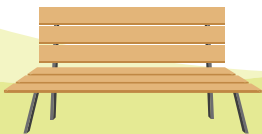
There are no right or wrong answers to the questions below. Remember, this exercise is all about expressing your thoughts and wishes.

### 1. My Values, My Quality of life

To me, living well means:

Please tick the following options which are most applicable to you.

- Being able to care for myself
- Being healthy and independent
- Spending time with my family
- Spending time with my friends
- Being able to practice my spiritual beliefs
- Being able to enjoy my favourite past-time and hobbies
- Others: .....



To me, these abilities are essential that life would be unbearable without them (e.g. ability to walk and talk, make decisions, interact with people, etc):

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**2. My Health Status**

Currently, these are the health conditions that I have:

- 1. ....
- 2. ....
- 3. ....
- 4. ....

At the same time, these are the worries and fears I have about my health:

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### 3. My Experience with Healthcare

So far, I have received care in the following settings:

Please tick the following options which are most applicable to you.

General Practitioner (GP) Clinic

  Polyclinic

Hospital Outpatient Clinic

Hospital Inpatient Stay

ICU stay

Others: .....

In the past, I have had encounters with family members or friends who were very ill. While being by their sides, I have learnt that:

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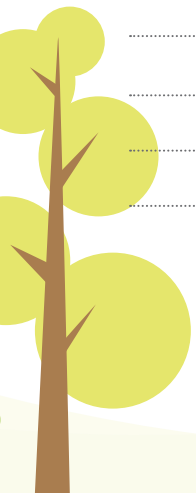
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## 4. My Care Wishes

In the event that I have a serious illness or injury to the extent that I do not know who I am, who is by my side, nor where I am, and my doctors believe that I would have a very low chance of ever recovering my ability to make decisions for myself:

Please tick one of the following which is most applicable to you.



I want to be kept alive with whatever means possible

I want trial of treatment

I want to be allowed to pass away peacefully and naturally

I cannot make a decision with regards to the above scenario because

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## 5. My End-of-life Care Preferences

When I think about death and dying, I'm concerned and worried about:

Please tick the following options which are most applicable to you.

- 
- Being alone
  - Being breathless
  - Having no appetite
  - Having financial concerns
  - Being in pain and suffering
  - Being a burden to my loved ones
  - Others: .....

When the end is near, I would like the following (e.g. have my family around, have my favourite food, etc):



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These are the spiritual and religious beliefs and practices that would affect my care at the end of life:

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**6. My Nominated Healthcare Spokespersons (NHS)**

A Nominated Healthcare Spokesperson(s) should<sup>1</sup>:

- Be above 21 years old;
- Be willing to speak on your behalf;
- Know you well and understand your wishes and concerns;
- Be able to tell your doctors about the care you would like to receive;
- Be able to follow through with your care preferences; and
- Be able to handle stressful situation.





With these considerations in mind, the person(s) that I trust to understand me, respect my wishes and make decisions for me are:

1. Name : .....  
Relationship to me : .....  
Phone : .....

2. Name : .....  
Relationship to me : .....  
Phone : .....

Interested to have a comprehensive ACP conversation with a trained facilitator? Approach your healthcare provider for more details! Most restructured hospitals in Singapore have trained facilitators who would be able to facilitate ACP sessions between you, your loved ones, and your healthcare professionals.

**You are encouraged to:**

- ① Schedule an appointment for Advance Care Planning (ACP)
- ② Communicate your wishes to your family, healthcare team and hospital
- ③ Review your plans regularly as your health status, life circumstances and goals may change. It is important to communicate any changes to your healthcare team and family
- ④ If you're a patient of TTSH and would like an ACP facilitation, please contact 6359 6410 or [acp@ttsh.com.sg](mailto:acp@ttsh.com.sg)

## What are the benefits of ACP

- Allows you to understand and reflect on your medical condition;
- Allows you an opportunity to make choices about your future healthcare preferences;
- Allows you to appoint a Nominated Healthcare Spokesperson (NHS);
- Allows you a sense of control and individual autonomy;
- Allows you to reduce your loved ones' burden in decision-making during difficult situations; and
- Allows you to strengthen your relationships with your family members and healthcare providers.



## ✘ Misconception

ACP is a conversation about death.

ACP is only for the elderly and sick.

ACP is to withdraw life-sustaining treatment.

ACP means the medical team has given up on me.

## ✔ Reality

ACP is an ongoing discussion about your healthcare preferences. It encourages you and your loved ones to discuss and understand your values, beliefs and wishes.

ACP is for everyone. Healthy individuals, young adults, working professionals and retired seniors are encouraged to discuss about the type of healthcare they prefer.

ACP is a discussion about your healthcare preferences. You may indicate your preference is to withdraw active treatment, or receive other treatment where clinically appropriate.

ACP helps the medical team to understand your wishes and deliver the type of healthcare and services that align with your care preferences.



## Useful Resources

[www.ttsh.com.sg/acp](http://www.ttsh.com.sg/acp)  
[www.livingmatters.sg](http://www.livingmatters.sg)  
[www.advancecareplanning.ca](http://www.advancecareplanning.ca)  
[www.gundersenhealth.org/respecting-choices](http://www.gundersenhealth.org/respecting-choices)



Tan Tock Seng  
HOSPITAL



*Supported by:*

**Living Matters**  
advance care planning

[www.ttsh.com.sg/acp](http://www.ttsh.com.sg/acp)