Voice Your Choice

Make your wishes known ahead of time. Help your loved ones understand what treatment decisions you would prefer in a medical crisis. An ACP facilitator will guide you through the process of voicing your choices.

To find out more or to make an appointment with our ACP facilitators, please call:
Advance Care Planning

WHAT IS IT?

Most of us cannot imagine a time when we are unable to speak for ourselves, but it may happen. Your loved ones may have to make difficult healthcare decisions for you. You can ease their burden by voicing your choices now.

Advance Care Planning (ACP) is for everyone, regardless of age or state of health. It is a series of voluntary discussions that help you better understand your state of health. Your preferences will be recorded and used to guide the healthcare team and your loved ones to make healthcare decisions on your behalf, in your best interests, if you are unable to do so yourself.

The participants in ACP discussions are a trained ACP facilitator, your loved ones, your healthcare providers and you. These discussions will be guided by your values and beliefs.

It matters, because living matters.
Advance Care Planning

WHY IT MATTERS

In a medical crisis, your loved ones may be placed under undue stress of having to make difficult decisions on your behalf.

Help Your Loved Ones to Help You

Help your loved ones by easing their stress of making difficult decisions in a medical crisis. With Advance Care Planning, you can make your wishes known to them earlier, so that they know what you would want them to do in a crisis. Start your ACP conversations today.
With Advance Care Planning, you can share your thoughts and preferences about healthcare options with your loved ones. This gives them assurance and peace of mind that they are fulfilling your wishes.

Example of an ACP conversation:

So Mr Tan, now that you know what a breathing machine is, how do you feel about it?

I’m... not sure but my brother went through it. I felt terrible for him. But we didn’t know what he wanted.

Now you know how we felt when you were admitted to the hospital. We were at a loss too...

It was so sudden, I didn’t expect it...

It’s better to voice your choices now rather than let your family guess. They’ll only know what you want if you tell them.

Six months later, Mr Tan collapsed again and ends up in the Intensive Care Unit.

Cecilia, you’ve made some decisions for me before. I’d like you to continue to be my substitute decision maker.

But Dad... I’m afraid I’ll make the wrong decisions.

Don’t worry, there’s no right or wrong decision. It’s about fulfilling your father’s preferences.

Six months later, Mr Tan collapsed again and ends up in the Intensive Care Unit.

It’s been two weeks since your father collapsed. It doesn’t look good. Do you know what you’re going to do?

Yes, Dad told us his preferences. We made an Advance Care Plan earlier. I know what he wants.

ACP Benefits You & Your Loved Ones

Start your ACP conversations today.

Watch the full ACP video at www.silverpages.sg/ACP
Advance Care Planning

IS IT FOR ME?

Yes, it is. Advance Care Planning is for everyone, regardless of age or state of health. It is about being in control of your life and knowing that your wishes will be honoured if you are unable to speak for yourself.

ACP conversations are opportunities to discuss, reflect and decide on the type of healthcare treatments you may or may not want. By voicing your preferences now, you are helping your loved ones and medical team understand what they should do for you during a medical crisis.

WHAT DO I HAVE TO DO?

There are just five simple steps to Advance Care Planning:

1. Talk to your healthcare provider and/or make an appointment with a certified ACP facilitator.
2. Discuss what living well means to you in open conversations with your loved ones and ACP facilitator.
3. Choose a substitute decision-maker to be your voice when you are unable to speak for yourself.
4. Document your preferences with the help of your ACP facilitator.
5. Review your ACP document when your medical condition or life circumstances change.

Did you know you don’t need a lawyer for ACP?

A trained ACP facilitator can guide you through the process.

Did you know you can change your mind after an ACP discussion?

All you have to do is contact your ACP facilitator.
Fitting the pieces together

ACP conversations cover all the elements of AMD and LPA, even though the ACP record is not a legal document.

ACP
- ACP creates opportunities to discuss and document your care preferences with your loved ones.
- Your loved ones will know what your treatment preferences are in a medical crisis, if you cannot speak for yourself.
- ACP helps to ease the burden of decision-making for your loved ones.

AMD
- AMD can only be effected when you are terminally ill.
- In order to activate your AMD and suspend life-sustaining treatment, a panel of three doctors must certify that you are terminally ill without any chance of recovery.
- Your loved ones need not be involved in the documentation and may not fully understand the reasons for your decision.

LPA
- LPA focuses on the appointment of a donee to make decisions on your behalf for financial and personal welfare matters should you lose your mental capacity in the future.
- A LPA does not give your loved ones the authority to make life-sustaining treatment decisions on your behalf.

WHAT ELSE?

Advance Care Planning is different from Advance Medical Directive and a Lasting Power of Attorney but they all aim to ensure that your wishes are fulfilled.

Advance Care Planning (ACP) is a series of conversations about your wishes for care and treatment in the event you are unable to speak for yourself.

Advance Medical Directive (AMD) is a legal document stating you do not want to receive extraordinary life-sustaining treatment to prolong your life if you become terminally ill and unconscious, where death is imminent.

Lasting Power of Attorney (LPA) is a legal document to appoint a substitute decision maker to make decisions on your behalf when you lack the capacity to do so.

Read more about:
Advance Care Planning
www.silverpages.sg/ACP
Advance Medical Directives
www.moh.gov.sg/AMD
Lasting Power of Attorney
www.publicguardian.gov.sg

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