

**BOTH
SIDES
NOW** LIVING
WITH
DYING

有关在新加坡的善终服务及安宁疗护资料

Resources in Singapore for end-of-life services and hospice care

资料最初由冯以量硕士（辅导员，临终关怀）编设

This resource was originally developed by
Fong Yee Leong (Counsellor, Hospice care)

2014

1. 提供不同服务的慈怀病院 Listing of hospices

<http://www.singaporehospice.org.sg/providers.html>

Love, Care, Compassion

SINGAPORE HOSPICE COUNCIL
Serving All in Need

Home About Hospice & Palliative Care Information FAQ News Past Events Scholarships Contact

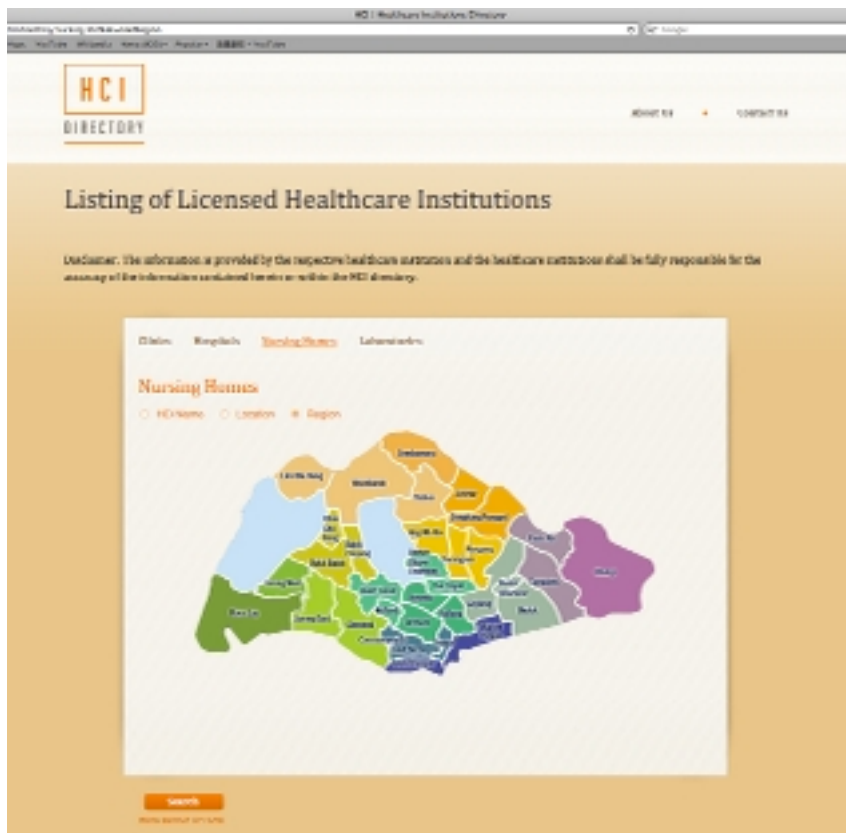
Providers & Services

- Aasli Hospice (AH)
- Bright Vision Hospice (BVH)
- Dover Park Hospice (DPH)
- HCA Hospice Care (HCA)
- MetLife Hospice Care (MHC)
- Agape Methodist Hospice (AMH)
- Singapore Cancer Society (SCS)
- St. Joseph's Home & Hospice (SJH)

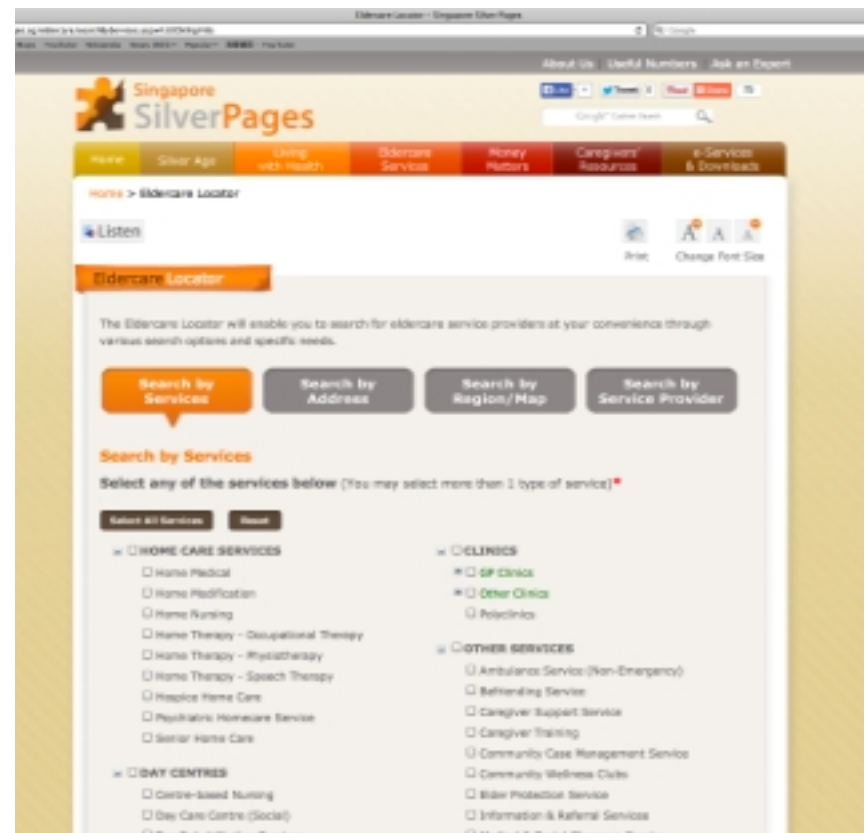
Services	Providers	Costs
In-patient Hospice	AH, BVH, DPH, SJH	Subsidized based on means test
Day Hospice	AH, HCA	Subsidized fee of \$10 - \$15
Home Hospice	APH, AH, HCA, MHC, SCS	Free of charge
Loan of medical equipment	AH, HCA, MHC, AMH, BVH	-
Recreational activities	AH - Music, Art and Craft, Hairdressing, Exercises, Outings, Cooking lessons and Karaoke BVH - Music, Art and Craft, Hairdressing, Reminiscence Therapy DPH - Outings, Reading, Exercises, Art and Craft, Pet Therapy, Music HCA - Painting, Art and Craft, Relaxation Therapy, Music, Hairdressing and Grooming, Outings and Pet therapy SJH - Chapel Services, Music, Board games, Group games, Outings AMH - Art, Games, Exercises	Covered in day care / in-patient care cost
Special therapies	AH - Physiotherapy, Occupational Therapy, Massage HCA - Relaxation Therapy BVH - Physiotherapy, Speech Therapy, Occupational Therapy DPH - Physiotherapy, Massage SJH - Physiotherapy, Music Therapy, Occupational Therapy, Speech Therapy, Massage	Covered in day care / in-patient care cost
General information		

2. 医院及疗养院资料 Listing of licensed healthcare institution (HCI)

a). <http://hcidirectory.sg/hcidirectory/hospital.do?task=load>



b). <https://www.silverpages.sg/eldercare/searchByServices.aspx#.U0Ok9igVr8s>



2. 医院及疗养院的资料

Listing of licensed healthcare institution (HCI)

c). http://www.reload.aic.sg/aic/sat_survey/sat.aspx

Questionnaire for Self

Unsure of which healthcare service you or the elderly may need? Just complete the following questionnaire and you will find out what are the appropriate services available to meet you/ the elderly's needs.

I am

- Self
- Caregiver
- Service provider
- Volunteer
- General Public

Disclaimer
Self Assessment Tool

This tool is developed to help an elderly who is 65 and above. This tool is a first step in helping you to make an informal preliminary self-assessment of your needs but it is not meant to take the place of an evaluation by a doctor or health care professional. Accurate assessment is obtained only through a thorough evaluation with a doctor and/or health care professional. The results obtained from this assessment is for your information and guide only.

The care needs are assessed based on the living arrangement, ability to perform the activities of daily living and mental capability. Appropriate community services that cater to your needs based on the eligibility and your ability to perform the Instrumental Activities of Daily Living and nursing care required will be recommended.

If you have any technical questions or other concerns about the site, feel free to contact us at enquiries@aic.sg

This site is for information purposes and is not to replace the advice of a healthcare professional. AIC shall not be held responsible in any manner whatsoever for any errors, omissions, inaccuracies, misprint and/or for any liability that results from the use (or misuse) of the information.

I have read the disclaimer and agree to the terms and conditions
 I do not agree to the terms and conditions

[View Demo](#) [Proceed](#)

3. 有关居家服务的辅助资料（非政府机构）

Listing of homecare Assistance from commercial companies

http://www.healthnetcafe.com/directory/home_nursing_services.html

Online Caregivers' Resources

Home Sitemap About Us Contact Us Search

— Nursing Manual —

- Decision to Nurse at Home
- Home Preparation
- The Caregiver
- Day-to-Day Care
- Specific Nursing Care
- Glossary

— Service Directory —

- Social Assistances
- Home Nursing Services
- Other Home Attendants
- Homecare Suppliers
- Nurse Agencies

— Community Sharing —

- Calendar of Health Events
- Stay Active Programmes
- The Experts Say
- Insights of Caregiving

Home Nursing Services

This section provides a listing of commercial services in Singapore that are commonly required by family caregivers.

List of Homecare Assistances from Commercial Companies:

- ▶ Nurses Home Visit [View service providers](#)
- ▶ Doctors House-call [View service providers](#)
- ▶ Therapists Home Visit [View service providers](#)
- ▶ Relief-Caregivers [View service providers](#)
- ▶ Transport for Patients [View service providers](#)
- ▶ Rental of Homecare Equipments [View service providers](#)
- ▶ Caregiver Training [View service providers](#)
- ▶ Day-Care Centres, Rehabilitation & Physiotherapy [View service providers](#)
- ▶ Short-Term Stay in Nursing Home [View service providers](#)
- ▶ Nurse Agencies [View service providers](#)
- ▶ Domestic Helpers [View service providers](#)

ZAL SING

koumi

4. 预先医疗自主（不急救）表格 Advanced Medical Directive (AMD)

a). 说明: http://www.moh.gov.sg/content/moh_web/home/policies-and-issues/advance_medical_directiveamd.html

b). 表格: <http://www.lawonline.com.sg/Documents/FORM1.AMD.pdf>

The screenshot shows the Singapore Government website page for Advance Medical Directive (AMD). The page title is "Advance Medical Directive (AMD) | Ministry of Health". The navigation bar includes "Careers", "Press Room", "Research", "Forms", "FAQs", and "Healthcare Partners". The main content area is titled "Advance Medical Directive (AMD)" and contains the following text:

An Advance Medical Directive (AMD) is a legal document you sign in advance to inform your doctor that you do not want the use of any life-sustaining treatment to be used to prolong your life in the event you become terminally ill and unconscious and where death is imminent.

The AMD can be made by any person, aged 17 years and above, and is not mentally disordered. The AMD form is a legal document, which must be completed and signed in the presence of two witnesses before it is returned to the Registrar of AMDs. The patient's doctor must be one of the two witnesses, while the other witness must be at least 21 years old. In addition, both witnesses must not have any vested interests in the patient's death.

Buttons for "Print" and "Share" are visible. A "Return to Top" button is also present. The page footer includes "Ministry of Health" and "Health Professionals".

The screenshot shows the "FORM 1 MAKING OF ADVANCE MEDICAL DIRECTIVE" form. The form is titled "THE ADVANCE MEDICAL DIRECTIVE ACT (AMDACT) (CAP 109:01) SECTION 10 THE ADVANCE MEDICAL DIRECTIVE REGULATIONS (AMDR) (CAP 109:01R)".

PERSON MAKING THE ADVANCE MEDICAL DIRECTIVE

Name: _____
 NRIC No: _____ Sex: Male Female Other
 Date of Birth: ____/____/____ FULLY IDENTIFIED (Y/N)
 Address: _____ Singapore _____
 Home Telephone: _____ Office Telephone: _____

THE WITNESSES

- I hereby make this advance medical directive that I should suffer from a terminal illness and I should become unconscious or incapable of exercising rational judgment so that I am unable to communicate my wishes to my doctor, so that no extraordinary life-sustaining treatment should be applied to give to me.
- I acknowledge that "terminal illness" in the Advance Medical Directive Act 1996 means an incurable condition caused by injury or disease from which there is no reasonable prospect of a recovery of permanent nature -
 - its death would make reasonable medical judgment be limited regardless of the application of such medical judgment to treatment; and
 - the application of substantially life-sustaining treatment would only serve to prolong the patient's death.
- I acknowledge that "extraordinary life-sustaining treatment" in the Advance Medical Directive Act 1996 means any medical procedure or measure which, when administered to a terminally ill patient, will only prolong the process of dying when death is imminent, but does not palliate pain.
- This directive shall not affect any right, power or duty which a medical practitioner or any other person has in giving and palliative care, including the provision of reasonable medical procedures to relieve pain, suffering or discomfort, and the reasonable provision of food and water.
- I make this directive in the presence of the two witnesses named on page 2.

Signature: _____ Date: _____

DECLARATION ON THE REGISTER BOOK OF ADVANCE MEDICAL DIRECTIVE

- The person making the advance medical directive should complete this form and sign it at a medical centre or in his/her home in the presence of a medical practitioner or other witness (see section 10 of the Act) and it is not to be accepted.
- The advance medical directive is only valid after it is registered with the Registrar of Advance Medical Directives. The Registrar will send the holder of the directive an acknowledgement when the directive has been registered.

The Registrar of Advance Medical Directives
 Ministry of Health, Centre for Evidence Based Health Care, Singapore Health Services Building
 11, Robinson Road, Singapore 068974

5. 持久授权书 Lasting Power of Attorney (LPA)

a). youtube: <http://www.youtube.com/watch?v=RQNIXytlo60>

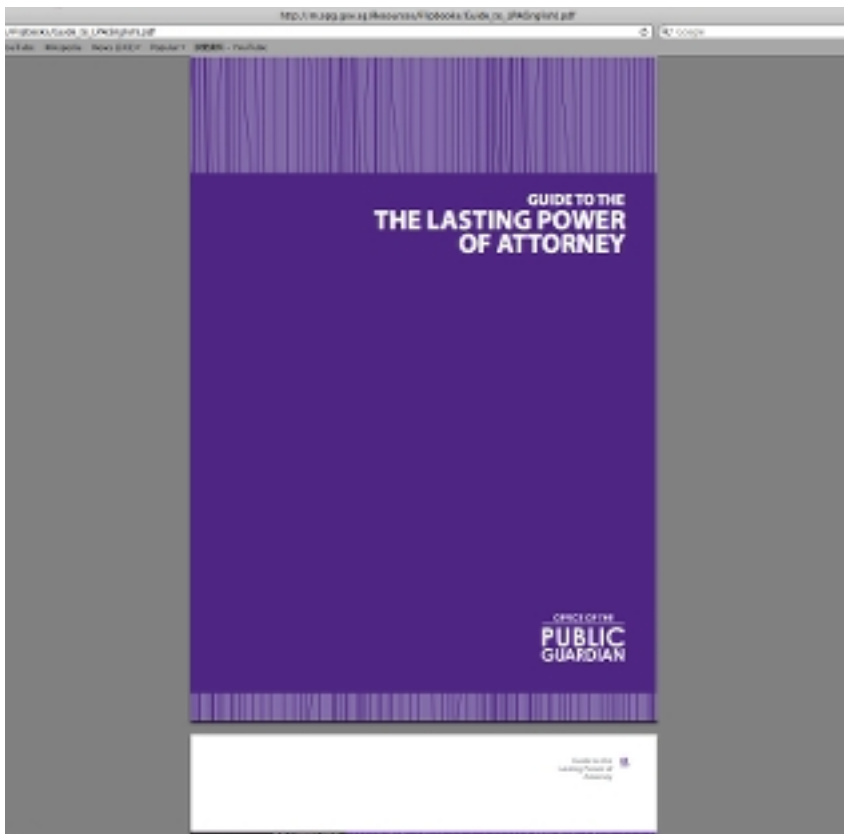


什么是持久授权书(LPA)?

0:07 / 1:20

5. 持久授权书 Lasting Power of Attorney (LPA)

b). 说明: [http://m.opg.gov.sg/Resources/Flipbooks/Guide_to_LPA\(English\).pdf](http://m.opg.gov.sg/Resources/Flipbooks/Guide_to_LPA(English).pdf)



c). 表格: <https://www.publicguardian.gov.sg/Resources/Forms>



6. 人体器官移植法令 Human Organ Transplant Act (HOTA) Opt Out Form

a). 说明: (中文版) https://www.moh.gov.sg/content/dam/moh_web/Legislations/HOTA%20Chinese%20FAQ.pdf

认识 HOTA

“人体器官移植法令”及“医疗(治疗、教育及研究)法令”摘要

	人体器官移植法令	医疗(治疗、教育及研究)法令
谁适用?	<ul style="list-style-type: none"> 所有心脏移植的接受者及其配偶和永久居民*, 除非他们选择退出。 与心脏来自于列强国家之间。 <ul style="list-style-type: none"> * 从2006年起, 由接受者告知他人器官捐赠者。 	<ul style="list-style-type: none"> 任何18岁或以上的人士, 无论是国籍, 均可自愿选择成为器官人体捐献者。
涵盖哪些器官?	<ul style="list-style-type: none"> 肾脏 肝脏 心脏 眼角膜 	<ul style="list-style-type: none"> 所有器官捐献人捐献的, 包括肾脏、肝脏、心脏、眼角膜、肺、胆、胰脏, 等。
什么目的?	<ul style="list-style-type: none"> 提升器官捐献病人适合器官捐献的意识和奉献精神。 	<ul style="list-style-type: none"> 提供器官捐献病人适合器官捐献。 进一步提供医疗教育, 和 改善医疗, 医疗医学发展。
任何豁免?	<ul style="list-style-type: none"> 所有心脏捐献者, 符合年龄要求的捐献者以及永久居民* 都会自动地人体器官移植法令, 除非他们选择退出。 * 从2006年起, 由接受者告知他人器官捐赠者。 	<ul style="list-style-type: none"> 只以医疗捐献人人体器官捐献者, 以捐献者捐献人体器官移植法令以外的人体器官或人体组织捐献者人士自愿捐献。

b). 反对捐赠器官表格: http://www.moh.gov.sg/content/dam/moh_web/Forms/Pink_form%282%29.pdf

DECLARATION OF OPT-OUT

NATIONAL ORGAN TRANSPLANT UNIT

DECLARATION OF OPT-OUT

PLEASE PRINT

NAME (Full Name) _____ DATE OF BIRTH _____

NRIC NO. _____ SEX _____ RACE _____ RELIGION _____ MARITAL STATUS _____ OCCUPATION _____

RESIDENTIAL STATUS: Citizen Permanent Resident NRI (No)

HOME ADDRESS _____

POSTAL CODE _____

NAME OF WITNESS (in English) _____ NRIC NO. _____

HOME ADDRESS _____

DECLARATION OF OPT-OUT

I hereby declare that I am not a donor of my organs for transplantation.

I hereby declare that I am a donor of my organs for transplantation.

I hereby declare that I am not a donor of my organs for transplantation.

I hereby declare that I am a donor of my organs for transplantation.

7. 想要捐贈更多器官的资料

Organ Donation Pledge form to the medical school, NUS

a). 说明: <http://medicine.nus.edu.sg/ant/body-donation/donation.shtml>



The screenshot shows the website for the Department of Anatomy at the National University of Singapore (NUS). The page is titled "MAKING A DONATION" and provides information for those interested in donating their body to the school. It includes a navigation menu with links like "HOME", "ABOUT US", "DIRECTORY", "ACHIEVEMENTS", "BODY DONATION", "PROSPECTUS", and "STUDENT". The main content area explains the significance of the donation and provides instructions on how to complete the "Organ Donation Pledge Form" available on the Ministry of Health's website. It also lists the contact information for the National Organ Transplant Unit (NOTU) at Singapore General Hospital.

MAKING A DONATION

We thank you for considering a bequest of your mortal remains to the School. It is a truly meaningful gift that will contribute immeasurably to the education and training of medical students and ultimately benefit thousands of Singaporean patients.

If you decide to donate your body to the Department of Anatomy, Yong Loo Lin School of Medicine, NUS, kindly complete the yellow "Organ Donation Pledge Form" available on the Ministry of Health's website (http://www.hyma.sg/online/track_brown/en/organ donation/otera.html), and send the completed form to the National Organ Transplant Unit (NOTU) at the address given below.

NATIONAL ORGAN TRANSPLANT UNIT
C/o Singapore General Hospital
Singapore 160608

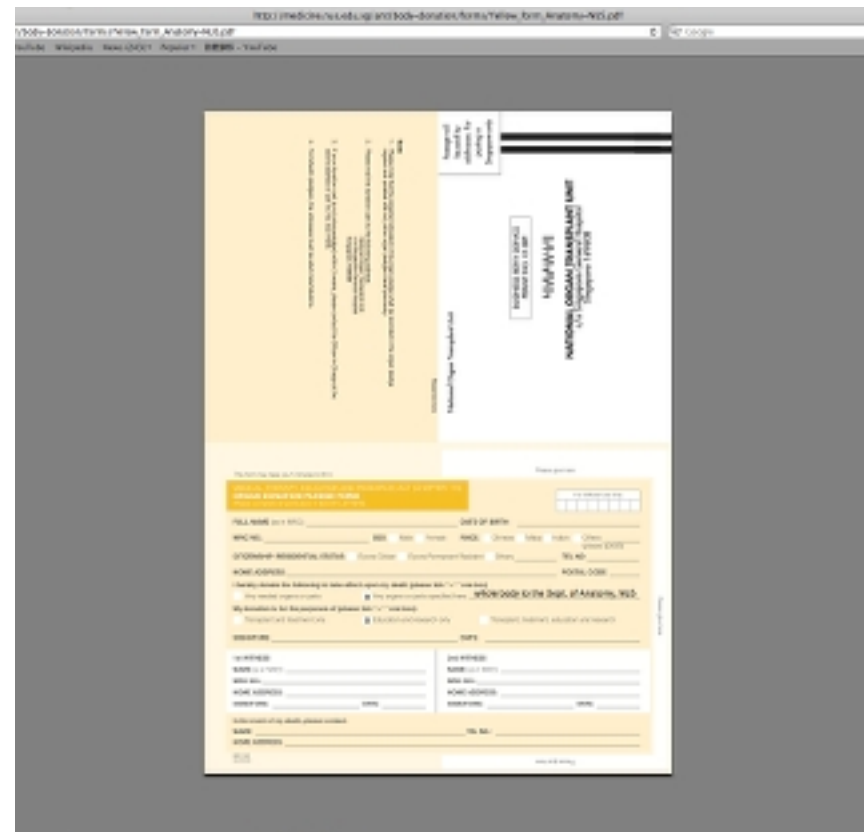
In the yellow "Organ Donation Pledge Form", please tick the following columns:
I hereby donate the following to take effect upon my death (please tick one box):
(x) Any organs or parts specified here: whole body to the Department of Anatomy, NUS

My donation is for the purposes of (please tick one box):
(x) Education and research only

If there is change of mind of the donation or should you have further questions please call the National Organ Transplant Unit (NOTU) at 63214390.

INSTRUCTION AND PROCEDURE

b). 表格: http://medicine.nus.edu.sg/ant/body-donation/forms/Yellow_form_Anatomy-NUS.pdf



The screenshot shows a PDF document titled "Organ Donation Pledge Form" from the National Organ Transplant Unit (NOTU). The form is yellow and contains various fields for personal information, including name, date of birth, gender, and address. It also includes checkboxes for the donor's intent and the purpose of the donation. The form is addressed to the Department of Anatomy at NUS.

ORGAN DONATION PLEDGE FORM

PLEASE TICK ONE COLUMN

NAME: _____ DATE OF BIRTH: _____

SEX: Male Female Other _____

EDUCATIONAL INSTITUTION: _____

HOME ADDRESS: _____

WORK ADDRESS: _____

RELIGION: _____

My donation is for the purposes of (please tick one box):
() Education and research only
() Any organs or parts specified here: _____

I hereby donate the following to take effect upon my death (please tick one box):
() Any organs or parts specified here: _____
() Whole body to the Department of Anatomy, NUS

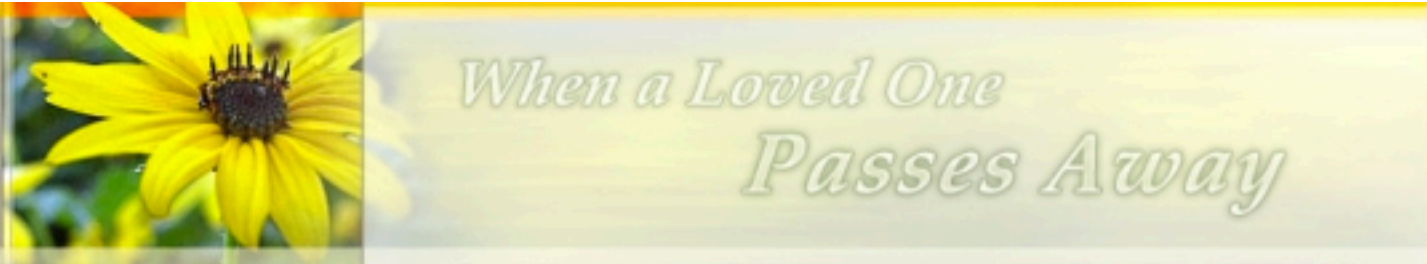
Signature: _____ Date: _____

Department of Anatomy, NUS
National Organ Transplant Unit
Singapore 160608

8. 殡葬业服务资料

Listing of funeral service providers.

<http://www.nea.gov.sg/passesaway/afd.htm>



*When a Loved One
Passes Away*

[Home](#) [FAQ](#) [Contact Us](#) [Site Map](#)

Key Activities

- **Death Registration**
When Death Occurs
 - In a Hospital
 - At Home During Office Hrs
 - At Home After Office Hrs
 - Overseas
- Arranging a Funeral
- Burial, Cremation & Ash Storage
- Placing of Obituary
- Association of Funeral Directors (Singapore)

Post-Death Matters

- Notifications to banks, insurance companies, lawyers, etc.

e-Services

Association of Funeral Directors (Singapore)

To facilitate your search for a funeral director, the members of the Association of Funeral Directors (Singapore) are listed below.

1. **ALL SAINTS Care Services**
127 Lavender street
(S)338735
Tel: 6341 7117 HP: 9637 9909
2. **Ang Chin Huat Casket Pte Ltd**
47 Tannery Lane, Elite Industrial Building 11 Singapore 347794
Tel: 6254 9866 HP: 9740 8371
3. **Ang Chin Moh Casket Pte Ltd**
Blk 88 Geylang Bahru #01-2724 Singapore 339696
Tel: 6292 4376 HP: 9862 3026
4. **Ang Yew Hock Casket / Undertaker**
Blk 89 Geylang Bahru #01-2738 / 2740
Tel: 6292 4191 HP: 9666 8585

9. 警察局资料

Listing of Police Force's info.

http://www.spf.gov.sg/contactus/contactus_index.htm#

The screenshot displays the Singapore Police Force website. At the top, the logo and tagline "A member of the Home Team" are visible. A search bar and navigation links for "Contact Info", "e-Feedback", and "Sitemap" are present. A blue navigation bar contains links for "HOME", "ABOUT US", "E-SERVICES", "PUBLICATIONS", "CRIMEWATCH", "CRIMESTOPPER", "JOIN US", "FAQS", and "USEFUL LINKS". Below this is a banner image of a police officer and a citizen, with a "POLICE CONTACT" button. On the left, a box titled "EMERGENCY NUMBERS" lists: Emergencies 999, Police Hotline 1800-255 0000, and Traffic Hotline 6 547 0000. The main content area, titled "Home > Police Contact", features a map of Singapore divided into police divisions. Each division is color-coded and has a callout box listing its name and constituent units.

Home > Police Contact

EMERGENCY NUMBERS

Emergencies 999
Police Hotline 1800 - 255 0000
Traffic Hotline 6 547 0000

Ang Mo Kio Police Divisional HQ

- Ang Mo Kio North MPC
- Ang Mo Kio South MPC
- Punggol MPC
- Macao MPC
- Sembawang MPC
- Sengkang MPC
- Yishun North MPC
- Yishun South MPC
- List of NPAs

Jurong Police Divisional HQ

- Duke of York MPC
- Duke of York MPC
- Choa Chu Kang MPC
- Jurong West MPC
- Nanyang MPC
- Woodlands East MPC
- Woodlands West MPC
- List of NPAs

Bedok Police Divisional HQ

- Bedok North MPC
- Bedok South MPC
- Changi MPC
- Geylang MPC
- Marine Parade MPC
- Paseo Rio MPC
- Tampines MPC
- List of NPAs

Ang Mo Kio North MPC

Ang Mo Kio South MPC

Punggol MPC

Macao MPC

Sembawang MPC

Sengkang MPC

Yishun North MPC

Yishun South MPC

List of NPAs

Bedok North MPC

Bedok South MPC

Changi MPC

Geylang MPC

Marine Parade MPC

Paseo Rio MPC

Tampines MPC

List of NPAs

Ang Mo Kio Police

Tampines Police Divisional HQ

- Blairien MPC
- Bukit Merah MPC
- Kampong Java MPC
- Orchard MPC
- Tee Payoh MPC
- List of NPAs

Clementi Police Divisional HQ

- Duke of Merah West MPC
- Clementi MPC
- Greenlands MPC
- Jurong East MPC
- List of NPAs

Central Police Divisional HQ

- Duke of Merah East MPC

10. 如何申请报章的讣闻

Listing of newspaper contact to have the placing of obituary.

<http://www.nea.gov.sg/passesaway/obituary.htm>

Integrity • Service • Excellence



When a Loved One Passes Away

[Home](#) [FAQ](#) [Contact Us](#) [Site Map](#)

Key Activities

- **Death Registration When Death Occurs**
 - In a Hospital
 - At Home During Office Hrs
 - At Home After Office Hrs
 - Overseas
- Arranging a Funeral
- Burial, Cremation & Ash Storage
- Placing of Obituary
- Association of Funeral Directors (Singapore)

Post Death Matters

- Notifications to banks, insurance companies, lawyers, etc.

e-Services

- Apply for Burial, Cremation or Columbarium Niche
- Apply for Death Extract
- Apply to Syariah Court for Inheritance Certificate
- Applications to Public Trustee
- Apply for Coffin Permit

Placing of Obituary

A notice of death or an obituary may be placed in the local papers in memory of the deceased.

A) Types of newspapers

1. English: The Straits Times and The Sunday Times, Today
2. Chinese: Lianhe Zaobao, Lianhe Wanbao and Shin Min Daily News
3. Malay: Berita Harian and Berita Minggu
4. Tamil: Tamil Murasu

B) Documents Required

1. Original Death Certificate
2. Identity Card of person placing the notice

C) Mode of payment

1. Credit card
2. NETS
3. Cash (during office hours only)

D) Location

Placement of obituaries during office hours:

Newspapers	Address	Operating hours	Contact number
The Straits Times, The Sunday Times,	Singapore Press Holdings, News	Mon – Fri: 8:30am to 5:30 pm	

新加坡 有关善终服务及安宁疗护的资源（冯以量整理 2014年）

1. 提供不同服务的慈怀病院 Listing of hospices

<http://www.singaporehospice.org.sg/providers.html>

2. 医院及疗养院的资料 Listing of licensed healthcare institution (HCI)

a). <http://hcidirectory.sg/hcidirectory/hospital.do?task=load>

b). <https://www.silverpages.sg/eldercare/searchByServices.aspx#.U0Ok9igVr8s>

c). http://www.reload.aic.sg/aic/sat_survey/sat.aspx

3. 有关居家服务的辅助资料（非政府机构） Listing of homecare Assistance from commercial companies

http://www.healthnetcafe.com/directory/home_nursing_services.html

4. 预先医疗自主（不急救）表格 Advanced Medical Directive (AMD)

a). 说明：http://www.moh.gov.sg/content/moh_web/home/policies-and-issues/advance_medical_directiveamd.html

b). 表格：<http://www.lawonline.com.sg/Documents/Form1.AMD.pdf>

5. 持久授权书 Lasting Power of Attorney (LPA)

a). youtube: <http://www.youtube.com/watch?v=RQNIXytlo60>

b). 说明：[http://m.opg.gov.sg/Resources/Flipbooks/Guide_to_LPA\(English\).pdf](http://m.opg.gov.sg/Resources/Flipbooks/Guide_to_LPA(English).pdf)

c). 表格：<https://www.publicguardian.gov.sg/Resources/Forms>

6. 人体器官移植法令 Human Organ Transplant Act (HOTA) Opt Out Form

a). 说明：（中文版）https://www.moh.gov.sg/content/dam/moh_web/Legislations/HOTA%20Chinese%20FAQ.pdf

b). 反对捐赠器官表格：http://www.moh.gov.sg/content/dam/moh_web/Forms/Pink_form%282%29.pdf

7. 想要捐赠更多器官的资料 Organ Donation Pledge form to the medical school, NUS

a). 说明：<http://medicine.nus.edu.sg/ant/body-donation/donation.shtml>

b). 表格：http://medicine.nus.edu.sg/ant/body-donation/forms/Yellow_form_Anatomy-NUS.pdf

8. 殡葬业服务资料 Listing of funeral service providers.

<http://www.nea.gov.sg/passesaway/afd.htm>

9. 警察局资料 Listing of Police Force's info.

http://www.spf.gov.sg/contactus/contactus_index.htm#

10. 如何申请报章的讣闻 Listing of newspaper contact to have the placing of obituary.

<http://www.nea.gov.sg/passesaway/obituary.htm>