



SINGAPORE
HOSPICE
COUNCIL

Living before Leaving

Palliative Care

What You Need to Know





What is Palliative Care?

Palliative care is an approach that improves the **quality of life of patients and their families** who are facing problems associated with life-limiting illness. It **prevents and relieves suffering** through the early identification, correct assessment and treatment of pain and other problems, whether physical, psychological or spiritual.



Who is part of the Palliative Care team?

A multidisciplinary team consisting of doctors, nurses, social workers, therapists, counsellors, and trained volunteers will deliver the services.





Why the need for Palliative Care?

When a loved one is diagnosed with a life-limiting illness, long-term care and support are needed to manage complex conditions as the illness progresses.

Palliative care improves quality of life for patients and their family members by caring for the “whole-person” and seeks to support the patient throughout the treatment process.



How can Palliative Care help?

Palliative care brings comfort through:

- » Pain and symptom control
- » Emotional support
- » Financial counselling
- » Care planning
- » Guidance for complex decision-making
- » Caregiver training
- » Grief and bereavement support



Who can benefit from Palliative Care?

Anyone with a life-limiting illness:

- » Advanced cancer / diseases
- » Chronic illnesses including end-stage kidney, heart, lung and neurological failure
- » Advanced dementia
- » Extreme frailty and old age



How can I receive Palliative Care?

Any doctor can make a referral to a palliative care service provider.

Seek advice from your doctor on the type of palliative care service most suitable for you and your loved ones.



How much does Palliative Care cost?

Costs are kept affordable through various subsidies and financial schemes.

Government subsidy is available through means-testing.

The level of subsidy is determined by the household monthly income per person. In addition, Medisave can also be used for palliative care services.

Please seek advice from your healthcare provider. If there are any financial concerns, please approach a social worker.





Where is Palliative Care provided?

- » Home
- » Day Hospices
- » Inpatient Hospices
- » Community Hospitals
- » Specialist Clinics / Restructured Hospitals



Scan for the list of service providers

Watch the videos to learn more about the types of service providers:



Home Hospices



Day Hospices



Inpatient Hospices and Palliative Care Wards in Community Hospitals

Want to learn more?

For resources on palliative care, visit singaporehospice.org.sg/e-library



SHC e-Library

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About Us

Established in 1995, Singapore Hospice Council is a registered charity and an Institution of a Public Character (IPC). We are an umbrella body representing organisations that actively provide hospice and palliative care in Singapore. For more information, visit singaporehospice.org.sg.

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