

How you can help

Donate:

\$120

For ONE patient per day at our day hospice centre

\$300

For ONE home visit

\$3,300

For ONE patient's home care for a year

For more information on how to donate to HCA, please email us at contactus@hcahospicecare.org.sg or visit our website www.hca.org.sg

Give hope - every dollar counts

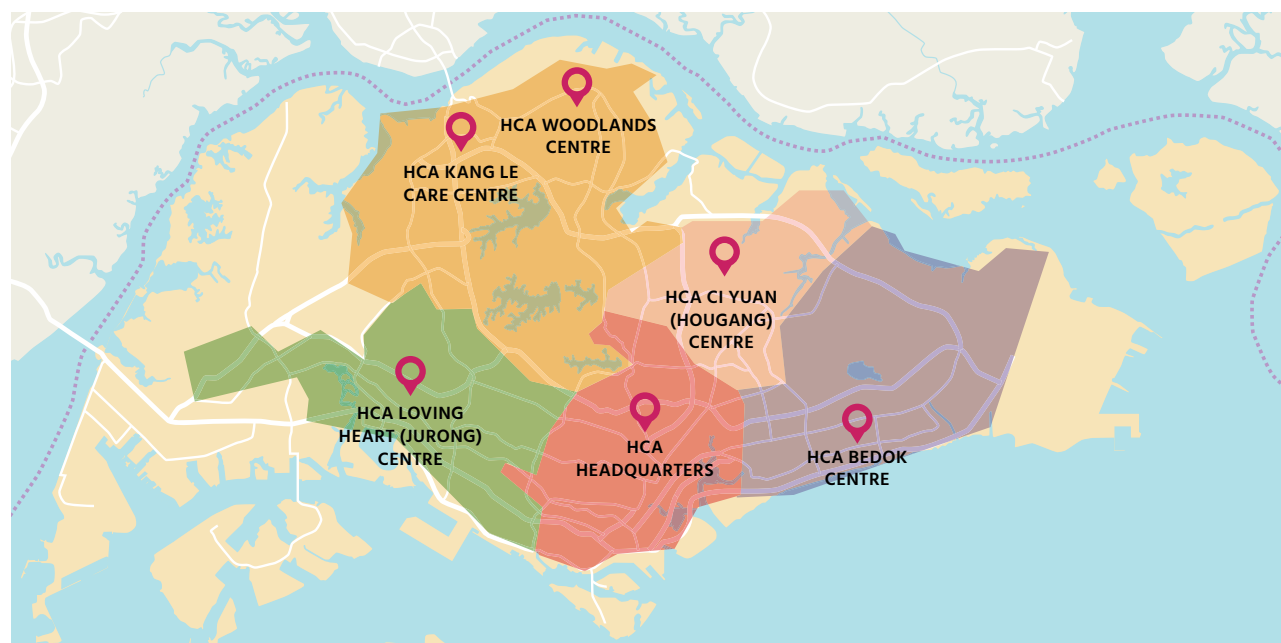
HCA, an Institution of a Public Character, is able to provide free services through subsidy support from the Ministry of Health and the National Council of Social Services, as well as donations from foundations, corporate sponsors and the generous public. These donations help us to partially defray costs for our services. Subsidies will vary and are determined by means testing.

Help us bring care and joy to those in need. Your generous donations will go to meeting the needs of our beneficiaries and their families and towards building our capability and capacity to serve more patients.



Where we are

Increasing accessibility and reach in the community



HCA Hospice Care

Headquarters and Day Hospice
705 Serangoon Road, Block A #03-01
@Kwong Wai Shiu Hospital
Singapore 328127
Call: +65 6251 2561
Fax: +65 6291 1076
contactus@hcahospicecare.org.sg
www.hca.org.sg

HCA Kang Le Day Hospice

Blk 2 Marsiling Drive #01-21
Singapore 730002

HCA Bedok Centre

Blk 23 Bedok South Ave 1 #01-759
Singapore 460023

HCA Ci Yuan (Hougang) Centre

Blk 662 Hougang Ave 4 #01-411
Singapore 530662

HCA Loving Heart (Jurong) Centre

Blk 316 Jurong East St 32 #01-279
Singapore 600316

HCA Woodlands Centre

Blk 672 Woodlands Drive 71 #01-77
Singapore 730672

Member of



Supported by



Home is where the care is

HCA Hospice Care (HCA) is Singapore's largest home hospice provider and we are a registered charity since 1989. Our services are provided free-of-charge and we cater to about 70% of home hospice and palliative care needs in Singapore for patients with life-limiting illnesses. HCA enables patients to spend the last days in the comfort of their own homes with loved ones, by supporting and helping them manage pain and other symptoms.

How are patients referred?

Patients for both home hospice and day hospice services have to be referred by their doctors, who should use the patient referral form available online at www.hca.org.sg. Alternatively, to obtain a form by mail, please call us at **6251 2561**.



HCA's reach

in 2018

3,500 patients annually

37,000 home visits in a year

>70,000 patients have benefited from our services since 1989

What we do

Home hospice service

Island-wide home visits by our multidisciplinary healthcare teams who are on call round the clock, seven days a week. Besides serving from our central headquarters, we have four satellite centres – in Bedok, Hougang, Jurong and Woodlands – for more accessibility to patients.

Day hospice service

In our Day Hospice, we have a range of programmes and activities to suit different interests and functioning levels. Patients are engaged in therapeutic activities such as light exercises, physiotherapy, music therapy and outings to places of interest.

Star PALS (Paediatric Advanced Life Support)

Star PALS is a paediatric palliative care service dedicated to improving the quality of life for children and minors up to 19 years of age, with life-threatening or life-limiting conditions. This may range from neurological or congenital conditions to childhood cancers.

Psychosocial and bereavement support

The psychosocial services team is dedicated to applying social work knowledge and skills competencies in palliative and end-of-life care. We aim to alleviate suffering and maximise quality of life for patients, their families and caregivers. Besides managing cases and providing individual and family counselling, the team actively networks with other agencies to provide holistic care and support to patients and their families.

Our values



Compassion



Professionalism



Respect

HCA palliative caregivers programme

To equip caregivers with the knowledge and skills they need to care for patients at home, HCA conducts regular training sessions to ensure caregivers are prepared for the task. In addition, we also conduct public talks to raise social awareness of palliative care.

yCG (Young Caregivers Programme)

HCA recognises the need for the younger generation to be nurtured to take on the challenges as future caregivers, to meet the pressing demands of an increasingly ageing population. yCG is our student outreach arm, focused on raising awareness of eldercare issues by promoting intergenerational understanding, with programmes for primary to tertiary institutions.

Equipment for loan

Equipment such as oxygen concentrators, wheelchairs, hospital beds, walking aids and commodes are available for loan. Patients only need to provide a refundable deposit of \$100.

Volunteer with us and make a difference!

You too can make a difference to the lives of our patients. As a volunteer, you contribute to their well-being by lending a helping hand in their daily lives. We provide training and support for all our new volunteers – our co-ordinator will guide you and help make your experience a fulfilling one for you, our patients and their families. You can choose to join our volunteer activities in a host of different programmes.

Contact a HCA Volunteer Coordinator today at: 6251 2561 or email us at: volunteer@hcahospicecare.org.sg

HCA provides, FREE of charge:

- ✓ Holistic palliative care with focus on improving quality of life
- ✓ Symptom control to achieve a comfortable and pain-free state
- ✓ Psychosocial support to lessen emotional burden
- ✓ Counselling services to help relieve caregiver's stress, grief and spiritual concerns
- ✓ Help for patients and families to examine issues surrounding death and achieve meaningful closure
- ✓ Regular home visits to assess patient's condition and offer caregiving advice to family
- ✓ Respite care arrangements
- ✓ Updates and referral to primary doctors and General Practitioners
- ✓ A round-the-clock patient care helpline for registered patients
- ✓ Day Hospice services with programmes to suit a range of interests and functioning levels of patients
- ✓ Loan of medical equipment

