

# Advance Care Planning (ACP)

Plan for your health and personal care



# What is Advance Care Planning?

Advance Care Planning (ACP) is the process of planning for your healthcare and personal care needs.

Should you fall too ill to communicate or make treatment decisions, your Advance Care Plan helps your medical team and chosen spokesperson to make decisions that are in your best interests.



## Why is ACP important?

Sometimes, we may encounter a medical crisis which impairs our own capacity to make decisions. In such cases, we may need our loved ones to participate in decisions related to our health and personal care.

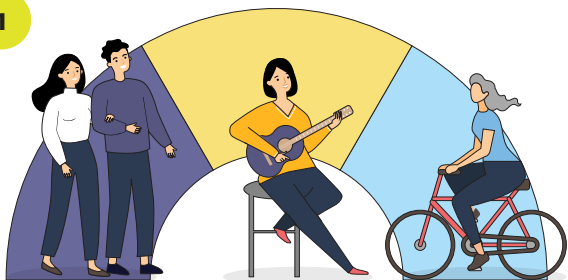
Should this happen, ACP helps you to communicate your values and healthcare preferences to your loved ones, and your care team.

ACP helps to avoid guilt, stress and conflicts among your loved ones – as your choices guide them towards making important care decisions for you.



# What does your ACP include?

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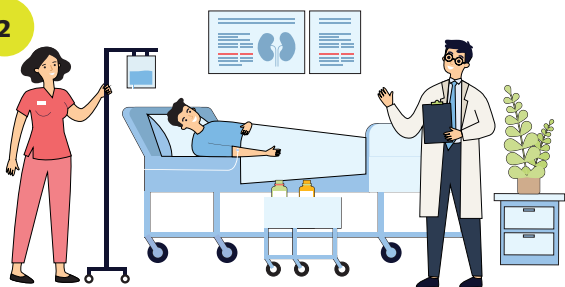


## Living matters

By knowing what brings meaning to your life, your loved ones will understand what “quality of life” really means to you.

This may include important life values, relationships, activities or hobbies.

2



## Medical matters

You can decide what treatments you wish to have, or prefer not to have.

### Topics that may be discussed:

- Pain control options
- What to do should your heart suddenly stop



## **If you are seriously ill, you may be asked to consider:**

- Life support treatments
- How you would like to be cared for
- Where you would like to spend your last days

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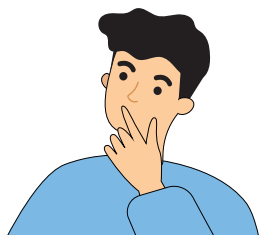


## **Nominated Healthcare Spokesperson**

You may appoint up to two persons to be your Nominated Healthcare Spokesperson. They can support one another and work together in your best interests.

If you are making a Lasting Power of Attorney, consider making your Nominated Healthcare Spokesperson and donee the same person.

# How to do your ACP



## STEP 1

### Reflect on what you want

Think about the quality of life you want, and the medical treatment you are comfortable with.



## STEP 2

### Choose your Nominated Healthcare Spokesperson

Your Nominated Healthcare Spokesperson is someone you trust to convey your care preferences, should you no longer be able to do so. He or she is usually a family member or close friend.



### STEP 3

## Record your choices

Make an appointment with an ACP facilitator to record your preferences on your Advance Care Plan.



Find an ACP facilitator here  
[www.for.sg/tuc8fh](http://www.for.sg/tuc8fh)



### STEP 4

## Review your ACP

Your Advance Care Plan is a reflection of you. As your life changes, you may make new decisions.

When you do, update your ACP and loved ones.

**Note:** Your ACP does not dictate future medical decisions. If you lose capacity to make medical decisions in the future, your medical team will take your ACP into consideration, and consult with your loved ones to make decisions in your best interests.

## The Heart of Care



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The Agency for Integrated Care (AIC) aims to create a vibrant care community for people to live well and age gracefully. AIC coordinates and supports efforts in integrating care to achieve the best care outcomes for our clients.

We reach out to caregivers and seniors with information on staying active and ageing well, and connect people to services they need.

We support stakeholders in their efforts to raise the quality of care, and also work with health and social care partners to provide services for the ageing population. Our work in the community brings care services and information closer to those in need.