

慈怀护理成立于1989年，是一个受注册的慈善组织。其宗旨是为末期病患者提供支援。

我们理解病患、看护者与家属在医疗上及心理上的需要，并旨在为他们提供专门的护理服务及支援。通过减轻病患的痛苦及控制病征，病患可在无痛苦的情况下，安心地走完人生道路的最后一段旅程。

慈怀护理每年为超过3200名病患提供免费的居家护理服务。我们的日间关怀中心每年也为超过700名病患服务。



HCA  
Hospice Care



#### 慈怀护理所提供的社区服务

- **慈怀居家护理服务**

由医生、护士与社工组成团队，提供一周七日，每日二十四小时的专业居家护理服务。我们也为照顾病患的看护者提供咨询与援助。既不分种族、宗教和国籍，也不论贫富，为所有病患提供免费居家护理服务。

此外，我们也提供租借如轮椅、病床和助行器等器材的服务。病患租借器材时，只需缴付\$100（可退还）按柜金。

- **临终关怀护理陈列室**

为病患及家属设立陈列室，帮助他们理解居家应有的设备，以更好地照顾病患。

- **慈怀日间护理中心**

我们位于惹兰陈笃生12号的日间护理中心，是为行动自由、无需全天候看护服务的病患而设。病患只需支付象征性的费用，就可参加中心所主办的活动，如：接受音乐疗程、出游参观和进行轻度运动。费用也包括了每日的膳食以及往返中心的车资。

- **慈怀临终护理看护计划**

慈怀护理也定期为看护者提供训练，并为他们组织互助小组，让他们具备照顾临终病患所需的知识和技能。此外，我们也为公众举办讲座，以提高公众对临终关怀护理的认识。

- **慈怀学生与青年教育计划**

慈怀护理也与各学府和大专院校合作，推行一系列教育活动，让学生及年轻人了解到关怀与照顾长者及末期病患的重要性。

- **成为我们的义工**

加入我们的义工团队，协助我们推行各项计划，向我们的病患及其家属伸出友谊之手，并帮助他们。此外，您也可与我们共同主办一些对病患、其家属及社区都有益的活动。

#### 病患是如何送交到慈怀护理的？

接受慈怀护理所提供的居家护理服务及日间护理服务的病患，都必须先经由医生推荐，再送交到中心来接受护理服务。医生必须从慈怀护理的网站[www.hca.org.sg](http://www.hca.org.sg)下载表格，填妥后再把病人送交到慈怀护理。此外，也可拨电62512561以索取表格。

Who We Are  
&  
What We Do

有关慈怀护理及  
其所提供的服务

**HCA Hospice Care** is a registered charity that provides comfort and support to patients with life-limiting illnesses since it was founded in 1989.

We understand the medical and psychological needs of patients, caregivers and their families. By managing pain and other symptoms with the specialised care and support we provide, patients can spend their last days in comfort with their families.

HCA provides free home care service to more than 3,200 patients annually. Our day care centre serves more than 700 patients every year.



#### SERVICES FOR THE COMMUNITY

##### **HCA Hospice Home Care Service**

Doctors, nurses, and medical social workers work in teams to provide professional care to patients at home at all hours, seven days a week. We also provide advice and support to caregivers. Our hospice home care service is provided free of charge for all patients regardless of race, religion, nationality or financial status.

In addition, we have a loan service for equipment such as oxygen concentrators, wheelchairs, hospital beds, walking aids and commodes. Patients need only pay a \$100 refundable deposit to borrow the equipment.

##### **Hospice Home Care Showroom**

Within each satellite centre is a hospice home care showroom used to demonstrate to patients and their families a model of a well-equipped home that can cater to their daily needs. Members of the public are welcome to visit the showroom to seek advice and information.



##### **HCA Hospice Day Care Service**

We run a Day Care Centre at HCA headquarters, 12 Jalan Tan Tock Seng, and is open on weekdays for patients who are mobile and do not require round-the-clock nursing care. Patients are offered activities such as music therapy, excursions and light exercises alongside two-way transport and meals, for a nominal fee.

##### **HCA Palliative Caregivers Programmes**

HCA conducts regular palliative caregivers training sessions and runs a caregivers support group to equip caregivers with the knowledge and skills they need to care for patients at home. In addition, public talks aimed at raising the community's awareness on palliative care are also held.

##### **HCA Student & Youth Education Programme**

We partner with schools and tertiary institutions to run programmes aimed at raising student and youth awareness on the critical need to care for their loved ones who are elderly or who have life-limiting illnesses.

##### **Volunteer with Us**

Be our community partners! You can help us run programmes, befriend and support our patients and their families, or co-organise events that benefit our patients, their families and the community.

##### **How Are Patients Referred?**

Patients for both hospice home care and day care services have to be referred by their doctors. Doctors should use the patient referral form available online at [www.hca.org.sg](http://www.hca.org.sg). Alternatively, call us at 6251 2561 and we will mail the form to you.



12 Jalan Tan Tock Seng  
Singapore 308437

Tel: (65) 6251 2561

Fax: (65) 6352 2030

[info@hcahospicecare.org.sg](mailto:info@hcahospicecare.org.sg)

[www.hca.org.sg](http://www.hca.org.sg)

Supported by:

