

HCA Hospice Care

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 3,400 patients annually. Our day care centre serves more than 700 patients every year.

".. life is unpredictable. Things like this can happen to my family members so instead of running away from it, I should face the problem with them."

- Student of Zhenghua Secondary, Sec 3



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Supported by:



Young Caregivers Programme (yCG)

A Joint Community Project Supported By:



Giving Hope. Improving Lives.

Young Caregivers Programme (yCG)

Introduction

Faced with an increasingly ageing population, and demand for elderly-related services expected to rise accordingly, HCA recognizes the young must be nurtured to take on such challenges in the future, as leaders and caregivers in this area. To motivate the young, HCA Hospice Care has a student education programme, “Young Caregivers (yCG)”, which focuses on raising awareness and aims to inculcate in our youth the value and benefit of building a lasting relationship



with the elderly and elderly sick. This is especially important as our youth are mostly raised in nuclear families with little contact and communication with older generations. This could lead to a growing intergenerational communication gap. We have seen, continually, that school-going children are the main caregivers at home for some patients. This programme will better prepare and empower these youths to become caregivers in their own right while helping them cope with the stress it entails.

“I will share with my friends and families.. the joy that I received and the warmth that I felt from the patients here. I really love how the people invest their time in others. And also, how great it felt to give than to receive.

– Student from Republic Poly,
Red Cross Humanitarian Unit

Objectives of HCA’s Young Caregivers Programme

To help students develop a sense of empathy for the elderly and / or the elderly sick

To show students ways of physically caring for the elderly and / or the elderly sick

To enable students to cope with the psychological aspects of caregiving

To stimulate thinking on how students can treasure life

About yCG

yCG is a one-hour long programme designed to be conducted in a classroom setting. In schools, the session is conducted within the school curriculum and is tailored to fit the Character Education or Civics Moral Education time periods that last 40 minutes to an hour. It can be incorporated into school orientations and Co-curricular Activities (CCA) activities.



Three different programmes for age-specific groups:

A Touch of Love (Primary)

A brief video presentation for Upper Primary students, focusing on the message of showing care and concern for the elderly and elderly sick.

A Touch of Love (Secondary)

A video presentation featuring interviews with three young caregivers, who share their views on how they had cared for their loved ones who had been sick, with re-enactments of their real-life experiences.

Pre and post video-viewing discussions and activities are conducted for students to internalize and debate the messages.

Project ALIVE

(Post-secondary)

Relevant excerpts from the movie, ‘Tuesdays with Morrie’ are used as teaching material.



Encompasses the use of discussion points and facilitation methods to engage students in issues of life and relationships with the elderly and elderly sick.

The movie is based on a true story of the relationship between a sports journalist and his former professor.

The film depicts how the professor, who is dying from an incurable neurological disease, shares with his ex-student lessons in living.



Community Involvement Programme (CIP)

HCA adopts an experiential learning approach for students visiting our Daycare Centre. Students take the responsibility of planning and implementing the activities successfully. Debriefs are conducted after every session to ensure the learning was fruitful and address issues that students may face in the process.

Service Learning Projects

Through hands-on projects and field trips to eldercare centres, students will appreciate that it is essential to take time to give back to the community and, most importantly, translate that into their own home environment. It was almost evident then that students are able to display in actions the most sincere care and concern. More importantly, they are able to learn life skills out of the classroom.

Conclusion

HCA’s Young Caregivers Programme works multi-fold to ensure meaningful learning for students. This supports the Ministry of Education’s Social and Emotional Learning framework that seeks to develop students in a holistic manner. Students are encouraged to reflect on their own intergenerational relationships at home and become more aware that they can provide the social and emotional support should the need arise.