

# How you can help

## Donate:

**\$100**

For **ONE** patient per day at our day hospice centre

**\$255**

For **ONE** home visit

**\$2,500**

For **ONE** patient's home care for a year

For more information about how to give, please do not hesitate to email us at [communications@hcahospicecare.org.sg](mailto:communications@hcahospicecare.org.sg) or visit our website [www.hca.org.sg](http://www.hca.org.sg)

### Give hope - every dollar counts

HCA, an Institute of Public Character, is able to provide free services through subsidy support from the National Council of Social Service and the Ministry of Health, 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 up our capability and capacity building.



## Where we are

Increasing accessibility and reach in the community



### HCA Hospice Care

Day Care Centre and Headquarters  
12 Jalan Tan Tock Seng  
Singapore 308437  
Call: 6521 2561  
Fax: (65) 6352 2030  
[contactus@hcahospicecare.org.sg](mailto:contactus@hcahospicecare.org.sg)  
[www.hca.org.sg](http://www.hca.org.sg)

### HCA Kang Le Day Care Centre

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 have been a registered charity since 1989. We cater to about 70% of home hospice and palliative care needs in Singapore for patients with life-limiting illnesses. HCA enables patients who want to spend their 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](http://www.hca.org.sg). Alternatively, to obtain a form by mail, please call us at **6251 2561**.

## HCA's reach at 2016/2017

**3,700** patients annually

**35,000** home visits in a year

**>60,000** patients have benefited from our services since 1989



## What we do

### Home hospice service

Round-the-clock professional care at home, with satellite centres located throughout the island - in Bedok, Hougang, Jurong, Woodlands and at our main office at 12 Jalan Tan Tock Seng.

### Day hospice service

Our day care hospice centres cater to patients who are mobile and do not require round-the-clock nursing care. Patients are offered week-day activities such as music therapy, excursions and light exercises, and we provide two-way transport and meals, for a nominal fee.

### 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 social 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.



**Compassion**



**Professionalism**



**Respect**

### HCA palliative caregivers programmes

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. The Young Caregivers Programme (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 need only pay a \$100 refundable deposit.

## 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 Co-ordinator today at: 6251-2561 or email us at: [volunteer@hcahospicecare.org.sg](mailto:volunteer@hcahospicecare.org.sg)

## HCA provides, FREE of charge:

- ✓ Hollistic 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 care-giving 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

