

Bringing ACP Closer To Home

By Agency for Integrated Care

The COVID-19 pandemic has raised public awareness about how one's health can deteriorate suddenly and unexpectedly. This highlights the importance of creating opportunities for people to plan for a sudden or gradual loss of mental capacity, before the situation turns dire.

This is what Advance Care Planning (ACP) does. The goal of ACP is to deliver patient-centred care that honours the patient's goals and values for current and future healthcare.


In Singapore, we employ an evidence-based model of ACP that is designed to adapt to changes to a patient's health condition. This iterative process that follows your patient's state of health, means that the ACP remains relevant for your patients, as well as their family and healthcare team.



General ACP	Disease Specific ACP	Preferred Plan of Care
<p>Patients with Mild-moderate chronic, medically stable patients with decision making capacity.</p> <p>What is the goal? Nominate a Healthcare Spokesperson and consider when a serious neurological injury would change goals of treatment.</p>	<p>Patients with progressive, life-limiting illnesses, suffering from frequent complications.</p> <p>What is the goal? Determine what goals of treatment should be followed if complications result in "bad" outcomes.</p>	<p>Patients who are terminally ill, and have an estimated life expectancy of less than 12 months.</p> <p>What is the goal? Establish a specific plan of care for end-of-life interventions, place of care and death.</p>

If your patient is generally healthy, or has conditions that are well-controlled by medical treatments, encourage them to start with a General ACP. To ensure that ACP services continue to remain accessible during this 'new normal', the Agency for Integrated Care has worked with the Ministry of Health and various service providers to deliver 'TeleACP' through videoconferencing tools. This means that your patients will now be able to complete their ACP with trained facilitators in the comfort of their own home.

If your patient has more advanced illnesses or is approaching the end-of-life, a Disease Specific ACP or Preferred Plan of Care would be more useful respectively. You may write a memo to your patient's hospital doctor to request for an ACP for your patient.

	Service Provider	Email	Phone Number
 <p>Your patient can access TeleACP by contacting the following service providers.</p>	Brahm Centre	info@brahmcentre.com	—
	Fei Yue Family Service Centre	acp@fyfcs.org	—
	Hougang Sheng Hong Family Service Centre	fsc@shenghong.org.sg	6289 5022
	Life Point	lifepoint@shenghong.org.sg	6538 9877
	SATA CommHealth	acp@sata.com.sg	6244 6688

If you would like more information, training, or discussion materials to support your patient in ACP, please contact the Primary Care Engagement team at gp@aic.sg or 6632 1199, or visit [Primary Care Pages \(www.primarycarepages.sg\)](http://www.primarycarepages.sg).