

Understanding Palliative Care in Singapore



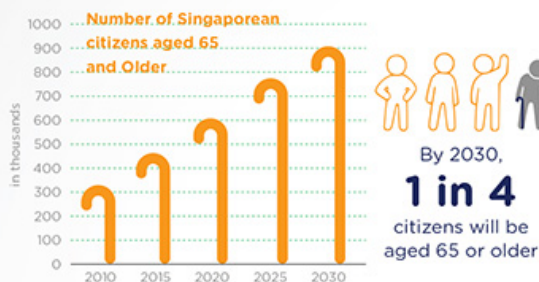
WHAT IS PALLIATIVE CARE?

"Hospice and palliative care is a holistic approach to caring for patients going through serious illnesses. It aims to meet all needs (physical, emotional, psychosocial and spiritual) so as to alleviate suffering and maximise quality of life for patients and their loved ones. Staff and volunteers work in multi-professional teams to support these patients and their families, and enable patients to live their last days fully." (Definition from Singapore Hospice Council)

Singapore has made great strides in improving these services, but access remains constrained due to increasing needs as well as lack of supply and awareness.

WHY DO WE NEED MORE PALLIATIVE CARE IN SINGAPORE?

Because Singaporeans are getting older...

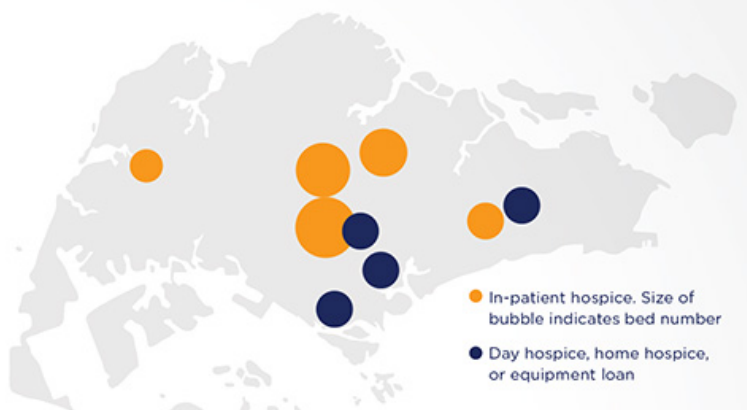


And sicker...

Top Three Causes of Death are Chronic or Related to Chronic Illness



WHAT'S THE SUPPLY OF PALLIATIVE CARE IN SINGAPORE



AVAILABLE PALLIATIVE CARE SPECIALISTS IN SINGAPORE



“There are 51 accredited specialists in palliative medicine in Singapore, but only an estimated 34 of them work full-time. This works out to **less than one full-time palliative consultant per 100,000 people** – less than half the ratio recommended by Palliative Care Australia.”
Dr. Ong Yew Jin, Medical Director, Singapore Cancer Society

Hospices and Community Hospitals	Available Services
Agape Methodist Hospice	Home hospice, equipment loan
Assisi Hospice	In-patient, day hospice, home hospice,
Bright Vision Hospital	Equipment loan
Dover Park Hospice	In-patient
HCA Hospice Care	In-patient, home hospice, equipment loan
Metta Hospice Care	Home hospice, equipment loan
Singapore Cancer Society	Home hospice, equipment loan
St Andrew's Community Hospital	In-patient, home hospice
St Joseph's Home	In-patient

HOW MUCH DOES IT COST TO RECEIVE PALLIATIVE CARE?

Average fees charged for hospice care (note: actual cost to deliver the service is likely to be much higher. Some patients are eligible for additional government subsidies)



Government subsidies available. Up to S\$200/day Medisave may be used.

Financed through charities (VVOs) and government grants.

Government subsidies and financial assistance from VVOs available for patients in need.

HOW MUCH DO SINGAPOREANS KNOW ABOUT PALLIATIVE CARE?



50% Singaporeans are unaware of hospice palliative care



Awareness is particularly low among older, Chinese Singaporeans – 1 in 4 claim to be "aware"

MAIN MESSAGE:

Your donation to this sector can make a real difference. Singapore's palliative care charities help patients and their families in alleviating suffering and maximising quality of life at a vital level. For most hospices, the government provides a significant (and increasing) amount of funding, but the organisations are still reliant on private donors to make up the shortfall and to continue improving and expanding services. E.g. around 25% of funds are raised from private donors in some cases.

Something we can all do is to be more aware. I.e. to be more aware of what palliative care is and how it can help provide not just physical but also emotional and other important holistic support.

Singapore Hospice Council • Ministry of Health • Department of Statistics • "The 2015 Quality of Death Index" (Economist Intelligence Unit) • "Lien Foundation Survey on Death Attitudes" (2014) • Websites for the individual hospices