

In the past few years, everyone has been living through the coronavirus and has become increasingly concerned about personal health.

Have you ever thought about how you want others to take care of you if one day you cannot express yourself?

Advance Care Planning can help you!

Advance Care Planning (ACP) is the process of planning for your future health and personal care. Having ACP conversations with your loved ones allows you to:

- ◆ Explore how your values and beliefs affect your healthcare preferences in difficult medical situations
- ◆ Think about who among your loved ones can be your voice if you become very ill one day

By making your wishes known, your loved ones and caregivers do not have to guess what you might want or not want.

Advance Care Planning

预先护理计划

Exploring, discussing and sharing future wishes for care is for everybody regardless of age or health condition.

If you want to do ACP, you can log in to our Facebook page (Life Point by Sheng Hong) to watch the lecture videos anytime, anywhere.

You can also attend our public talk instead. We organize Zoom talks every month for you amid the pandemic.

After you have watched the Facebook video or attended the Zoom talk, you can call us directly and we will help you to do the ACP.

It is free!

Just turn to the last page for talk schedule then register to attend the talk through our website or call 65389877.

You can also scan the QR code below to watch our Facebook talk video!



Don't miss out on this limited offer!



这几年大家都在新冠病毒的阴霾下生活，对于个人健康日益关注。

大家有没有想过，万一有一天无法表达自己的意愿的时候，你希望身边的人如何照顾你呢？

预先护理计划帮到你！

预先护理计划（ACP）是一项通过沟通讨论，自行决定自己未来的医疗和健康护理的选择和安排。

与你的亲人进行有关预先护理计划的对话可让你：

- ◆ 探讨你的价值观和信念如何在病情严重时影响你的医疗意愿
- ◆ 考量如果有一天病重，无法为自己代言时，哪个亲人可以为您代言

当你表明了你的意愿后，你的亲人和护理人员就不必去猜测，什么是你想要或不想要的。

ACP不分任何年龄层与健康状况，适合任何想要为自己未来医疗护理做规划的人。通过深入探讨，反思和讨论，与家人和医疗团队更好的沟通，从而让大家了解你的理想医疗意愿。

一般公众如果想做预先护理计划，可以登入生命同行坊的面簿专页 (Life Point by Sheng Hong)，随时随地收看讲座视频。

另外我们现在每个月都会利用Zoom举行线上讲座，方便大家在疫情期间也能参与。

看了面簿视频或者出席了线上讲座后，就可以直接打电话给我们，协助大家做这份 ACP。

完全免费！

要报名听讲座，可以翻到最后一页查看讲座时间表，然后透过生命同行坊的网站报名听讲座，网址就在最后一页。大家也可致电 6538 9877 报名。

你也可以扫描这个二维码 (QR code)，收看面簿讲座视频哦！



优惠期有限，大家务必把握机会！



Here are some stories and sharing of those who have done their ACP through us.

以下就由这些透过生命同行坊做预先护理计划的人士，让他们分享自己的故事和经验。

Advance Care Planning (ACP) gives me a peace of mind when I am old and dementia.

就算我日后年老得了失智症，预先护理计划 (ACP) 让我感到安心。

Mr See Tai Seng Larry
薛缙森先生

Advance Care Planning (ACP) is rather thought provoking and allows me to articulate my care wishes clearly. Very grateful to have gone through it. The facilitator is very patient and helpful.

预先护理计划 (ACP) 对我很有启发，让我清楚地表达自己的护理意愿，能完成这份文件我非常感谢。协助我的协调员也非常耐心，乐于助人。

Madam Tang Soow Fern
邓素芬女士

After going through Advance Care Planning (ACP), I felt relieved knowing that my family member will know how to handle if anything happen to me. They will not feel lost and panic. They can also make the decision for me if I am in a coma or require medical equipment support to prolong my life.

做了预先护理计划 (ACP)，我的家人知道万一有什么事发生在我身上，应该如何处理，对此我感到放心。他们不会感到迷茫和恐慌。如果我处于昏迷状态或者需要医疗设备以延长寿命，他们也知道如何为我做决定。

Madam Alice Ong
王梅连女士

I am Yek Mei Peng, 71 years old. When I know this Advance Care Planning (ACP), I would like to use it to write down the care wishes before my death, and the funeral ceremony I prefer. After the ACP is prepared, I invite my daughter to go to Life Point, let her know all my wishes and make arrangement according to it. After it is signed, I feel relieved.

我叫易美萍，今年71岁。当我知道有这个预先护理计划 (ACP) 后，就立下希望我在临终前能得到的照顾，及往生时所举行的仪式。文件拟好后，我便邀请我女儿前去生命同行坊。让她知道我的一切意愿。让她到时会照我的意愿去做安排。这个文件签署后，我感觉很心安。

Madam Yek Mei Peng
易美萍女士



As the change of my age and health, I feel that I need to prepare myself for serious illness or even death at any time in the future, and participating in the discussion of Advance Care Planning (ACP) is one of them. With the help of the facilitator of Life Point, I can share my wishes about the quality of life, the care and living arrangements I want to receive when I am seriously ill, and how to arrange my own medical and health care. Through this discussion, it is not only made me feel at ease, but also made my family not to worry. When I was dying of my illness, it allowed my family to make appropriate arrangements according to my wishes.

随着年龄和健康的改变，让我越觉得需要为自己做好随时面对重病甚至死亡的准备。参与预先护理计划 (ACP) 的讨论就是其中一项。通过生命同行坊协调员的带动，让我可以分享自己对生活品质的要求，在得到严重病患时，我希望得到的照顾和生活安排，以及如何安排自己的医疗和健康护理等方面。通过这个讨论，不但让我安心，也让家人省心；当我病入膏肓时，让家人能够遵照我的意愿做适当的安排。

Mrs Sara Tan
胡丽群女士

I have found the ACP to be an extremely helpful document with questions designed for me as the "beneficiary" to carefully consider how I would like to be cared for in my last days and who to appoint as a family member or trusted person to carry out my wishes.

The ACP document and the trained ACP officer played an very important role in helping me clarify how I want to be cared for and most importantly, the peace of mind to know that my desires and preferences will be carried out accordingly at a time when I am no longer able or in the position to express them.

我觉得预先护理计划 (ACP) 是一份非常有用的文件，里面提出了一些问题，让我作为所谓“受益人”可以仔细考虑我在最后的日子中，想要接受怎么样的照顾，以及任命谁来实现我的愿望。

ACP这份文件以及训练有素的ACP协调员，在帮助我阐明希望得到怎样的照顾，发挥了非常重要的作用。最重要的是也让我安心地知道，在我不再有能力或无法表达的时候，我的愿望和意愿将如何去实行。


Mr Warren Tan
陈礼宇先生

Madam Lee Kek Yong did her ACP as she does not want to leave difficult medical decision to her children. She said "I am not afraid of dying. What scare me is to let my children make very painful decision. Over the years, I have seen friends, even very close relatives suddenly admit to hospital and doctor just asks you to make decision, like 'You want to save him or not?' Of course at that moment, you really cannot say 'No, I don't want to save him.' Of course we will say 'Yes, all the way!' Hopefully that he can recover. But very unfortunately that he had to be bedridden for 11 years before he passed away. He had to lay on the bed for so long. Can you imagine the sudden change of lifestyle? It is very difficult to face it. I do not want to be like him."

李可容女士做预先护理计划，是为了不让孩子们要作出艰难的医疗决定。她说：“我不怕死亡。我害怕的是要让孩子们做出非常痛苦的决定。过去我看过朋友以及关系很亲近的亲戚突然入院，然后医生就问你要做出决定，例如‘你要救他还是不救他？’当然在那一刻，你不会说‘不！我不想救他’，而是说‘好，救他吧！’希望他能康复。可是非常不幸的是，他去世之前就卧床了11年。他不得不在床上躺了这么久。您能想象这当中生活方式的突变吗？的确很难面对它。我不想跟他一样。”

护联中心向李女士进行了访问，大家可以在 https://youtu.be/GH_BbtZLuI8 收看完整视频。

Madam Lee Kek Yong
李可容女士



With the help of enthusiastic facilitator, the two of us successfully completed the signing of the Advance Care Plan (ACP), fulfilling a dream we had for many years, and the work of the Life Point is truly remarkable!

With the aging population in the world, we are deeply worried to see that some seniors in their later life caused troubles and inconveniences to their families due to the lack of advance and proper arrangements. We are open-minded and have our own thoughts, but how do we incorporate it into formal procedures? While we were troubled in finding a good solution, a friend recommended Life Point to us. In the next few months, with the help of your staff, all the difficult problems were resolved. Now, we can completely let go of what bothering us, and we are able to plan and live a more fulfilling life!

Our child is also very satisfied with this ACP document. Prior to this, we ever talked to him about our plans, he questioned: "You can't make this kind of decision all by yourself?!" There must be formal communication channels. After ACP was signed, he was at ease and able to focus on his work. As the only child, he always felt a lot of pressure to take care of his parents in their later years.

Thanks again for the help of Life Point!

在协调员的热情帮助下，我们俩顺利完成了预先护理计划(ACP)的签署，圆了我们多年的一个梦，生命工作坊的工作真是功德无量！

随着世界上老龄化进程的加快，看到周围一些年纪大的长辈，由于没有对后事的提前和妥善安排，给晚年生活带来困扰和不便，我们深感忧虑。我们有自己认为比较开明想法，但是如何把它纳入正规程序呢？在一筹莫展之际，有朋友向我们推荐了生命工作坊，接下来几个月，在你们工作人员辅导帮助下，我们认为困难的问题都迎刃而解。现在，我们俩原来悬着的心完全放下了，在这个文件的基础上，再把晚年生活规划得更加充实完美。

我们的孩子对这个ACP文件也十分满意。曾经对他谈起我们的打算，他质疑：“这不是你们说了算的？！”要有正规沟通渠道。文件签署后，他也能够安心自己的本职工作，毕竟他作为独生子女，对照顾父母的晚年生活总是觉得压力很大。

再次感谢生命工作坊的帮助！

Mr Pan Zheng & Madam Gong Zhi Ping
潘铮、龚志平夫妇

Feedback from Service User 服务使用者反馈

Life Point often receives feedback from service users, we extract some here

生命同行坊时常收到来自服务使用者的反馈，这里我们摘录了一些

I want you to know how much I appreciate the excellent service Life Point provided. A great communication skill and ready smile made the understanding of the context in applying for the LPA, AMD and ACP, even better than I expected that may not be possible in some other organisations. The staff were warm and accommodating, and they were helpful to me.

Overall in all respects, the seminar was conducted in timely manner, well informed and the staff presenting the case were very knowledgeable.

My expectations were totally unbelievable and my requirements were met and I had all my necessities done in sequence and I am at peace, settling the needful.

My heartiest thank you to Life Point and the staff, may you develop your organisation further into an exemplary institutional, contributing for those whom needs your best services.

我想让大家知道我非常感谢生命同行坊提供的优质服务。他们出色的沟通能力和亲切的笑容使人们对于包括持久授权书、预先医疗指示和预先护理计划等文件的申请有更深入的了解，甚至比我预期中的好，这在其他机构是做不到的。职员热情，富有包容心，也很乐意帮助我。

总的来说，讲座及时地进行，并提供最新的信息，讲者拥有着广泛的知识。

我的期望和要求得到了满足，我所需要的文件都按顺序完成，我也安心了，该办的文件都办好了。

我实在衷心感谢生命同行坊以及职员们，并希望你们能进一步发展成为一个模范机构，继续为需要的人提供优质的服务。

Mr John



For members having birthday in Jul-Sep,
Life Point wish you a very Happy Birthday!

7月至9月生日的会员们，
生命同行坊祝你们生日快乐！



Activities Open to Public 大众活动



迈向圆满人生讲座

8月23日(星期一)

无憾人生/规划晚晴

- » 学习如何为善终做准备，无后顾之忧，让自己有个圆满的人生

8月24日(星期二)

乐龄资源

- » 提供您社会福利与医疗服务的资讯，以便知道有需要时，向谁寻求援助

时间：上午10点至上午11点半

免费提供给50岁以上的人士参加
请致电6538 9877或登上我们的网站报名

Entering the 4th Age Zoom Talk Series

13 Jul (Tue), 14 Sep (Tue)

- » Life Without Regrets/ Forward Planning for Peace of Mind
- » Nurture relationships with your loved ones with effective communication skills and learn to plan for a good departure.

14 Jul (Wed), 15 Sep (Wed)

- » Resource Kits for Silver Generation
- » Understand landscape of social and healthcare services for seniors in Singapore to do forward planning for later stage of life.

Time: 10:00am - 11:30am

FREE for those over 50 years old to join

Please call 6538 9877 or get to our website to register



Here's how you can help to make a difference by donating to Life Point

支持生命同行坊，欢迎您作出捐款，使其服务持续发展

By Cash 现金

- Come to Life Point office and make donation
- 前往生命同行坊办公室捐款

By Cheque 支票*

- Payable to 抬头请写: "SOCIETY OF SHENG HONG WELFARE SVCS"

Internet Banking, DBS/POSB ATM machine*
网上银行、星展银行(DBS)/邮政储蓄银行(POSB)自动提款机*

Payee Name 收款人	SOCIETY OF SHENG HONG WELFARE SVCS
Payee Bank Name 收款银行	DBS Bank Ltd
Bank Account Number 账户号码	0239035680 (current account 支票账户)
Bank Code 银行编号	7171

PayNow* :



Please take screen shot of the "transfer successful" page/bank slip, then whatsapp to **8171 9595** or email to **lifepoint@shenghong.org.sg**

请把“转账成功”画面或银行单的截图 whatsapp 至 **8171 9595** 或电邮至 **lifepoint@shenghong.org.sg**。

* Please indicate donor name, contact number at the reverse side of the cheque, reference field or bank slip. Please also indicate your NRIC no. if you need tax deduction.

在支票背面、备注栏或银行单上，请注明捐款者的英文姓名和联络电话。如需获得减税，请注明您的身份证号码 (NRIC)。



This list is inclusive but not exhaustive, we would like to express our heartfelt gratitude for your generosity

尚有善长仁翁热心捐款未克一一尽录，感谢各位鼎力支持

Anonymous	200
Chan Ah Luan	200
Lim Kah Hoe / Lee Geok Heok	200
Sim Hong Eng	200
Chee Na Na	100
Evelyn Ong Mee Mee	100
Chen Mu Kiah	65
Anonymous	50
Jenny Beh Kim Ee	50
Josephine Sim Meng Gek	50
Kong Lai Tong	50
Sheun Chye Thok	50
Tan Kuan Cheng	50
Yuan Yun Hwa	50
Leong Mui Choo	30
Chua Wee Hua	20
Hsu Moh Cheng	20
Teo Lien Huey	20
Yeo Lee Eng	20
Yueh Neo Jih	20
Toh Ah Hee	10

Thank you 谢谢您!

Free funeral arrangement for the needy 施棺服务

We provide free funeral arrangement assistance, i.e. simple farewell with dignity, to those with financial difficulties and without next-of-kin.

We also accept donations from the public to support this service and help others.

You are welcome to call Life Point for more details.

我们为经济有困难及没有亲人的人士提供施棺服务，简单及尊严的告别，协助他们面对这哀伤的时刻。

我们也欢迎公众捐款支持这项服务，协助他人度过难关。

欢迎致电生命同行坊获取详情。

Life Point @Sennett One Stop Services 生命同行坊 (信立) 一站式服务

Available topics 讲座录影课题	Available time slots 可观看时段	Fee 费用	Assistance and Services 协助与服务	Service Fee 服务费用
Special Arrangement- Pre-recorded Talks via Laptop - Must book the timeslot to view at least 2 working days in advance 特别安排 - 用个人电脑观看预先录制的讲座时段 - 需要至少两个工作天前预约				
Advance Care Planning (ACP) - English 预先护理计划 (华语)	Monday, Wednesday 9am - 12pm 2pm - 4pm Duration: 1 hour 15 minutes 星期一和星期三 9am - 12pm 2pm - 4pm 约长1小时15分钟	Member \$3 per topic Non-member \$5 per topic 会员 每项课题 \$3 非会员 每项课题 \$5	ACP signing by appointment with Life Point Staff. Only Participants who attended ACP talk at Life Point. 与生命同行坊职员预约面谈。 只限出席生命同行坊相关讲座的人士。 Service Includes Form checking and Lawyer Signing of LPA. Only Participants who attended LPA talk at Life Point. 服务包括检查表格以及安排律师签署持久授权书。 只限出席生命同行坊相关讲座的人士。	Free ACP Facilitation 免费起草和签署预先护理计划 Legal Fee 律师费: Elderly 乐龄 \$50 Non-elderly 非乐龄 \$100 Admin Fee 行政费: Member 会员 \$5 Elderly 乐龄 \$15 Non-elderly 非乐龄 \$30 Application Fee 申请费: For Singaporean, waived till 31 Mar 2023 新加坡公民豁免至 2023年3月31日

*Senior : 50 years old and above 乐龄: 50岁及以上

Life Point @Sennett 生命同行坊 (信立)

Address 地址:

Sheng Hong Active Ageing Hub 城隍乐龄中心
175 MacPherson Road, Singapore 348537
175 麦波申路, 邮编 348537

Opening hours: Mon- Fri, 9am - 6 pm. Closed on Saturday, Sunday and Public Holiday.
开放时间: 星期一至星期五, 早上九点至下午六点。星期六, 星期日及公共假期休息
Tel. 电话: 6230 0936, 9195 2006

Bereavement Support 丧亲辅导服务

If you know someone who recently lost their loved ones and require bereavement support and counselling service, please call Life Point at 6538 0884 for information and appointment.

生命同行坊为有需要人士提供丧亲辅导服务，陪伴丧亲者走过艰难时刻。

请致电生命同行坊 6538 0884 获知更多资讯及预约。

"How to Pre-plan Funeral and Cope with Grief?" Talk

Date: 26 Aug (Thurs)
Time: 10:00am - 12:00 noon
Language: English
Venue: Life Point@Chinatown

FREE OF CHARGE

Please call 6538 9877 or get to our website to register

善别讲座: 微笑道别, 生死两相安
事先规划丧礼有窍门吗? 丧亲如何让哀不再伤?

日期: 9月29日 (星期三)
时间: 上午10点至中午12点
语言: 华语
地点: 生命同行坊 (牛车水)

免费

请致电6538 9877或登上我们的网站报名

Life Point@Chinatown One Stop Services

生命同行坊 (牛车水) 一站式服务

You can visit our website and Facebook page for the latest updates.

各位可以浏览生命同行坊的网站和面簿专页，查阅最新活动详情



www.shenghong.org.sg/life-point



https://www.facebook.com/lifepointshenghong/

Public Talk (Pre-registration required) 公开讲座 (需要预先报名)	Talk Fee 讲座费用	Assistance and Services 协助与服务	Service Fee 服务费用
<p>Time 时间: 10:30am</p> <p>Advance Care Planning (ACP) & Advance Medical Directive (AMD) (English)</p> <p>Zoom Meeting: 19/07/2021 (Mon), 18/08/2021 (Wed), 22/09/2021 (Wed)</p> <p>You can log in our Facebook page to watch the pre-recorded video of the talk anytime.</p> <p>预先护理计划 (ACP) & 预先医疗指示 (AMD) (华语)</p> <p>Zoom 网上讲座: 16/07/2021 (星期五), 11/08/2021 (星期三), 08/09/2021 (星期三)</p> <p>你也可以登入生命同行坊的面簿专页，随时收看事先录制的讲座视频。</p>	<p>Free of charge</p> <p>免费</p>	<p>ACP signing by appointment with Life Point Staff at 6538 9877</p> <p>Only for participants who attended ACP talk</p> <p>请致电6538 9877与生命同行坊职员预约面谈</p> <p>只限曾出席ACP讲座的人士</p>	<p>Free ACP Facilitation</p> <p>免费起草和签署预先护理计划</p>
<p>Time 时间: 10:30am</p> <p>Lasting Power of Attorney (LPA) (English)</p> <p>Zoom Meeting: 05/07/2021 (Mon), 08/07/2021 (Thurs), 13/08/2021 (Fri), 14/08/2021 (Sat), 01/09/2021 (Wed), 06/09/2021 (Mon)</p> <p>持久授权书 (华语)</p> <p>Zoom 网上讲座: 09/07/2021 (星期五), 10/07/2021 (星期六), 02/08/2021 (星期一), 03/08/2021 (星期二), 02/09/2021 (星期四), 03/09/2021 (星期五)</p>	<p>Free of charge</p> <p>免费</p>	<p>Service includes Form checking and Lawyer Signing of LPA</p> <p>Only for participants who attended LPA talk conducted by Life Point</p> <p>服务包括检查表格以及安排律师签署持久授权书</p> <p>只限出席生命同行坊相关讲座的人士</p>	<p>Legal Fee: *Senior \$50, Non-Senior \$100</p> <p>Admin Fee: Member \$5, *Senior \$15, Non-Senior \$30</p> <p>Application Fee: For Singaporean, waived till 31 Mar 2023</p> <p>律师费: *乐龄 \$50, 非乐龄 \$100</p> <p>行政费: 会员 \$5, *乐龄 \$15, 非乐龄 \$30</p> <p>申请费: 新加坡公民豁免至 2023年3月31日</p>
<p>Time 时间: 10:30am</p> <p>Introduction of Will Making (English)</p> <p>Zoom Meeting: 02/07/2021 (Fri), 04/08/2021 (Wed), 11/09/2021 (Sat) (10:00am-11:30am)</p> <p>遗嘱须知 (华语)</p> <p>Zoom 网上讲座: 06/07/2021 (星期二), 05/08/2021 (星期四), 11/09/2021 (星期六) (11:30am-1:00pm)</p>	<p>Free of charge</p> <p>免费</p>	<p>Will making by appointment</p> <p>Only for participants who attended Will Making talk organised by Life Point</p> <p>订立遗嘱需要事先预约</p> <p>只限出席生命同行坊相关讲座的人士</p>	<p>Legal Fee: \$200 (for simple will)</p> <p>Admin Fee: Member \$5, Non-member \$10</p> <p>律师费: \$200 (简单遗嘱)</p> <p>行政费: 会员 \$5, 非会员 \$10</p>
<p>Time 时间: 10:30am</p> <p>Deputyship Application (English)</p> <p>Zoom Meeting: 28/09/2021 (Tue)</p> <p>代理人申请 (华语)</p> <p>请直接致电查询详情</p>	<p>Free of charge</p> <p>免费</p>	<p>For family members or next-of-kin of those who have lost mental capacity</p> <p>我们协助丧失心智能力人士的家人和亲属</p>	<p>Service fees depend on the complexity of the case</p> <p>服务费用将根据个案的复杂程度而定</p>

*Senior: 50 years old and above

乐龄: 50岁及以上

Subject to GST 另加消费税

For enquiry, please call 6538 9877 询问电话: 6538 9877

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Facebook Page 面簿专页: Life Point by Sheng Hong

Opening Hours: 开放时间 Mon-Fri 星期一至星期五:
9.00am – 1.00pm / 2.00pm – 6.00pm
2nd & 4th Sat of each month
每月第二和第四个星期六:
9.00am – 1.00pm

Closed on Sunday & Public Holiday
星期日与公共假期休息



Life Point whatsapp



Life Point Telegram