

Planning for The Future Podcast Series - 2019

1. Planning for the future – What should I be preparing for?

By Dr Noreen Chan, Head & Senior Consultant, Division of Palliative Care, NCIS

Being diagnosed with a serious illness like Lymphoma is a life-changing event. Even after completing treatment and receiving the “all clear” from your doctor, you may feel that the future is much more uncertain. The “what if” questions may start to come ... what if the disease comes back? What if something else happens, something unexpected? What if I am so ill that I cannot speak for myself? Will my family know what to do?

Now these are common and natural reactions, and while they may make you feel uncomfortable, the good news is, you can use this as an opportunity to plan for the future. You may have heard of financial retirement planning, but what about planning for your future care and treatment? The LPA or Lasting Power of Attorney, is a document that you can sign, to nominate one or more persons to manage your affairs in the event that you lose mental capacity, meaning you cannot express your own thoughts and wishes. You can choose whether this person, called the donee, manages either your financial matters, or your personal care and treatment, or both.

However, in any situation which involves treatment which could prevent a serious deterioration in your condition, your donee cannot decide for you. In such a situation, your doctors will work with your donee and other loved ones, to decide on the best way forward.

But even an LPA may not be enough, if your family or your doctors do not know your values and wishes. Only you can decide what is a good and meaningful life, and what is a good and meaningful departure. Making an Advance Care Plan or ACP is a way to discuss and pen down your thoughts and wishes. It may not be easy to talk about these topics, but it is one way to lessen the burden and stress on your family. A completed ACP document can be lodged in the National Electronic Health Record system, so if you are admitted to any public hospital, your ACP will be available for the healthcare teams, to help with decision making.

For more information about the LPA or ACP, please approach your healthcare team. Or you can visit the following websites: For the LPA, go to www.publicguardian.gov.sg; or to learn about ACP in Singapore, visit the Living Matters website, www.livingmatters.sg.

2. 规划未来 – 我应该如何准备?

By Mr Sean Tan, Care Coordinator, Advance Care Planning, NCIS

被诊断出淋巴瘤等严重疾病时，是个改变人生的时刻。即使在治疗康复后，您可能也会觉得未来渺茫，这时“万一”的问题便会开始浮现：万一疾病复发，该怎么办？万一出现别的疾病，或是发生意想不到的事情，该怎么办？万一我已经病得无法表达我的想法和意愿时，该怎么办？我的家人能够知道并且表达我的意愿吗？

其实，这些都是再自然不过的想法。虽然这些想法会让你感到不自在，您却可以把握这个机会开始规划未来。您可能听说过理财退休等规划，但您有听说过该怎么规划您未来的健康护理和治疗吗？

持久授权书(LPA)是个具有法律效力的文件。它允许您委托一名或多名授权人，在您一旦丧失心智能力时，代表您做出财务或事关个人医疗护理的决定。但是，对于那些可以防止您病情严重恶化的治疗，您的授权人并无法为您做出决定。在这种情况下，医生将和您的授权人以及家人一同决定最好的医疗方案。

可是，当您的家人或医生并不知道您的价值观及意愿时，即使是有拟定的 LPA 也是不足够的。只有您才可以决定“什么是美好而有意义的生命，以及怎样才是美好而有意义的离开”。拟定一份预先护理计划(ACP)能够帮助您探讨及写下你的想法及意愿。虽然探讨这些话题并不容易，但却能在发生医疗危机时为您的家人减轻心理压力和精神负担。

签署好的 ACP 将会储存在国家电子健康记录(NEHR)。当您入住任何的公共医院时，医疗人员将可通过 NEHR 去阅取您的 ACP 以帮助决定出最好的医疗方案。

欲知更多有关 LPA 或 ACP 的信息，请向您的医生询问。或者，您也可以浏览 www.publicguardian.gov.sg 查询关于 LPA 的信息；浏览 www.livingmatters.sg 查询关于 ACP 的信息。

3. What does Advance Care Planning have to do with me?

By Dr Noreen Chan, Head & Senior Consultant, Division of Palliative Care, NCIS

Advance Care Planning or ACP is a way of planning for your future care and treatment. By having conversations with your healthcare team and loved ones, you can better understand what is important to you, not only when you are well, but also when you are not well. So if you were ever so ill that you could not speak for yourself, your ACP document could be important in helping the doctors recommend the right treatment for you. ACP could also lessen the burden and stress on your loved ones, as they would not have to make decisions on your behalf.

In order to complete an ACP, you need to arrange to have a discussion with a trained facilitator, at the end of which a document will be created, with your thoughts and wishes. If you have a loved one whom you would choose to be your spokesperson, then he or she should ideally be present. It may take more than one session to finish the whole process.

If you are considering ACP, some questions to think about include the following:

- What is your understanding about your current health situation and what the future holds?
- What is important to you, in other words - what do you hope for, what don't you want?
- Who would speak for you if you could not speak for yourself?

These may not be easy questions to answer, so it is better to think about them when we are well, rather than at the last minute when we are very sick. And since our goals and wishes may change over time, we should be having these discussions again and again. Of course, if you change your mind, your ACP can change too.

Whether you are a patient, or a family member, ACP is always relevant. By understanding what gives your life meaning, and documenting your goals and values, you can better ensure that you receive the kind of treatment that is in line with those goals. So do start the conversation about what matters to you, and keep that conversation going.

For more information about ACP, please approach your healthcare team. Or visit the Living Matters website www.livingmatters.sg.

4. 我和预先护理计划

By Mr Winston Lau, Assistant Manager, Operations and Administration, NCIS

预先护理计划（ACP）是一份帮您规划未来健康护理和治疗的文件。通过与您的医生及家人一系列的对话，您将会更清楚地了解到，在您健康或是患有重病的时候，什么对您而言是重要的。而当您走到生命的尽头时，您可能无法为自己发言或做决定。这时候，您所拟定的 ACP 文件

将能帮助到您的医疗团队根据您的意愿来决定出最好的医疗方案。有了 ACP 后，您的家人也不必因为需要代表您做出决定而烦恼，因而减轻他们的心理负担和精神压力。

要签署一份 ACP，您必须和 ACP 协调员进行沟通讨论，以记录下您的人生价值观和医疗意愿。如果您选择您的家人为决策代言人，那在与 ACP 协调员讨论时，您家人的参与便能够让他们更了解您的想法与意愿。整个讨论过程可能需要一次或多次对话才能把 ACP 拟定。

如果您正在考虑拟定一份 ACP，以下是一些会在 ACP 讨论过程中所探讨的话题：

- 对于您现在的健康状态，您了解多少？而未来的健康状态又会是如何？
- 对您而言，什么是最重要的？您想要的是什么？而不想要的是什么？
- 在您失去沟通能力时，谁能够代表您发言？

这些话题可能一时之间难于回答，所以更应该在我们还处于健康状态的时候去探讨，而不是等到身患重病的时候才来思考。我们也应该随着已医疗目标以及意愿的改变而进行多次有关 ACP 的对话。如果您更改了想法与决定，您可以重新去修订您的 ACP 文件。

不论您是病人或是家属，预先护理计划适于所有人。在了解到什么让您每天的生活更有意义并把您的医疗目标和人生价值观记录下来之后，您便可以确保以后所受到的治疗和您所定的目标是一致的。所以，现在就开始去沟通讨论什么对您来说是重要的事物，并持续进行这些对话。欲知更多有关 ACP 的详情，请向您的医生询问。或者您也可以浏览 www.livingmatters.sg 查询关于 ACP 的信息。