

OTHER OPTIONS IN PLANNING AHEAD

ADVANCE MEDICAL DIRECTIVE (AMD)

An Advance Medical Directive (AMD) is a legally-binding document that directs the doctor to stop extraordinary **life-sustaining treatments** when you are terminally ill and unconscious.

It is a voluntary decision to make an AMD. To make an AMD:

- ◆ you have to be aged 21 years old and above, be mentally sound; and
- ◆ you must complete the form in the presence of a doctor and one witness.

For more information, visit www.moh.gov.sg/amd

LASTING POWER OF ATTORNEY (LPA)

Lasting Power of Attorney (LPA) is a legally-binding document that allows you to appoint one or more donee(s) to make **financial** or **personal welfare** decisions on your behalf should you lose mental capacity.

It is a voluntary decision to make a LPA. To make a LPA:

- ◆ you have to be aged 21 years old and above, be mentally sound; and
- ◆ you must sign in the presence of LPA certifiers, who are either lawyers, psychiatrists or accredited doctors.

For more information, visit www.publicguardian.gov.sg

提前规划 的其他选项

预先医疗指示 (AMD)

预先医疗指示 (AMD) 是一份具法律约束力的文件，它指示医生在您病危而无意识时停止使用**维持生命的特别治疗方法**。

签署AMD是出于自愿的决定。若要签署一份AMD:

- ◆ 您必须年满21岁或以上，并且心智健全；以及
- ◆ 您必须在一名医生和一位证人面前填妥表格。

欲知更多信息，请浏览 www.moh.gov.sg/amd

持久授权书 (LPA)

持久授权书 (LPA) 是具法律约束力的文件，它允许您委任一或多名授权人，在您一旦丧失心智能力时代表您作出**财务或个人福利**的决定。

拟定LPA是出于自愿的决定。若要拟定一份LPA:

- ◆ 您必须年满21岁或以上，并且心智健全；以及
- ◆ 您必须在LPA证书发行人的面前签署。他们可以是律师、心理医生或受认可的医生。

欲知更多信息，请浏览 www.publicguardian.gov.sg

LET'S TALK 让我们来谈一谈吧

For more information on Advance Care Planning, approach your healthcare team today. Or go to:

欲知更多有关预先护理计划的信息，请即咨询您的医护团队，或前往:

- ◆ NUH: www.nuh.com.sg
- ◆ Living Matters: www.livingmatters.sg

NUH



Living Matters



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Cancer Institute, Singapore
A member of the NUHS

Living Matters
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The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions.

Information is correct at time of printing (October 2018) and subject to revision without prior notice.



MY LIFE, MY CHOICE, MY ACP

我的人生，我的选择， 我的ACP




WHAT IS ADVANCE CARE PLANNING ABOUT?

预先护理计划是什么？



Advance Care Planning (ACP) is about you and your loved ones. Leaving your family to make decisions for you during a crisis is stressful and puts significant pressure on your loved ones. The responsible thing to do is to let them know your wishes and preferences.

Our trained facilitators guide you and your loved ones through structured conversations about your:

-  Health condition
-  Personal beliefs and values
-  Goals and preferences

The ACP document is available to you and your healthcare provider. If you change your mind, it can be revised or revoked at any time.

Tell
your loved ones
about ACP!

预先护理计划是专为您和您的家人而设。在危急时刻，您的家人需要为您做出医疗决定，他们将面对很大的压力。您可以帮他们减轻这种压力，那就是让他们提前了解您的医疗意愿。

我们训练有素的协调员会指引您和您的家人进行一系列的对话，内容包括：

-  身体健康状况
-  个人信仰与价值观
-  医疗目标与意愿

您和您的医护人员都将保存一份ACP文件。若您改变主意，可随时修改或撤销它。

告诉
您的家人
关于ACP!

WHY IS IT IMPORTANT? 为何它如此重要？



Plan in advance of a medical crisis

在医疗危机未发生时提前规划

Make your wishes known

让您的家人知道您的意愿

Guide your future care and treatment

指引您未来的护理和治疗

Reduce stress and burden on your family in an emergency

在紧急事故中为您的家人减轻压力和精神负担

I THINK	IN REALITY
Is ACP only for ill people?	No. ACP is for everyone, regardless of age or health condition.
Is ACP a legally-binding document?	No. ACP is not a legal document. It is a document that expresses your wishes and preferences to help in future decision-making.
Does it mean no treatment will be given to me if I complete ACP?	Of course not! The purpose of an ACP discussion is to understand how your values guide decision-making. It does not deprive you from receiving appropriate treatment.

我认为	事实是
只有病人可以拟定ACP吗？	不。每个人都可以拟定ACP，与年龄或健康状况无关。
ACP是具法律约束力的文件吗？	不。ACP并非法律文件。它是一份让您表达自己的意愿和优先事项以帮助未来决定的文件。
若我签署了ACP，医生将放弃对我的治疗吗？	当然不是！ACP讨论的目的是了解您的价值观如何影响您所作出的决定。它不会剥夺您接受适当治疗的权利。