



DOVER PARK HOSPICE
Every Moment Matters

Dover Park Hospice Women's Charity Golf 2026

Ageing Singapore

Singapore faces a dramatic demographic shift requiring immediate attention and action from all sectors.



Aging Population

One in four

Singaporeans will be 65+ by 2030



Growing Palliative Care Needs

Palliative care demand projected to double by 2040



Corporate Action Required

Urgent corporate partnership needed





Honouring life (till the end)

Care begins with many hands working as one — medical, psychosocial and practical — surrounding patients, families and caregivers on a shared journey.

Daily dignity is found in simple things: timely medical care, gentle hands that eases pain, art therapy and music therapy that uplift the spirit, and care that honours each moment. Small gestures. Profound comfort.

Life at a hospice means celebrating each moment fully, filling it with presence, meaning and empathy — not counting time down, but living it well.

Your partnership strengthens every link in this circle of care, with compassion at its centre.

DPH Palliative Care

Founded in 1992, Dover Park Hospice (DPH) is Singapore's first purpose-built hospice, catering to those nearing their end of life's journey.

Through a transdisciplinary team comprising doctors and nurses, medical social workers, art therapists, music therapists, physiotherapists and occupational therapists, the team jointly assesses, discusses and plans for the care of the patients and support for their caregivers.

Over the years, Dover Park Hospice has served over 22,000 patients and families, providing holistic palliative care in meeting their physiological, emotional, psychosocial and spiritual needs.

As a charity with Institute of Public Character (IPC) status, DPH relies on the generous donations from corporations and individuals to provide holistic palliative care and vital support for patients and their caregivers.

www.doverpark.sg



Patient Story:

Remembering Mr Saad's Legacy

Mr Saad had always possessed an active imagination since childhood and worked diligently to bring his artistic visions to life. Initially uncertain about the quality of his work, he was heartened when friends and relatives embraced it.

Mr Saad's cancer diagnosis did not dampen his spirit while he was receiving palliative care at Dover Park Hospice. Through art therapy, he maintained a cheerful disposition while living with cancer, and developed his newfound passion for art— creating more than 40 pieces of artworks!

Keeping Mr Saad's legacy alive

Mr Saad's legacy lives on cherished memories and the artworks that grace our walls. He regularly contributed his art to us, including a four-panel painting donated to the Sunflower Charity Gala 2024 auction. Untitled at the time of his passing, his wife, Mdm Hafiah, later named it *Extravaganza* in tribute to its vibrant colours.



Mr Saad painting with our Art Therapist, Ms Celeste Choo



Wife of the late Mr Saad, Mdm Hafiah, and Ms Martha Ng, Head of Social Work and Psychosocial Services, admiring his artworks at his memorial service.

Caregiver Story: Helping Patients to Die with Dignity

"My father has no chance of recovery. He is 86 years old. We don't want him to suffer a life without quality of life and full of pain. More importantly, we want to respect his wishes."

- Ms Julie Huang, caregiver for her late father

Respecting her father's wishes to pass away at home

Ms Julie Huang's father passed away at the age of 86yrs in January 2024, where his wish to die peacefully at home was honoured. Although doctors offered a tracheostomy to aid his breathing, he had made an Advance Care Plan four years earlier, declining invasive treatment. The family respected his wishes and arranged for his discharge the next day.

Seamless medical support provided for a comfortable goodbye

Ms Huang shared that although her father was unconscious before passing, he remained calm and peaceful. She praised the seamless coordination between the hospital's palliative care team and Dover Park Hospice, which helped with medical equipment, medication, and provided spiritual support for the family.

医院及业者临终出院程序划一 一年多来 更多病患回家走完人生路

去年5月推出的临终出院安排标准化程序,包括制定六个步骤的框架,以及注意事项清单,以协调病人从医院转移到住家的交接工作,同时加强医院、临终护理业者及看护者之间的沟通。

自卫生部一年多前与本地医院及临终护理业者合作,就临终出院推行标准化程序后,病患回家度过人生最后几天的案例,有渐增现象。

临终出院(compassionate discharge,又称terminal discharge)是一项让临终病人出院回家的特殊安排。这些病人一般只有少于七天的生命。他们出院后在家接受居家临终护理直到去世。

卫生部与护联中心,以及医院和临终护理业者去年5月开始合作,就临终出院安排推出标准化程序。这也是卫生部自去年推出更新版全国临终护理策略以来,实行的其中一项措施。

这包括制定六个步骤的程序框架,以及注意事项清单,更好地协调病人从医院转移到住家的交接工作,同时加强医院、临终护理业者及看护者之间的沟通。

卫生部数据显示,去年10月至今年3月,超过250名病人及他们的家属获得临终出院安排的支持。然而,由于不同医院过去对临终出院的做法不同,同一医院不同部门的做法也未必一致,卫生部之前没有像如今这样持续统计相关案例,也就无法对比过往数据。

今年增势更明显 业者新家例高达九成

尽管如此,根据个别临终护理业者提供《联合早报》的数据,临终出院近年有渐增的趋势,而今年以来也较为明显。

HCA临终护理是本地最大的居家临终护理业者。前年转介至这家机构的临终出院案例约330起,比2020年的260起增27%。去年,总案例数略减至311起,但新的案例约九成,比前年的75%增多。新家例指的是不曾接受过该机构居家临终护理的病人。

今年首五个月,HCA临终护理接手的临终出院案例已有155起,数量超过去几年的一半,而新家例仍维持在近九成。

至于临终机构托福园,其居家护理部门自2021年至2023年,每年处理的临终出院案例介于83起至85起,比之前每年约50起更多。今年首五个月有44起,意味着今年案例可能进一步增多。

HCA临终护理医疗总监张保贤医生估计,他们的团队接手的临终出院案例,占目前总数超过一半。

张保贤也是新加坡临终护理业者新家例高达九成。

会副主席。他指出,疫情期间,医院限制访客人数,不少家属希望把即将离世的亲人带回家,是近年临终出院增加的其中一个因素。

HCA临终护理早前的一项研究显示,不仅一般人对临终出院不甚了解或有不同理解,就算是医院也有些医生不太确定如何判断病人是否适合接受临终出院,或不熟悉相关程序。

因此,临终出院案例增加,意味标准程序推出后取得初步成效,医生对这项出院安排已更加了解。不过张保贤指出,并非所有临终病人想要在家中过世。

"我们的工作是为病人提供这个选项,聆听病人和家属的需求,完善这项临终关怀的工作。"

安排临终出院六步骤

1. 各方确认病人愿意继续出院*,并在病人出院前做好联络工作
2. 医院为病人分发药物
3. 医院安排救护车并代注意事项,必要时安排租用医疗设备
4. 医院给予看护者培训
5. 医院和临终护理业者沟通协调,确保护理安排妥善交接
6. 临终护理业者完成对看护者培训,为病人提供持续关怀,支持家属缓解情绪

*基本要求
*为临终病人剩下少于七天生命,病人有专门看护者,愿意接受条件合适的居家来源/新加坡临终护理协会网站

业者试行周末及假日也处理临终出院

HCA临终护理试行新措施,包括在周末和公共假期也能接手处理临终出院案例,让想回家离世的临终病人,更顺利出院。

HCA医疗总监张保贤医生说,临终出院在本地还不算普遍,目前一年可达的最高案例数量,也不得而知。尽管如此,机构仍决定试行一系列措施,包括在周末和公共假期处理案例,希望能帮助更多有需要的病人实现临终出院的心愿。

HCA估计,2024财年的员工总数,会比上个财年增16%,并且希望护士人数能增23%。

此外,HCA在指定医院合作,规划一临终出院程序,了解医生、临终护理业者及看护者的体验,探讨如何改进。

托福园服务逐步扩展至全国

托福园居家护理部门与陈笃生医院的临终护理团队紧密合作,所接手的临终出院案例,九成来自陈笃生医院。

对于案例有渐增趋势,托福园居家护理部门主任杨诗慧副经理说,除了非临终护理领域的医生对这项安排更为了解,托福园去年10月起至今年4月,也把原本较集中在中区的居家临终护理服务,逐步扩大至全国。

随着服务区域扩大,托福园居家护理部门也准备增聘人手,目标是最后在2025年,任何时候可服务的病人,从目前的380增至500名。

卫生部早前宣布,计划到2025年底,将居家临终护理名额增加50%,至3600个;并将日间临终护理服务的名额增加15%,至300个;以及将日间临终护理服务的名称增加12%,至140个。

想了解更多临终出院详情,可上网:www.singaporehospice.org.sg/library/resources/compassionate-discharge-cmd-resources.

24小时热线服务提供引导 家属更心安

宋北昌生前认为,看医生未免则免,尤其忌讳踏入医院。无奈晚年经常进出这个令他不安的地方。他曾告诉家人,要在家过世,而不是在医院。

家人尊重他的意愿,让他在人生最后一个月,接受居家临终护理。虽然他过世的三天前,因气喘紧急入院,他最终还是出院,在家人陪伴下咽下最后一口气。

宋北昌今年6月3日逝世,享年82岁。他与妻子育有三个女儿。

长女宋善美(55岁,客户执行员)说,父亲患有甲状腺疾病多年,去年被诊断患肺癌。由于他年事已高,家人和医生面议后,决定不要做强力化疗。不料,他几个月后又确诊患心脏病。

每周两次家访检查 引导家人稍缓解伤口

4月底,医生建议宋北昌出院回家。接下来一个月,HCA临终护理团队每周两次家访,为他做检查,也引导家人和帮佣为他清洗注射药物所引发的伤口,以及注射药物和呼吸。

过世的三天前,他因心脏病引发气喘,一时需要家人送他入院。但到了医院急诊室,又嚷着要回家。

医生得知他在接受临终护理,不建议他留院,并建议他只剩下一周的生命。院方自启动临终出院程序,让宋北昌最后一次出院。

完成了父亲的心愿,宋善美一家人感到欣慰。"HCA的24小时热线服务帮了我们很多,那时看到父亲气喘,我稍微紧张,拨打热线后,医生很快回电,引导我"



宋善美(左起)与两个妹妹宋善婷及宋善青在父亲宋北昌(屏幕中照片)生前的卧室内,追忆他在世时的生活点滴。三姐妹三个多月前遵照父亲的意愿,安排他在临终前出院回家,在这个房间里走完人生最后一程。(李定强摄)

为父亲服药……父亲离世后,他按照指示致电通报,随后一名HCA医生前来宣布父亲过世。

医生为他做检查并将他转入加护病房。医生也发现肺栓塞导致他的声带肌肉僵硬,意味着他已无法独立呼吸。

医生可通过气管造口术来辅助黄美玲的父亲呼吸,但他在四年前已制订预先护理计划,表明不希望自己“被切开”,并且要在家中过世。家人于是决定不继续治疗,安排他隔天出院回家。

"父亲已没有治愈的可能。他已86岁,我们不想让他承受没有生活品质、充满痛苦的日子。更重要的是,我们希望尊重他的意愿。"

院方进行出院安排,并与托福园居家护理团队协调。黄美玲的父亲顺利抵家后,一小时内离世,当时,至亲和爱夫都在他身边。

"父亲临终前虽不清晰,但看得出他很平静,没有挣扎。"

她指出,陈笃生医院临终护理团队与托福园的协调,可说是无缝隙交接,包括协助他们向供应商租用医疗设备,为他们在注射领域正确调量的药物等,并给予她和家人扶持与安慰。

Story extracted from feature on compassionate discharge where more patients chose to be discharged from hospital to pass on at home in the past 1 year (Lianhe Zaobao, 16 Sept 2024)



“Take a Flight” and support our patients today!

Support Dover Park Hospice's charity golf fundraising efforts to ensure that quality hospice care remains accessible for all patients and Singapore's ageing population now and in the years ahead.



Golf Programme

Registration: 11:00am

Lunch: 12.00pm

Shotgun Tee-off: 1:00 pm



Special Features

Hole-In-One, Longest Drive

Novelty Games :

"Putt it Forward"

"Drive for A Purpose"



Banquet Dinner

Dinner: 7.00pm



Dover Park Hospice

Women's Charity Golf 2026

A women-led event, supported by a wider community golfing for a cause

📅 Thursday, 28 May 📍 Tanah Merah Country Club

Support us by

- Purchasing a golf flight @ \$6,000 or more
- Sponsoring the event (dinner, prizes, goodie bags)
- Contributing a cash donation

Scan to find out more



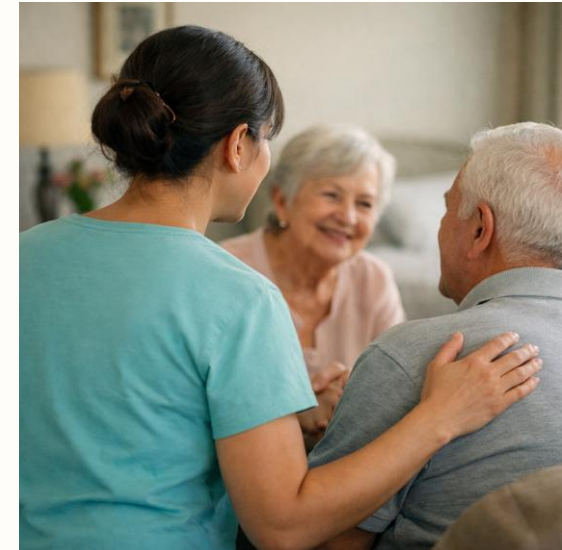
Dover Park Hospice Women's Charity Golf 2026

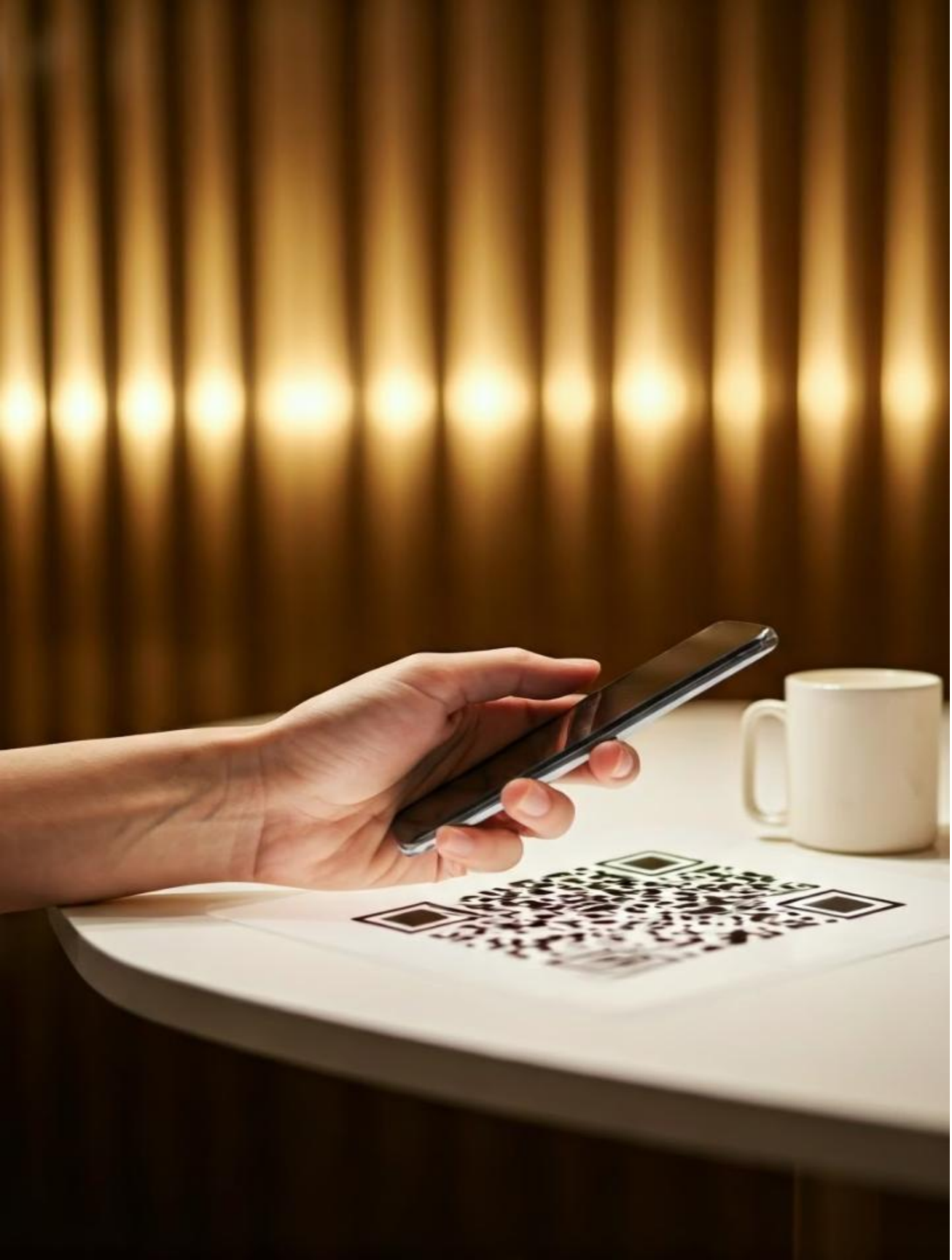
*A Women-led event, supported by
a wider community golfing for a cause*

Inspired by the resilience and strength of women in caregiving roles, Dover Park Hospice is proud to host a **Women's Charity Golf on Thursday, 28 May 2026**, at **Tanah Merah Country Club** — a women-led event supported by a wider community coming together for the cause. We warmly welcome corporates and male supporters to join us on the course, standing with and uplifting the women who carry the weight of caregiving every day. Together, we aim to raise \$300,000 to support palliative patients and their families.

Research indicates that women's empowerment initiatives are significantly more effective and sustainable when they actively engage men and the wider community, rather than targeting women in isolation. By involving men as allies and addressing community-wide social norms, these programs reduce potential backlash, lower rates of gender-based violence (GBV), and increase women's access to economic resources and decision-making roles.

As Singapore becomes a super-aged society, quality palliative care is more important than ever. Over 70% of our patients come from low-income households, and all our home and day care services are provided at no cost. Your support ensures that patients receive compassionate care throughout life's final journey.








Call to Action

Regardless whether you are a golfer or a non-golfer, you can support us in the following ways, as we aim to raise \$300,000 to ensure that patients and their caregivers are supported throughout one of life's most challenging journeys.

You can support us in the following ways:

-  Purchase a golf flight at \$6,000 or more
-  Sponsor prizes or goodie bag items
-  Contribute a cash donation

Scan here to
lend your support towards
Dover Park Hospice
Women's Charity Golf





We look forward to your support in making a difference to the lives of palliative patients and their families and caregivers.

Please contact the **Community Engagement Division** to explore golf flights, sponsorships or cash donations:



Email

golf@doverpark.sg



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Social

