

For Immediate Release

Dover Park Hospice Extends its Care with New Day Care Service *Providing Holistic, Individualised Palliative Care to Terminally-ill Patients and Caregivers*

SINGAPORE, 31 October 2019 – Dover Park Hospice (DPH) has officially opened its day care - **Dover Park Day Care**, in line with its expansion to provide more holistic and personalised palliative care for patients with life-limiting illnesses.

The introduction of Dover Park Day Care enhances the support for patients and caregivers from inpatient and home care services. With the integration of the three services - inpatient, home care and day care, patients from these services can be cross-referred as their conditions deteriorate, to ensure continuum of care in different care settings based on the needs of the patients and caregivers.

Operating in April 2019, Dover Park Day Care's care model differentiates itself with a focus on providing support for caregivers, in addition to delivering medical, nursing and psychosocial care to patients.

Caregiver-focused model

Beyond addressing the medical and nursing needs of patients, Dover Park Day Care ensures that caregivers receive the support they need in the midst of their caregiving duties.

With the new day care service, caregivers who care for their loved ones round-the-clock, now have an alternative care option if they need respite or time-off for themselves.

Being the main caregiver, Mrs Taye has to look after her husband 24/7 at home. The opening of Dover Park Day Care has not only allowed her husband who is also a home care patient with Dover Park Home Care, to engage with others at the centre, but also provided respite to Mrs Taye, where she has a few hours to have some time for herself or attend to other commitments while her husband is being cared for by a team of medical and nursing professionals.

Recognising the importance of self-care for caregivers, caregivers is given the platform to share their caregiving experiences and challenges with other caregivers at the monthly "Caregivers' Support" session, organised by medical social workers. During the sharing,

caregivers are given tips and advice on self-care to help them better cope with the daily stressors of caregiving.

To encourage the participation, two-way transport (including one caregiver per patient) is provided to designated areas near Dover Park Day Care.

Social and therapy-based activities promoting psychosocial well-being

With a multidisciplinary team comprising doctors, nurses, medical social workers, music, art and rehabilitation therapists and volunteers, Dover Park Day Care aims to provide both social as well as therapy-based care to patients diagnosed with life-limiting illnesses.

As part of the weekly schedule, patients participate in a mix of social and therapy-based activities which improve their quality of life through assessing and understanding their individual needs.

With the use of different creative art forms, patients are encouraged to share their stories and express their feelings with art and music as a form of therapy, which in turn promotes their psychological wellbeing.

Other activities at the day care such as *mahjong*, board games and gardening, supported by a group of volunteers, help to encourage social engagement between patients. These activities are customised based on individual needs and care plan of the patients where they are empowered to choose the activities they wish to take part in based on their interests. In some cases, the patients discovered new hobbies that help them in adopting a more positive outlook in life. Caregivers can also join in the activities as an opportunity for them to bond with their loved ones.

Speaking at the official opening, Mr Robert Chew, Chairman of Dover Park Hospice, shared his vision for the newly launched day care service. "The opening of the Day Care is a milestone for us. With the integration of inpatient, home care and day care services, we hope to enhance the quality of life of our patients throughout different trajectories of their illnesses and help them live their life to the fullest, fulfilling their dreams and wishes with their family as well.

About Dover Park Hospice

Founded in 1992, Dover Park Hospice is Singapore's first purpose-built hospice, catering to those nearing their end of life's journey. As a secular, non-profit organisation, we open our doors to people of every age, race, religion, and income level. Through a transdisciplinary team comprising doctors and nurses specialising in palliative care, medical social workers, art and music therapists, physiotherapists, occupational therapists and pastoral counsellor, the team jointly assess, discuss and plan for the care of the patients including caregivers' support.

We provide holistic palliative care in meeting the physical, emotional, psycho-social and spiritual needs of our patients. To complement our inpatient service and home care programme, we have extended our services in providing integrated care to our patients with the operation of our new Day Care to ensure continuity of care in a seamless manner over time and in different care settings.

For more information on DPH and our services, please visit www.doverpark.org.sg or www.facebook.com/doverparkhospice.

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For media queries, please contact:

Gladys Ngiam

Executive, Communications and Outreach
Dover Park Hospice
DID: 6500-0642/ Mobile: 9742-7792
Email: gladys_ngiam@doverpark.sg

Jenny Goo

Manager, Communications and Outreach
Dover Park Hospice
DID: 6500-7268/ Mobile: 9853-0644
Email: jenny_goo@doverpark.sg