

### **Project Title**

Improving senior's Advanced Care Planning (ACP) uptake in the community

### **Project Lead and Members**

- Kirsten Ong
- Caslin Ong
- Geraldine Sng
- Sunny Chua
- Johnson Kow
- Lena Lye

### **Organisation(s) Involved**

Care Community Services Society, Tan Tock Seng Hospital

### **Healthcare Family Group(s) Involved in this Project**

Nursing, Medical Social Worker, Healthcare Administration

### **Applicable Specialty or Discipline**

Population health

### **Project Period**

Start date: Nov 2021

Completed date: on-going

### **Aim(s)**

To create opportunities for ACP conversations among older people as seniors have a higher incidence of multiple comorbidities, cognitive impairment and hospitalization as compared to other age groups.

### **Background**

See poster appended/ below

## **Methods**

See poster appended/ below

## **Results**

See poster appended/ below

## **Lessons Learnt**

See poster appended/ below

## **Conclusion**

See poster appended/ below

## **Additional Information**

This project was featured at the Central Health Action & Learning Kampung (CHALK) Poster Showcase 2022.

## **Project Category**

Care Continuum

Intermediate And Long-Term Care & Community Care: Social Care

## **Keywords**

Advanced Care Planning (ACP), Vulnerable Seniors, ACP Uptake in Community

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# Improving Seniors' Advanced Care Planning (ACP) Uptake in the Community

## Team Members

Kirsten Ong (CCSS) | Caslin Ong (CCSS) | Geraldine Sng (CCSS) | Sunny Chua (CCSS)  
Johnson Kow (TTSH) | Lena Lye (TTSH)



## Project Synopsis

Care Community Services Society (CCSS) in collaboration with TTSH-Community Health Team (CHT) to advocate and assist with actualising Advanced Care Planning (ACP) in the community for vulnerable seniors.

## Reason

It is important to create opportunities for ACP conversations among older people as seniors have a higher incidence of multiple comorbidities, cognitive impairment and hospitalisation as compared to other age groups.

## Project Details

CCSS collaborated with TTSH-CHT to identify seniors that are living alone in rental flats without next-of-kin, to prepare plans while they are still well and cognitively able to do so.



An ACP advocacy session is being conducted by TTSH-CHT to encourage seniors to think about what is important and what matters to them





CCSS identify seniors who expressed readiness and interest in documenting ACP will be given an appointment to be seen by TTSH-CHT



TTSH-CHT to understand what matters to the senior and proceed to actualise ACP if the senior is ready



TTSH-CHT conducts basic geriatric assessment to pick up any other medical and/or social related issues and queries (e.g. Lasting Power of Attorney)



Upon completion of ACP with TTSH-CHT, CCSS offers a 'after-life' photography session

## Project Outcomes



Started from Nov 2021



35 ACP actualised

## Challenges



Receptiveness and readiness



End of Life (EOL) care choices

## Conclusion

Team will continue to find suitable opportunities and seniors through outreach efforts to increase ACP uptake in the community.

## Learning points

Through the ACP conversations, it is easy for the community nurse/MSWs to build relationships with the residents at a deeper and personal level.