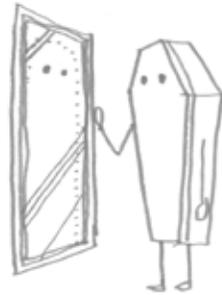


ACTIVITY



Death is a natural part of life. Talking about dying can remind us how we want to live and what is important to us. The sooner we get comfortable about facing it, the easier it is to adequately prepare for that final journey - for ourselves and with our loved ones.

Take some time to think about the following questions. What would your answers be?



SUPPORT AND RESOURCES

Advance care planning (ACP) is for everyone, regardless of age or state of health. ACP conversations are opportunities to discuss, reflect and decide on the type of healthcare treatments you may or may not want. By voicing your preferences now, you are helping your loved ones and healthcare team make healthcare decisions on your behalf, in your best interests, if you are unable to do so yourself.

For more information about ACP, please visit www.livingmatters.sg

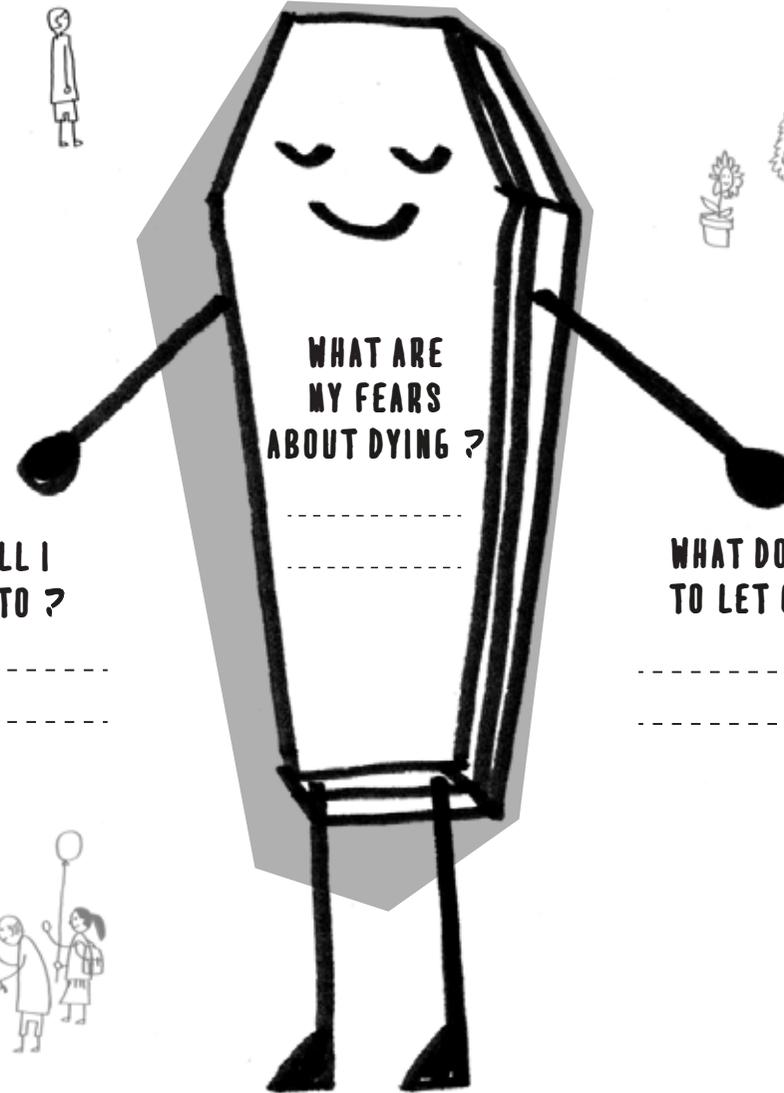
For more resources, please visit www.bothsidesnow.sg

Care Corner Hotline

Members of the public with questions or concerns about death and dying, hospice palliative care, or who simply wish to have someone to talk to about these issues, can call this Mandarin hotline - **1800 3535 800** - seven days a week from 10am to 10pm (except on public holidays)



WHO DO I TRUST TO MAKE DECISIONS FOR ME ABOUT MY END-OF-LIFE CARE ?



WHAT WILL I HOLD ON TO ?

WHAT DO I NEED TO LET GO OF ?



WHERE DO I WANT TO DIE ?

