

## Talks on advance care planning for seniors

**Melody Zaccheus**

Retired tailor Lee Tiang Chu drew up her will in her 60s and, now aged 74, admits that she is “not scared to die”.

“Everything is fated,” she said. “I

wanted to get my end-of-life affairs sorted so that I will not burden my children with these decisions and avoid complications in the future.”

Ms Lee’s views were echoed by 122 of 194 seniors who expressed interest in learning about arranging end-of-life affairs in a survey car-

ried out by the Chinese Development Assistance Council (CDAC).

As a result, its Fulfilling Ageing Programme will hold three talks in Mandarin this year on advance care planning, the first of which will take place on May 26 at its Tanjong Katong headquarters. It will cover is-

suues like speaking to family members about how they would like their health and affairs to be managed.

Last year, 2,760 seniors attended activities under the programme, including three information-sharing sessions which focused on the CPF scheme and related issues.

Programme chairman, Marsiling-Yew Tee MP Alex Yam, said that although a lot of seniors have set money aside for funeral expenses, some may not be well prepared. He was speaking to the media on the sidelines of a CDAC and Singapore Federation of Chinese Clan Associa-

tions’ lunch reception for 520 seniors from six voluntary welfare organisations at HarbourFront Centre yesterday. He said: “Culturally, we don’t talk so much about that (end-of-life issues). But I think the elders are acknowledging it a bit more and are prepared to discuss it. We want to play our small part in ensuring the elders have fewer things to worry about.”

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## 华助会推出华语讲解会 助年长者了解临终课题

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华社自助理事会下个月起推出一系列针对临终课题的华语讲解会，协助年长者对预先护理计划、立遗嘱及身后事进行思考和规划。

华助会自2014年举办了一系列讲解会，协助年长者了解建国一代配套、持久授权书及终身健保等民生政策。去年，华助会也透过一项协助乐龄过充实及精彩晚年的“幸福乐龄计划”，举办数场有关公积金课题的分享会。

下个月起，华助会准备就临终课题推出新系列讲解会，涵盖预先护理计划、立遗嘱的重要性，及探讨身后事的需求等课题。讲解会旨在协助年长者及家人或看护者，了解老人家对未来医疗及护理等方面的意愿，以做适当规划。

华助会幸福乐龄委员会主席任梓铭昨天在华助会“关怀乐龄计划”午餐会上受访时说，华助会收集参与幸福乐龄活动年长者的反馈，拟定新系列讲解会探讨的课题。这些反馈反映出，除了民生政策，年长者对人生课题也感兴趣，许多乐龄人士也并不那么避讳临终课题，反而希望取得更多信息。

任梓铭说，临终事宜最终是个人的决定，华助会举办讲解会不是要告诉年长者应怎么做，而是希望循序渐进地分享相关的信息，让年长者和家人做最适合自己的临终事务安排。

华助会将同护联中心（AIC）合作，率先就预先护理计划举办三场讲解会，第一场将在5月26日于丹戎加东路的华助会总部举行。另两场在8月和10月举办。

出席昨天午餐会的林月花（72岁，清洁工）向来对临终课题持开放心态，单身的她数年前立了遗嘱，也交代弟弟如何办理她的身后事。尽管如此，她受访时表示对新系列讲解会感兴趣。“我想知道预先护理计划的信息，以更好地向家人交代我的意愿。”

今年共有630名义工参与由华助会和新加坡宗乡会馆联合总会推行的“关怀乐龄计划”，他们陪同来自六个志愿福利团体的520名年长者到港湾中心的万兴酒楼享用午餐，过后续程新加坡摩天观景轮。

昨天活动主宾是教育部长（高等教育级技能）、华助会董事会主席王乙康。出席活动的包括宗乡总会会长蔡天宝。