Advance Care Planning

Plan for your health and personal care



agency for integrated care

What is Advance Care Planning



Advance Care Planning (ACP) is about putting your values and care preferences into words.

In the event that you are unable to make decisions or speak for yourself, the ACP will help your loved ones and healthcare team act in your best interests based on your wishes.

**ACP is different from Advance Medical Directive (AMD). AMD is a legal document for persons above 21 to refuse extraordinary life-sustaining treatment if terminally ill and unconscious, ensuring their wishes are honoured. ACP is a guide for your loved ones and healthcare team, outlining your healthcare preferences and allowing you to appoint up to two Nominated Healthcare Spokespersons (NHS) to speak on your behalf.*

Plan Ahead with myACP
Take the first step in your ACP journey

Why ACP Matters

A quality ACP benefits:



Yourself



Your loved ones & caregivers



Your healthcare providers

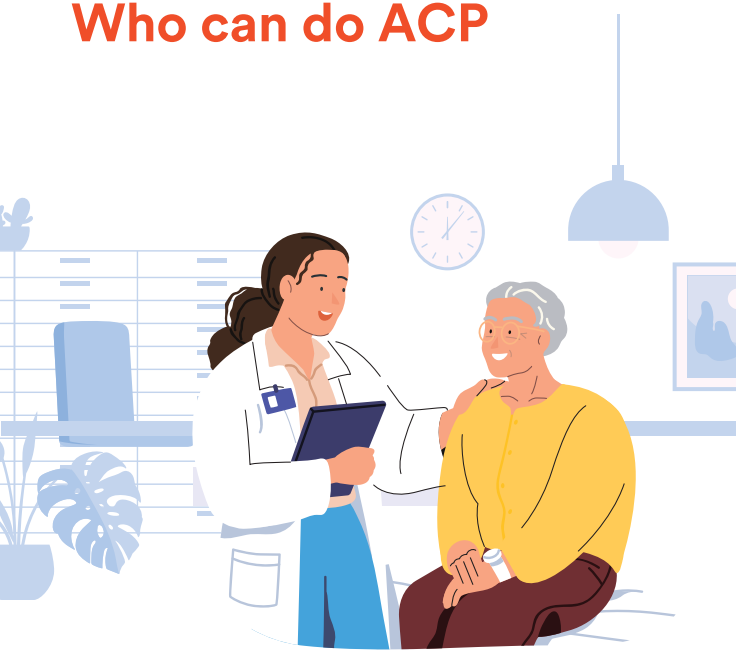
ACP helps to:

Enhance quality of life by aligning with your values, foster dignity and well-being.

Strengthen trust between yourself, your loved ones, and healthcare providers.

Increase individual and family satisfaction by reducing stress, helping you and your loved ones prepare for future decisions.

Who can do ACP



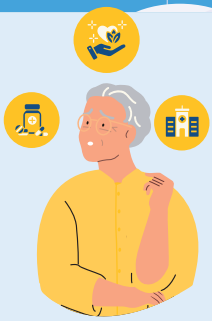
ACP is for anyone 21 years old* and above who has the capacity to make their own decisions, regardless of whether you are healthy or living with a health condition.

Everyone has values and preferences for how they want to be treated. It's important to think about them and plan early.

ACP is particularly important for people who are living with a health condition. Consult your regular doctor if you have chronic conditions like diabetes, heart disease or chronic kidney disease.

**If you are under 21 years old and have a health condition, speak to your healthcare team to learn more about ACP.*

4 Simple Steps to Get Started



Step 1

Reflect on what you want

(Quality of life, and the medical treatment you are comfortable with)

Step 2

Relay to your Nominated Healthcare Spokesperson (NHS)

Your NHS (aged 21 and above) will speak on your behalf about your healthcare preferences when you are no longer able to do so. Your NHS should be:

- Respectful of your wishes, able to make decisions under stress, and reachable in emergencies
- Able to communicate effectively with the healthcare team



Step 3

Record your digital ACP anytime, anywhere

1. Scan QR code and log in via Singpass.
2. a. Provide your health information
   b. Document your care preferences
   c. Appoint up to 2 NHS
3. NHS accept the appointment by logging in to My Legacy via Singpass.

myACP will then be automatically registered in National Electronic Health Record (NEHR).

Step 4

Review your ACP e.g. at significant life stages to reflect your most current preferences. You may make changes to your ACP as long as you have mental capacity. Remember to update your NHS of any changes too.

Start a new ACP or book an appointment with an ACP facilitator to update your preferences.

If you prefer face-to-face support, you may also book an appointment with an ACP facilitator.

Your ACP will also be registered in NEHR post-discussion with your facilitator.

Note: Some service providers may charge a fee - please check with them directly.



ACP Community Nodes



ACP Community Nodes (CNs) are community-based service providers that help the generally well population to complete their ACPs.

Physical sites

SATA CommHealth
- 6244 6688
- acp@sata.com.sg
- Ang Mo Kio, Bedok, Kallang, Jurong East, Sengkang, Tampines, Toa Payoh, Woodlands

Society of Sheng Hong Welfare Services
- 6239 0936
- acp@shenghong.org.sg
- Hougang, Toa Payoh

Montfort Care
- 9734 0617
- acp@montfortcare.org.sg
- Bedok, Bukit Merah, Marine Parade, Tampines, Outram, Yishun

Home Nursing Foundation
- 6854 5555
- acp@hnf.org.sg
- Hougang, Toa Payoh

Fei Yue Community Services
- 9837 0605
- acp@fycs.org
- Choa Chu Kang, Buangkok, Chinatown

Lions Befrienders Service Association
- 6681 4020
- acp@lb.org.sg
- Clementi, Queenstown

Sunlove Abode for Intellectually Infirmed Ltd
- 8959 7984
- acp@sunlove.org.sg
- Ang Mo Kio, Bedok, Bukit Merah, Geylang, Hougang, Novena, Woodlands

Need Help? Talk to Us
Book a session with an ACP facilitator to guide you through the process

The Heart of Care



Click
www.aic.sg



Call
1800 650 6060



Visit
AIC Link

The Agency for Integrated Care (AIC) aims to create a vibrant care community for people to live well and age gracefully. AIC coordinates and supports efforts in integrating care to achieve the best care outcomes for our clients.

We reach out to caregivers and seniors with information on staying active and ageing well, and connect people to services they need.

We support stakeholders in their efforts to raise the quality of care, and also work with health and social care partners to provide services for the ageing population. Our work in the community brings care services and information closer to those in need.

Information updated as of Dec 2025.