

Future Care Planning

**Enabling caregivers and their
loved ones with disabilities to
make decisions for tomorrow.**

Planning Ahead is An Act of Love

The heart of Future Care Planning

Future Care Planning is about journeying together with your loved ones with disabilities today to prepare for tomorrow, especially for when you can no longer care for them.

Whether it is yourself, your child or sibling with disability, Future Care Planning sets into motion the hopes and aspirations that lay ahead.

We all need peace of mind and assurance that those we love will continue to be cared for and lead fulfilling lives.

“When should I be thinking about future care?”

Now's The Time.

Life may be manageable today, yet we cannot be certain what tomorrow brings. But we can always be prepared.

A first step can help you gain confidence in planning for your loved ones. There is always room to explore and adjust along the way.

It starts with 5 domains



Build a Resilient Care Plan

Phase 1: Assessing current situation

"How are we coping?"
"How long can we keep on going?"

Phase 2: Making decisions together

"Have I spoken to my loved one about what is important to him/her?"
"What do we hope our future to be like?"

Phase 3: Putting a plan in place

"What do we have (e.g. assets, support networks)?"
"What do we need to do (e.g. plan for spending, living arrangements)?"
"Who can I entrust to be part of my care team?"

Meaningful Engagement

Consider how your loved one is spending their time every day. These are some types of activities they might be interested in.

Recreational activities

Community participation

Lifelong learning and employment



Explore: Respite Care Options for Caregivers

Dear caregivers, your needs are just as important! Your loved ones are best cared for when you are well. Consider respite care options for yourselves as you look after your loved ones.

Relationships

Consider the people who are important to your loved one. This community is essential for their social and emotional well-being.

Family, friends, neighbours, teachers, and day centre staff

Build connections

Sustaining relationships in the long term

Peer support for persons with disabilities and the family



Housing and Daily Living

Consider who will continue taking care of your loved one and where they will live in the long term.

Independent living skills

Place of stay

Sustaining care arrangements



Explore: Deputyship

Dear caregivers, navigating daily living and housing decisions can be complex. If your loved one lacks mental capacity to make legally binding decisions, such as consent for care or housing arrangements, consider applying for deputyship to act in their best interest.

Medical and Healthcare

Consider how your loved one gets help when they are sick. Think about the following.

Prepare for medical emergencies

Build a long-term relationship with a trusted doctor for continued care

Advance Care Planning

Appointed person speaking to the doctor on your loved one's behalf



Financial

Identify your loved one's current and future care needs. Plan for spending, and explore financial services and tools that can help meet these needs and plans.



Special Needs Savings Scheme

Special Needs Trust

Insurance policies

Government schemes and subsidies

Explore: Will

Dear caregivers, you may wish to make a will to indicate how you want your assets to be managed for your loved ones upon your passing. Consider getting support from a professional to help you write the will, so that your wishes are clearly and properly recorded.

Let's Start Your Future Care Planning Journey

While the journey may be long and winding, it begins with a single step.

Take the first step *today!*

Planning ahead is an act of love. You are not alone. Kickstart conversations about Future Care Planning with your family, link up with fellow caregivers, and find guidance along the way.



Find out more at:
futurecareplanning.sg

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