

TAN TOCK SENG HOSPITAL

Volunteer Programmes and Patient Support Groups

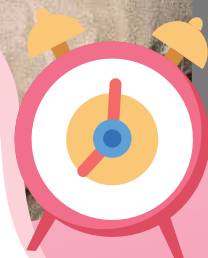




Night Sitters Programme

The Night Sitters Programme was initiated in 2007 with the aim of befriending and monitoring patients who are at risk of falling during night time.

Our volunteers provide companionship and support to patients, by giving them a sense of assurance as they accompany them through the night. Night Sitters also provide timely observations and feedback of the patients to nurses for follow-up, allowing nurses to attend to more complex cases.



Activities

- Befriend and watch over fall-risk patients, and ensure their safety
- Prevent patients from feeling anxious and help put them at ease, especially those who get restless at night and are unable to sleep in unfamiliar environments
- Observe patients and feedback to nurses on any unusual behaviour
- Attend to patients' needs



Frequency & Location

**Monday to Sunday
(Based on volunteer's availability):**

9.00pm to 12.00am
Or
4.00am to 7.00am

Tan Tock Seng Hospital Ward 7D



Join us if you

- Like to stay up late
- Can only volunteer after working/ schooling hours
- Love interacting with seniors
- Are able to commit to a regular shift schedule



Age Requirement

- 18 years old and above



Palliative Care Befrienders

Palliative care specialises in holistic biopsychosocial-spiritual care for patients who are living with a terminal or life-limiting illness.

Palliative Care Befrienders offer companionship and emotional support to these patients, which also help alleviate stress and isolation for their caregivers. By regularly visiting and engaging in activities, the befrienders help brighten the patients' days in the ward.



Activities

- Befriending, and providing companionship and a listening ear to patients/families
- Conducting games and activities (e.g. making handicrafts)
- Running errands for patients
- Bringing patients from their home to the hospital for medical appointments
- Organising festive celebrations (e.g. Christmas, Mother's Day, etc.)
- Post-bereavement follow-up
- Assist in patient's legacy work
- Photography
- Ward improvement (e.g. wall art)
- Events (e.g. World Hospice & Palliative Care Day, Annual Memorial Service)
- Interest/hobby sharing (e.g. flower arrangements, singing, playing an instrument)



Frequency & Location

Monday to Friday (Based on volunteer's availability):
Between 9.00am to 5.00pm

Communicable Disease Centre (CDC) 2, Ward 83 Palliative Care Ward
Tan Tock Seng Hospital Ward 9



Age Requirement

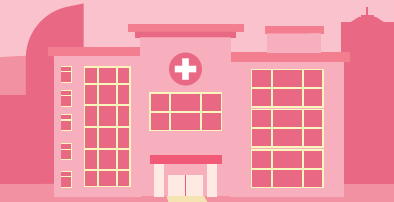
- 21 years old and above



Join us if you

- Are comfortable with talking about life and death issues
- Enjoy interacting with people from diverse backgrounds
- Are able to commit on a regular basis
- Are able to commit to assigned patients





Patient Buddies

Patient Buddies provide befriending and assistance to patients during their medical appointments at Tan Tock Seng Hospital.

Our volunteers ensure the safety of patients during their travels and provide companionship, playing a vital role in supporting patients' well-being.



Activities

- Accompany patients to their medical appointments at TTSH and back home
- Assist patients with appointment-related services in TTSH where necessary (e.g. registration, collection of medication etc.)



Join us if you

- Enjoy interacting with people from diverse backgrounds
- Are able to speak a dialect (will be an advantage, but not compulsory)
- Are comfortable and physically able to travel to multiple locations with patients who may require wheelchair assistance
- *Training on wayfinding and wheelchair handling will be provided



Frequency & Location

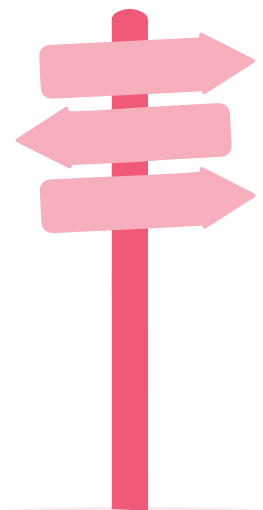
Monday to Friday:
8.00am to 6.00pm
(Volunteers will select their schedule based on patient's appointment schedule)

To and fro from patient's home and various locations within TTSH



Age Requirement

- 18 years old and above





Survivor Camp Befrienders

Survivor Camp Befrienders is a volunteer group that was formed in 2007. Its members, consisting of young adults, working people, seniors and youth, are committed to spending time with patients.

Our Befrienders engage patients through music, songs and other interactive activities to uplift their mood and bring hope and joy to their stay.



Activities

- Engage the patients through music and songs
- Provide companionship and a listening ear to patients



Join us if you

- Enjoy caroling and interacting with people from diverse backgrounds
- Have a desire to bring joy and hope to patients in the wards



Frequency & Location

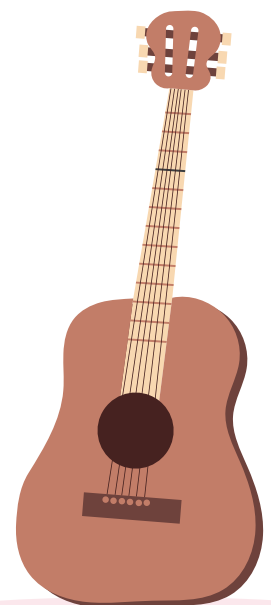
Every first and third Thursday of the month:
7.00pm to 9.00pm

Tan Tock Seng Hospital Ward 7



Age Requirement

- Between 16 to 60 years old



TBCU Befrienders

TBCU Befrienders provide companionship, games, and activities to patients recovering from tuberculosis who are no longer infectious but have to stay in the hospital for further monitoring. They help to alleviate the patients' isolation and loneliness during their prolonged hospital stay, boosting their morale and aiding in their recovery.



Activities

- Provide companionship and a listening ear to patients
- Engage patients in games and other interactive activities
- Interest/hobby sharing (e.g. singing, reading)



Join us if you

- Enjoy interacting with people from diverse backgrounds



Age Requirement

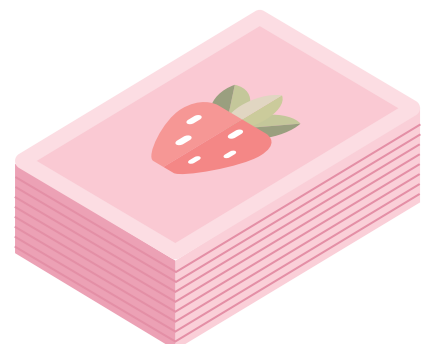
- 18 years old and above



Frequency & Location

Tuesday:
2.00pm to 4.00pm

National Centre for Infectious Diseases (NCID), Ward 14F





Volunteer Guiders Programme

The Volunteer Guiders Programme was created in 2012 to assist patients, their caregivers and visitors in navigating the Hospital. Our volunteers also provide support to elderly and frail patients who may not have caregivers to accompany them.

Our dedicated Guiders accompany patients and visitors to ensure they reach their destinations safely.



Activities

- Direct patients and visitors from main entrances and drop-off areas at Tan Tock Seng Hospital to various locations within the Hospital
- Offer wheelchair assistance where necessary



Join us if you

- Enjoy interacting with people from diverse backgrounds
- Are passionate to help others in need
- Are comfortable and physically able to be on your feet and walk to multiple locations with patients who may require wheelchair assistance
- *Training on wayfinding and wheelchair handling will be provided



Frequency & Location

Monday to Friday
(Based on volunteer's availability):
Between 9.00am to 5.30pm



Age Requirement

- 18 years old and above

