

TAN TOCK SENG HOSPITAL

Volunteer Programmes and Patient Support Groups





Eye Clinic Volunteer Programme

The Eye Clinic Volunteer Programme equips volunteers with healthcare-related skills to educate and empower patients and caregivers in proper eye care.

Volunteers help reinforce patients' understanding of complex eye screening tests (e.g. Visual Field Test) and provide them a positive experience at the clinic through befriending.



Activities

Care Navigators and Befrienders:

- Assist in registration for patients
- Help in wayfinding/ navigating and orientation in the clinic
- Identify patients with fall risks
- Assist with screening questions

Patient Education Ambassadors:

- Reinforce patients' understanding of complex eye screening tests such as the Visual Field Test



Join us if you

- Are keen to learn and apply healthcare-related skills to help patients in the Hospital
- Enjoy interacting with people from diverse backgrounds



Age Requirement

- 18 years old and above

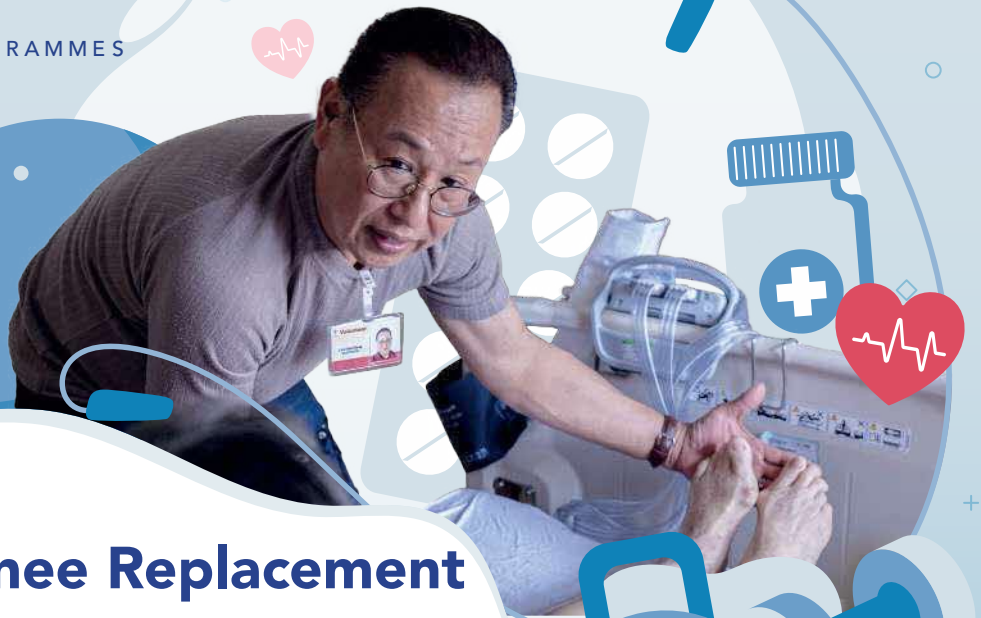


Frequency & Location

Monday to Friday:
9.00am to 12.00pm
Or
1.30pm to 3.30pm

Tan Tock Seng Hospital
Eye Clinic 1A and
TTSH Eye Centre





Inpatient Total Knee Replacement Volunteer Programme

The Total Knee Replacement (TKR) Volunteer programme equips volunteers with health-related skills to befriend and support TKR inpatients through their recovery journey. Volunteers serve as exercise buddies and pre-operative educators, providing guidance and advice to address patient fears and concerns.

The programme empowers patients, enhancing their confidence and motivation to perform rehabilitative exercises after surgery, with the ultimate aim of improving their recovery process.



Activities

- Befriending

TKR Exercise Buddy:

- Carry out simple rehabilitation exercises with patients in recovery

TKR Pre-Operative Educator:

- Explain, guide and motivate patients on what to expect during and after surgery
- On-the-job learning, hands-on-training and observations in the TKR recovery ward



Join us if you

- Are keen to learn and apply healthcare-related skills to help patients in the Hospital
- Enjoy interacting with people from diverse backgrounds



Age Requirement

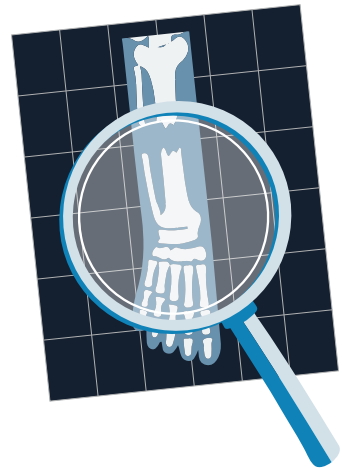
- 18 years old and above



Frequency & Location

Monday to Friday:
Between 10.30am to 5.00pm

Saturday, Sunday and Public Holiday:
Between 9.00am to 12.00pm





Hand Occupational Therapy Stewardship Volunteer Programme

The Hand Occupational Therapy (OT) Stewardship Programme equips volunteers with health-related skills to support patients with hand injuries in the OT clinic. They assist with patient-related care activities and help patients to achieve maximum independence in Activities of Daily Living (ADL).

Our volunteers play an important role in ensuring a successful rehabilitation journey for patients.



Activities

- Help with heat modalities treatment setup
- Help with hand splints strap adjustments
- Administration of clinical outcome measures
- Guide patients in upper limb exercises
- Educate patients on the care and use of hand supports



Join us if you

- Are able to speak English and/or Mandarin, dialects are a bonus
- Are able to read and write
- Do not have skin sensitivity
- Are keen to learn and apply healthcare-related skills to help patients in the Hospital
- Enjoy interacting with people from diverse backgrounds

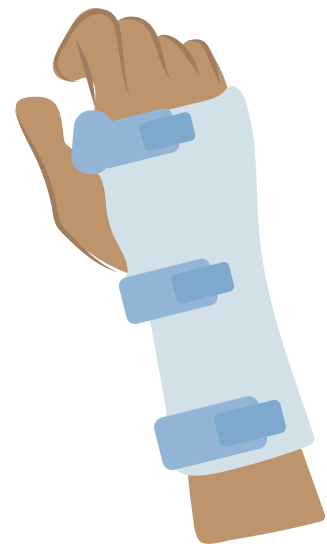


Frequency & Location

Monday to Friday:
10.00am to 12.30pm
Or
2.30pm to 4.30pm
(Flexible arrangements available)

At least **twice a month**

Tan Tock Seng Hospital
Clinic B1C Occupational
Therapy Department



Age Requirement

- 18 years old and above



HEaling ART Ambassadors Programme

The HEaling ART (HEART) Ambassadors Programme trains volunteers to engage palliative care patients through art-making at the bedside, with the support of an Art Therapist. Art activities encourage patients to express their thoughts and emotions, while volunteers serve to communicate, listen, and provide a platform for social connection in the wards.



Activities

- Hands-on activities (e.g. art-making)



Age Requirement

- 18 years old and above



Join us if you

- Are comfortable with engaging Palliative patients
- Are keen to learn and apply healthcare-related skills to help patients in the Hospital
- Enjoy interacting with people from diverse backgrounds
- *Volunteers will need to undergo a four-week training with an Art Therapist

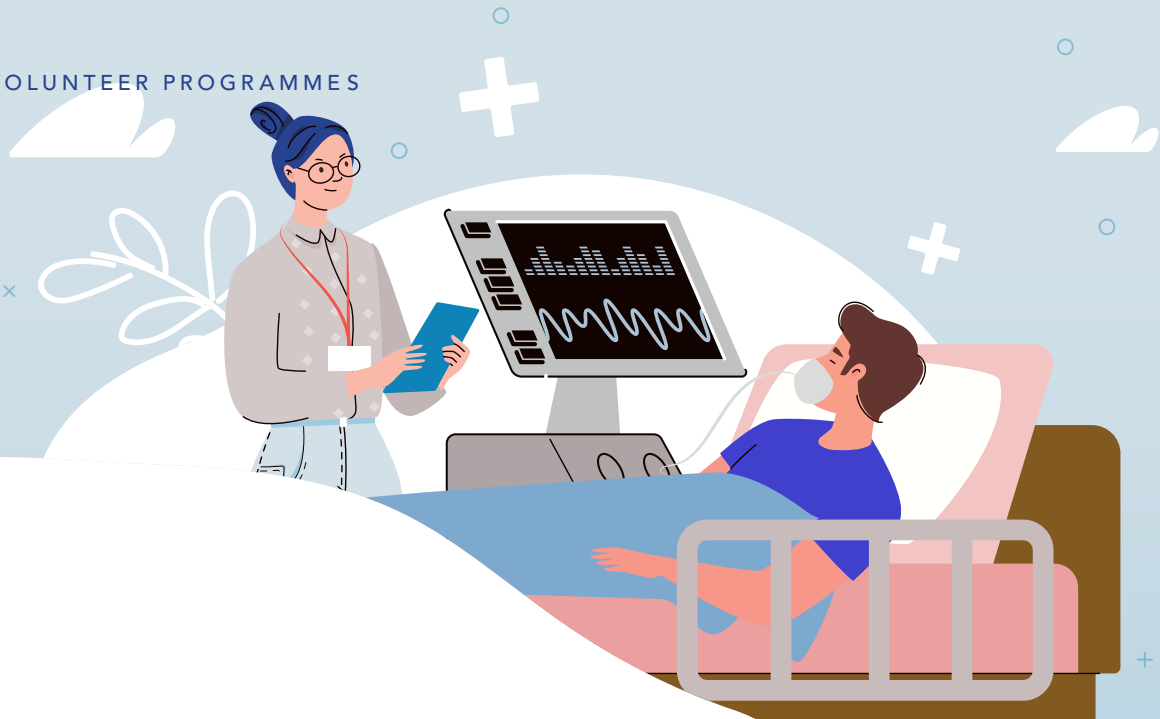


Frequency & Location

Tuesday, Wednesday and Thursday:
11.00am to 3.00pm

Tan Tock Seng Hospital
Sub-acute Ward 9, Ren Ci
Community Hospital





HVRSS Heroes

The HVRSS Heroes programme provides support and respite care to patients heavily dependent on mechanical ventilators, and their caregivers. These patients have complex medical needs, requiring daily care for tasks like hygiene and feeding.

Our volunteers work closely with the healthcare team to learn basic care for these patients, allowing caregivers to have short breaks for rest and errands. The aim is to ensure that patients receive the care they need while also supporting their caregivers.



Activities

- Provide respite and caregiver relief by assisting caregiver in meeting the patient's care needs, such as feeding, bed sponging, toileting
- Befriending



Join us if you

- Have prior healthcare experience (e.g. retired medical staff)
- Have personal caregiving experience to home ventilator users
- Are comfortable to be based in patient's home for the volunteering duration



Frequency & Location

Ad-hoc and on demand basis

Patient's home



Age Requirement

- 21 years old and above





Namaste Care Volunteer Programme

The Namaste Care Volunteer Programme offers tailored multi-sensory activities designed for individuals with advanced dementia and customised to their unique preferences and interests.

Our volunteers receive comprehensive training on dementia care and are based in the wards to provide personalised support to patients. By fostering genuine relationships with those under their care, volunteers offer comfort and companionship to those with advanced dementia.



Activities

- Aromatherapy
- Music Therapy
- Touch Therapy
- Visual Therapy



Join us if you

- Are keen to learn and apply healthcare-related skills to help patients in the Hospital
- Enjoy interacting with people from diverse backgrounds
- Are comfortable with having physical contact with patients (i.e. during Touch Therapy)



Frequency & Location

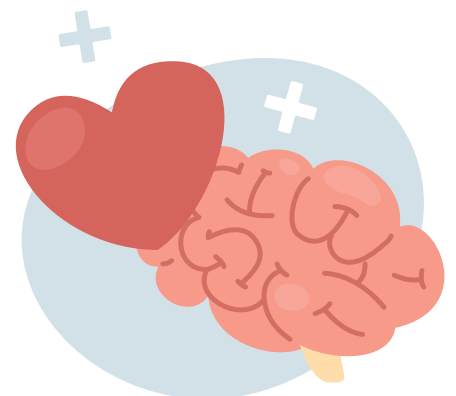
**Monday to Friday
(Based on volunteer's availability):**
2.00pm to 5.00pm
(Timing and duration depends on volunteer's availability)

Tan Tock Seng Hospital
Sub-acute Ward 9, Geriatric
Monitoring Unit, Ren Ci
Community Hospital



Age Requirement

- 18 years old and above





Pharmtastic Heroes

Pharmtastic Heroes was launched in March 2022 to support Tan Tock Seng Hospital (TTSH) Outpatient Pharmacy with medication packing and refills. The Pharmacy handles a high volume of prescriptions and medication delivery orders from patients daily, hence, our volunteers play an integral role to reduce patients' waiting time for medications.

Volunteers also gain valuable insights into the behind-the-scenes of a Pharmacy and first-hand experience in the medication supply process.



Activities

- Pack and assemble medications according to prescription and order
- Replenish medication and ancillary items in the Pharmacy
- Handle the topping up of medication boxes into the automation system
- Other non patient-facing tasks assigned by Pharmacists



Join us if you

- Are physically fit to stand, bend and move around
- Have good eyesight to read medication labels
- Are comfortable to work in a fast-paced environment
- Are tech savvy (will be an advantage, but not compulsory)
- Enjoy interacting with people from diverse backgrounds



Frequency & Location

Two shifts per week based on schedule and rostering

Shift Timings
Monday to Friday
Weekday AM:
9.30am to 12.00pm

Monday to Friday
Weekday PM:
2.00pm to 5.00pm

Saturday AM:
9.30am to 12.00pm



Age Requirement

- 18 years old and above

