

Resource Directory for Caregivers

Caring for a loved one at the end of life can feel especially overwhelming. To support you during this time, MWS Home care and Home Hospice (HCHH) has curated a list of trusted websites* to help guide you as you care for your loved one in their final stage.

Simply click on the relevant topics to be directed to an external website.

**Note: These resources serve only as a guide. Please consult MWS Home Hospice nurse in charge for more enquiries.*



Symptom Management

[How to Manage Pain](#)

[Managing Pain and Other Symptoms](#)

[Managing Your Breathlessness Booklet](#)

[Nutrition in Advanced Illnesses](#)

[Nutrition in Palliative Care](#)

Medication Administration

[How to apply Transdermal Fentanyl Patch](#)

[How to give subcutaneous injection under the skin](#)

[How to administer rectal enema](#)

[Subcutaneous Injection](#)

[How to administer suppositories](#)

Opioids in Palliative Care

[Opioids](#)

[Opioids in Palliative Care - A Quick Guide for Patients and Caregivers](#)

[5 common myths about opioids](#)

General Knowledge

[End-of-Life Care at Home: A Caregiver Guide](#)

[Inpatient Hospice and Palliative Care Wards in Community Hospitals](#)

[Understanding the final hours](#)

[Providing care through the final days](#)

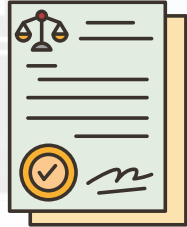


Important Decisions

Organise important documents

My Legacy Vault

Make a lasting power of attorney.



Advance Care Planning Resources by AIC

Deputyship

Advance Care Planning by Health Hub

What Matters to Me (Ariadne Labs)

Write a will



Grief and Post-death

Grief Before Loss - Navigating Anticipatory Grief

Download death certificates

Caring for Yourself and Others After a Death

When Death Happens

Other Topics

Wound care at home

Low Blood Sugar (Hypoglycemia)

Aseptic Technique (Wound dressing)

Basic Nursing Care

Body Mechanics: Positioning, Moving and Transfers

Bed Sponge (Bed Bath) - Eldercare Training Video

Changing the Sheets while a Patient Remains in Bed)

Caregiver Video Series: Turning and Positioning

Diapering a Patient Sequence by Angelic.health (How to change diapers)

Positioning for Comfort to Lie on the Side

Moving a Patient Up in Bed with a One - Person Assist

Transfer a patient from bed into a wheelchair with 1-person assist.

Oral care, Secretions, Hydration, and Nutrition for Hospice Patients

Namaste Care for Caregivers

