



Arthur Rank Hospice Charity

*making every moment count*

# Preferred Priorities for Care

An advance care plan

## Patient Information

**Arthur Rank Hospice  
Specialist Palliative Care**

## What is the Preferred Priorities for Care (PPC) document?

The PPC document can help you prepare for the future. It gives you an opportunity to think about, talk about and write down your preferences and priorities for future care. You do not need to do this unless you want to.

The PPC can help you, your family, friends and professionals to understand what is important to you when planning your care. This may include both preferences for the type of care you would wish to receive and where you would like to be cared for. If a time comes when, for whatever reason, you are unable to make a decision for yourself, anyone who has to make decisions about your care on your behalf will have to take into account anything you have written in your PPC.

Sometimes people wish to refuse specific medical treatments in advance. The PPC is not meant to be used for such legally binding refusals. If you decide that you want to refuse any medical treatments you should consider completing a document called an Advance Decision to Refuse Treatment (ADRT). It would be advisable to discuss this with your doctors.

## Should I talk to other people about my PPC?

You may find it helpful to talk about your future care with your family and friends, although sometimes this can be difficult because it might be emotional or people might not agree. It can also be useful to talk about any particular needs your family or friends may have if they are going to be involved in caring for you. Your professional carers (like your nurse or social worker) can support you and your family with this.

When you have completed your PPC document you are encouraged to keep it with you and share it with anyone involved in your care, both at home and in hospital. Unless people know what is important to you, they will not be able to take your wishes into account. When you complete a PPC document, we will routinely inform your GP and other healthcare professionals involved in your care. If you do not want this information shared, please tell the person who gives you the document.

## **What should I include in my PPC?**

You should include anything that is important to you, or that you are worried about. It is a good idea to think about your beliefs and values, what you would and would not like, and where you would like to be cared for in the future.

## **Can I change my mind?**

Your views may change over time. Because you keep the PPC with you it is simple to change what you have written whenever you wish to. It is advisable to review your PPC document regularly to make sure that it still reflects what you want.

## **Will my preferences and priorities be met?**

What you have written in your PPC document will always be taken into account when planning your care. However, sometimes things can change unexpectedly and preferences cannot always be met. For example, your carers may become over-tired or ill, or resources may not be available to meet a specific request.

## How do I obtain a PPC document?

Contact:

Your GP or district nurse

You can also download a copy from:

[www.endoflifecareforadults.nhs.uk](http://www.endoflifecareforadults.nhs.uk)

If you have any further questions or concerns about the PPC, or would like help in completing the document, please ask your GP or district nurse, or any other member of the community team.

## Useful contact details?

### **For supportive and palliative care information:**

Hospice information service:

[www.hospiceinformation.info](http://www.hospiceinformation.info)

### **For social care and carers support:**

Cambridgeshire County Council

Telephone: 0845 0455200 (General enquiries)

[www.cambridgeshire.gov.uk/social](http://www.cambridgeshire.gov.uk/social)

### **For general, financial and benefits advice:**

Citizens Advice Bureau

Telephone: 0844 848 7979 (advice line)

Macmillan Cancer Support: 0800 500 800

### **For legal information:**

Citizens Advice Bureau 0844 499 4120

Mental Capacity Act / Lasting Power of Attorney

[www.publicguardian.gov.uk](http://www.publicguardian.gov.uk)

### **For Advance Decision to Refuse Treatment (ADRT):**

[www.direct.gov.uk](http://www.direct.gov.uk) or [www.ageconcern.org.uk](http://www.ageconcern.org.uk)

**For further information about this service contact:**

Arthur Rank Hospice Charity  
Cherry Hinton Road  
Shelford Bottom  
Cambridge  
CB22 3FB

Tel No: 01223 675777

**If you have any concerns about this service  
or suggestions for improvements  
contact  
Arthur Rank Hospice Charity on  
01223 675777**

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service using the details on the inside back cover.

**Polish:** Jeżeli potrzebujesz tych informacji w innym formacie, jak na przykład w dużej czcionce, w formacie audio lub w innym języku, prosimy o kontakt z Arthur Rank Hospice Charity pod numerem telefonu: 01223 675777, lub za pośrednictwem poczty elektronicznej pod adresem: [feedback@arhc.org.uk](mailto:feedback@arhc.org.uk)

**Portuguese:** Se precisar desta informação em formato diferente, tal como impressão em letra grande, cassette áudio ou noutra língua, por favor contacte o Arthur Rank Hospice Charity através do telefone 01223 675777, ou pelo e-mail : [feedback@arhc.org.uk](mailto:feedback@arhc.org.uk)

**Russian:** Если данная информация требуется в другом формате, например крупным шрифтом, аудиозаписи или на другом языке – просим обращаться в Arthur Rank Hospice Charity, по телефону 01223 675777, или по электронной почте по адресу: [feedback@arhc.org.uk](mailto:feedback@arhc.org.uk)

**Cantonese:** 本資料亦以特大字體、錄音形式或其它語文提供，如有需要，請聯絡劍橋郡社區服務國家健康信託（Arthur Rank Hospice Charity）電話01223 675777

**Turkish:** Eğer bu bilgininin kendi dilinizde çevirisini (ya da daha büyük harflerle baskısını veya kasete kayıtlı halini) isterseniz, lütfen Cambridge Bölgesi Kamu Hizmetleri Ulusal Sağlık Hizmeti Birimini (Arthur Rank Hospice Charity) no'lu telefon 01223 675777, veya e-posta yoluyla da: [feedback@arhc.org.uk](mailto:feedback@arhc.org.uk)