Palliative care

Preferred priorities for care and advance care plan

What is the preferred priorities for care (PPC) document?
The PPC 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, the preferences you have expressed in this document will guide those making decisions about your care.

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 writing an advance decision to refuse treatment (ADRT) and 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 help and support you and your family with this.

How do I obtain a PPC document?
Contact:

- Addenbrooke’s hospital team or a specialist nurse who has been involved in your care, or:
- Addenbrooke’s palliative care team
  Elsworth House, Box 63
  Addenbrooke’s Hospital
  Cambridge University Hospitals NHS foundation Trust
  Hills Road
  Cambridge
  CB2 0QQ
  01223 274404
Who should I contact for further information?
If you have any further questions about the PPC or would like help in completing the document, please ask your own Addenbrooke’s doctors and nurses, speak to your GP or community nursing team or contact the Addenbrooke’s palliative care team (see above).

Feedback on the PPC
We would like to hear any comments you and your carers have about this document (is it easily understood? Are we asking you for the right information? Were you given appropriate help to fill it in?). We may contact you at a later date to ask if you would be prepared to talk about this with us.

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. You can change what you have written whenever you wish to, and 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 guide those involved in 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.

Useful contact details
For general hospital enquiries or complaints:
- Patient Advice and Liaison Service (PALS)
  Telephone: 01223 216756/257257
  pals@addenbrookes.nhs.uk
  Located in the Addenbrooke’s Information Centre
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)

- Carer’s Trust
  Telephone: 03452410954
  [http://www.carerstrust.cambridgeshire.org](http://www.carerstrust.cambridgeshire.org)

For financial and benefits advice:

- Citizens Advice Bureau
  Telephone: 0844 848 7979 (advice line)
  [advice@cambridgescab.org.uk](mailto:advice@cambridgescab.org.uk)

For legal information:

- Mental Capacity Act/Lasting Power of attorney
  [www.publicguardian.gov.uk](http://www.publicguardian.gov.uk)

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

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We are now a smoke-free site: smoking will not be allowed anywhere on the hospital site.
For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

Help with this leaflet:

If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

Please note: We do not currently hold many leaflets in other languages; written translation requests are funded and agreed by the department who has authored the leaflet.