

In partnership with

**MACMILLAN**  
CANCER SUPPORT

easy  
read

# Things you can do when getting ready to die





# About this easy read booklet



This booklet is about getting ready to die.



You can learn about things that you can do and decisions you may make when getting ready to die.



If you are worried about your health, you should talk to a doctor or nurse.



# Getting ready to die



When people find out that they will not get better, they often want to plan how they will spend the time they have left.



You may want to see family or friends who you have not seen for a long time.



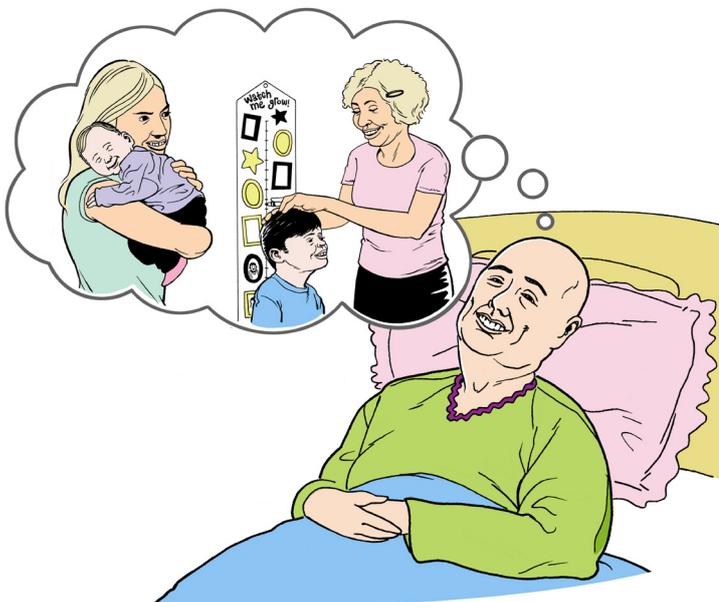
If there are people you will not be able to see, you could write letters to them. You can ask for help with these things if you need it.



There might be things you want to do now that you might not be able to do in the future.



You can ask for support to help you do these things. It might not always be possible but you can ask.



The end of your life is also a time to celebrate and remember the good things about your life.

It can be important to think about the people who will remember you.



# Saving memories



You could make a **life story book**. This is a book where you can put photos of people who are important to you and pictures of things you have done in your life.



This can help you remember things that have happened. You can talk about your life as you make the book.



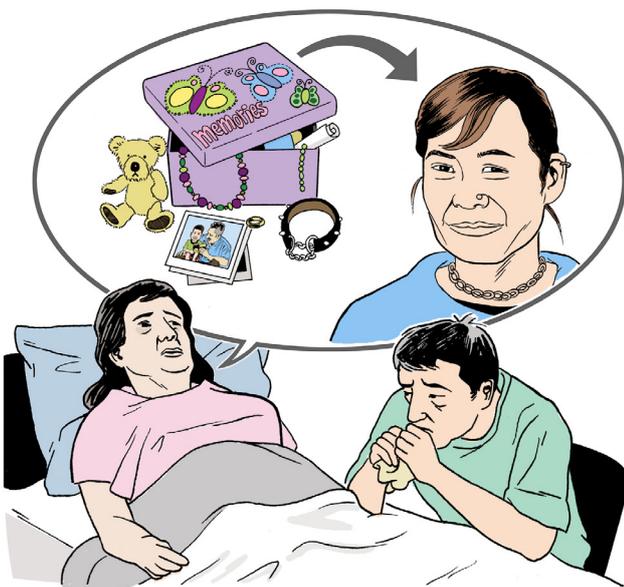
You can make a family tree with photos showing you and your family.



You could also make a **memory box**. This is a box where you can put things that are important to you. This might be things that remind you of a special place, or photos.



You can also put in messages to the people you love.



You can say who you want to have the life story book or memory box after you have died. Or you can give different things to different people.



# Making decisions



When people are dying they are sometimes too ill to make decisions anymore or let other people know what they want.



While you are still well enough, you can think about what you want for the future and make decisions about what you want at the end of your life.



These can be written down so that other people know what you want. This is called **advance care planning**.



You can say what you want and do not want to happen. For example, you may want to stay at home, if this is possible.



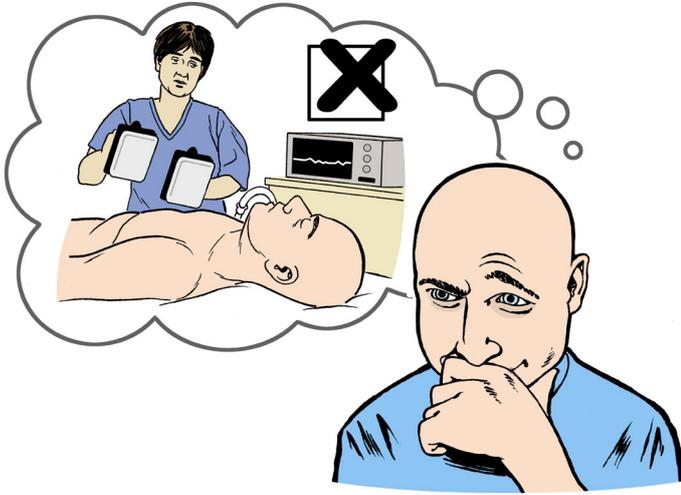
Writing down your wishes will help your doctor, nurse and carers look after you in the way you would like.



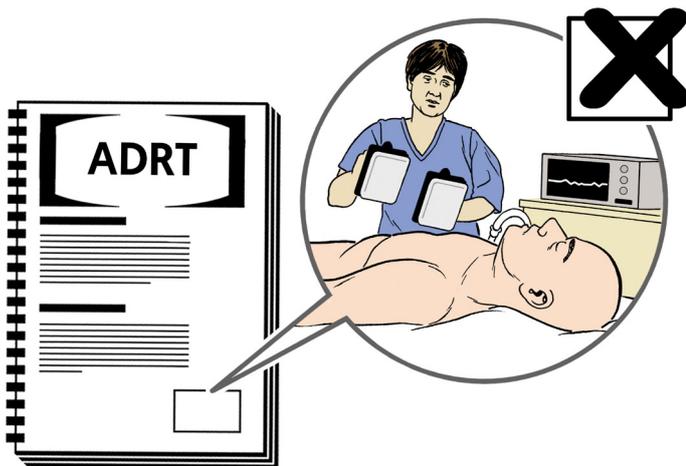
It will also help people close to you know what you would like.



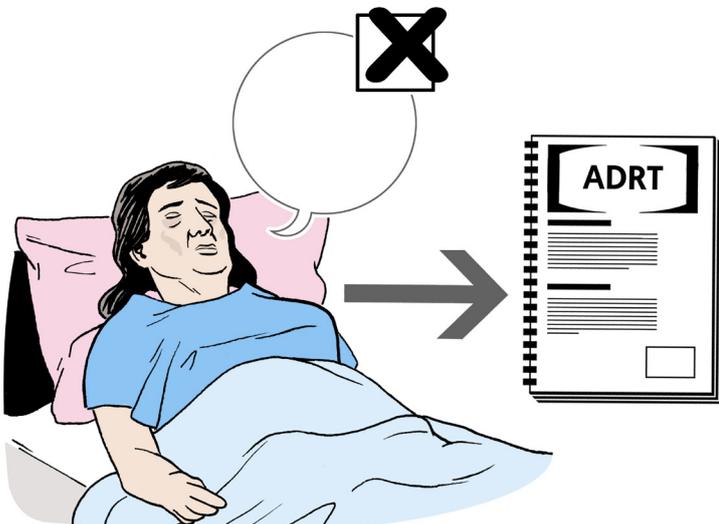
# Treatments you do not want



You can decide now about your future treatment. For example, you may not want the doctor or nurse to give you treatment if you are very ill and your heart or breathing has stopped.



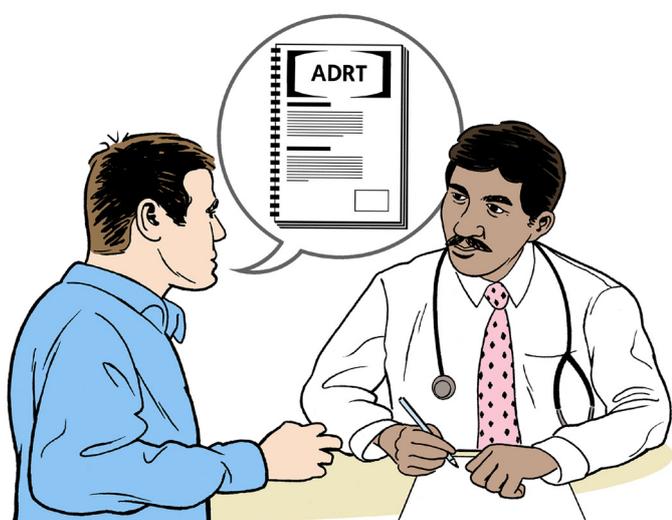
If there are medical treatments you do not want to have, these can be written down on a paper. This is called an **advance decision to refuse treatment** or **advance directive**.



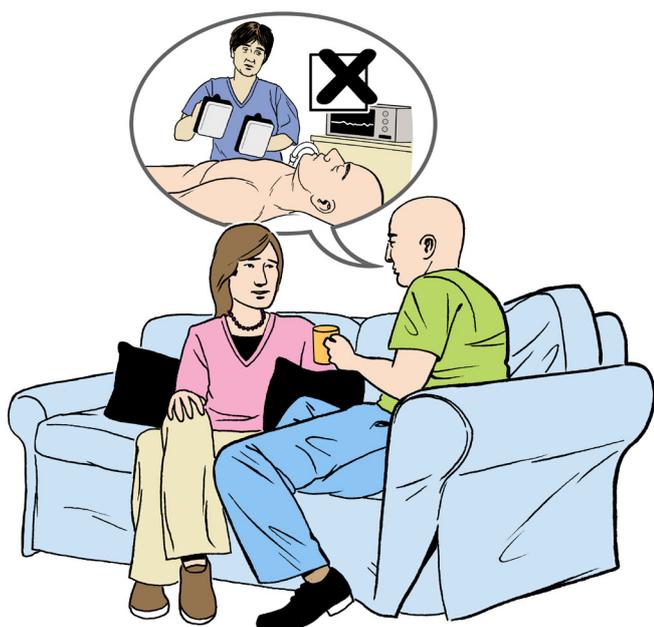
Writing down your decision means people will know what you want if you are ever too ill to tell them.



It is important to get help with deciding what you want to happen if you get very ill.



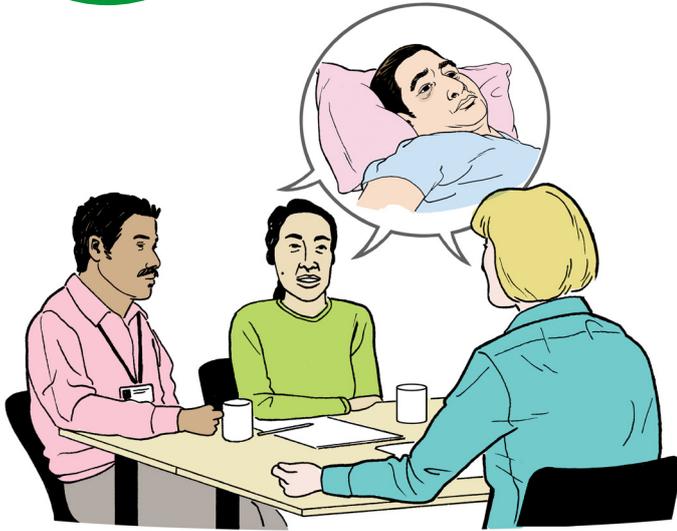
Talk to your doctor or nurse if you want to make an advance decision to refuse treatment or advance directive. They can make sure you get the help you need to do this.



It is also important to talk to the people who care about you. This might be your family or close friends.



# Power of attorney



If you get too ill to make decisions, you might want someone else to make them for you. Or you might want two or three people to make the decisions together.



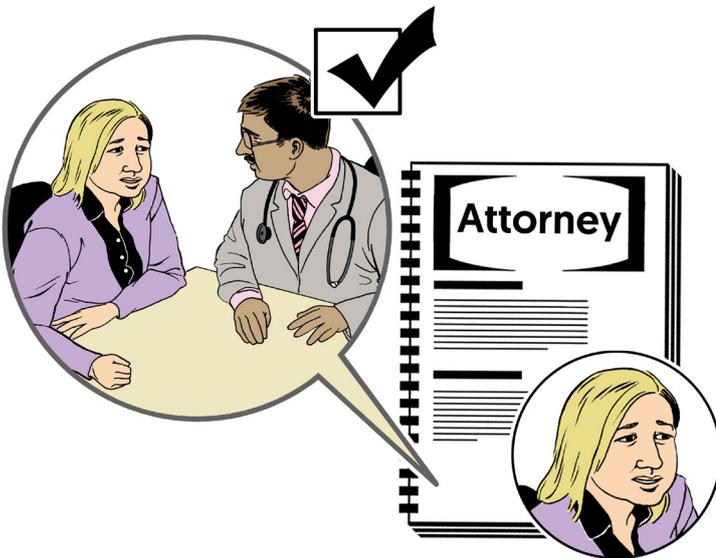
These can be decisions about your health treatment, or decisions about your money and your things.



The people you choose should be people who care about you and know what decisions you have already made.



If you know who you want to make decisions for you, their name can be written down on a paper called a **power of attorney**. This person is your attorney.



Your doctors and nurses must talk to your attorney if you are too ill to make decisions.



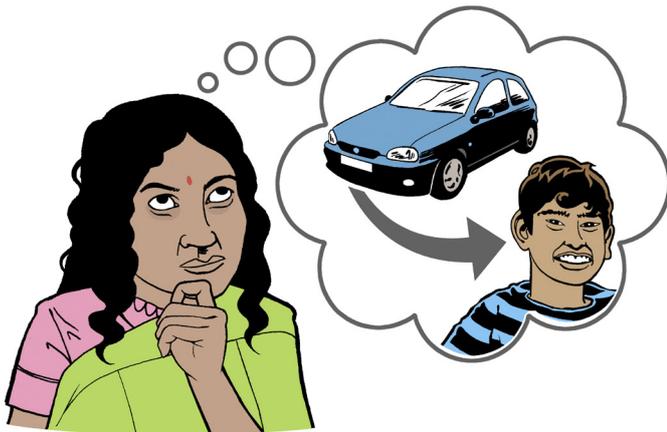
Together, they will make decisions for what they think is best for you.



# Making a will



Making a will is writing down what you want to happen to your things after you die.



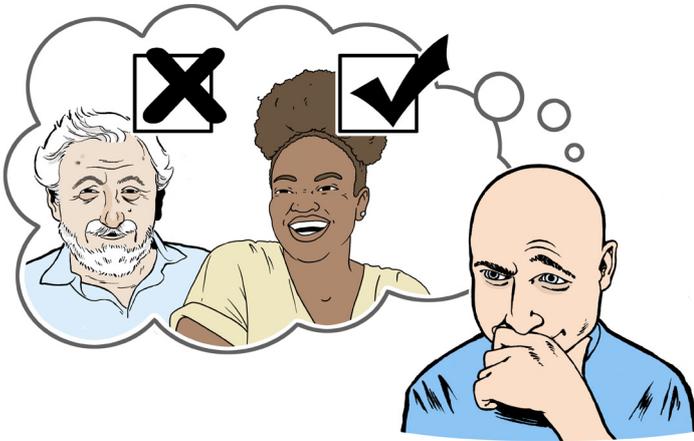
You can choose which of your things go to certain people so that they can remember you.



You may have money that you want to leave to people. You could also choose to leave money to a charity you like.



# When you are dying



When people are dying, they may only want certain people to be with them. This might be your partner, your family, your carer or a friend who you are close to.



You can decide who you want to be there with you when you are dying. There may also be people who you do not want to be there. It is important to tell someone this.



It is not always possible for all the people you want to be there, but if people know what you want then they will try to make that happen.



You might want your favourite things to be near you. If you have a pet, you might want to see them. Ask your doctor or nurse if your pet can come to the hospital.



You might want people to help you look nice and dress you in clothes you like. You may not be able to do this for yourself.



These are just examples of things you might want. Your own list of wishes may be different.



# How Macmillan can help you

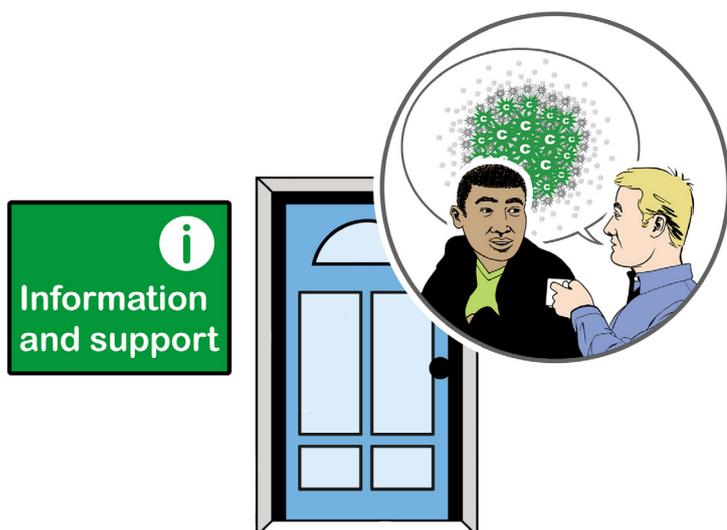


You can get support from:

- The Macmillan Support Line. Call **0808 808 00 00** 7 days a week, 8am to 8pm.



- The Macmillan website. Visit [macmillan.org.uk](http://macmillan.org.uk) for information about cancer. You can also use our web chat to ask questions at [macmillan.org.uk/talktous](http://macmillan.org.uk/talktous)



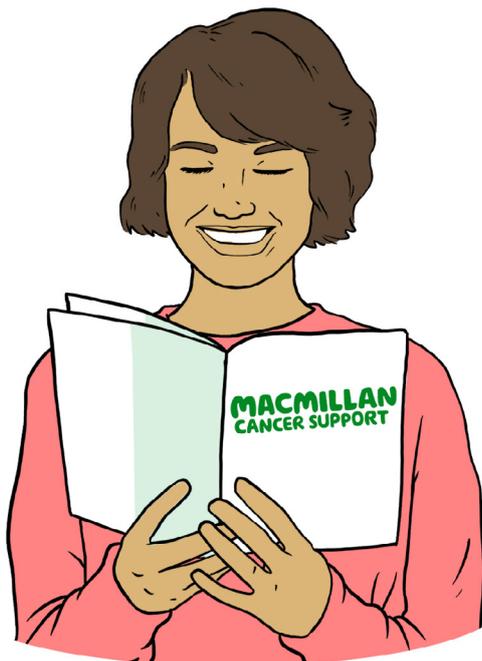
- Information centres. You can talk to a cancer support specialist and get written information. Find your nearest centre at [macmillan.org.uk/informationcentres](http://macmillan.org.uk/informationcentres) or call us.



- Local support groups. Find a group near you at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us.



- The Macmillan Online Community. You can talk to other people in similar situations at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)



Macmillan can give you information in different ways:

### **Booklets about cancer**

You can order booklets about cancer from

[be.macmillan.org.uk](https://be.macmillan.org.uk)



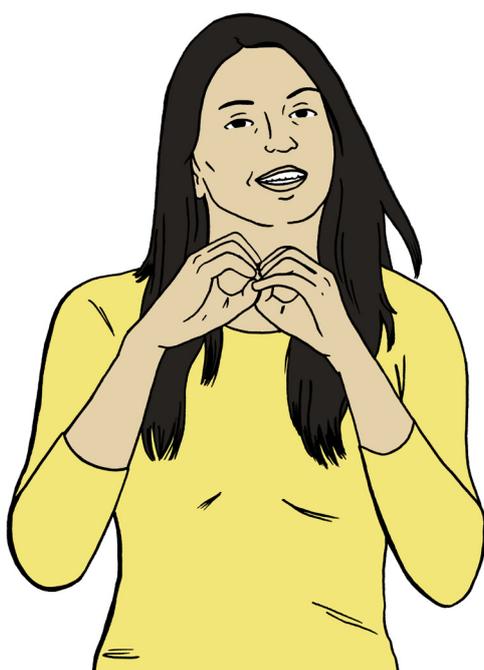
## Videos

You can watch videos about cancer at [macmillan.org.uk/videos](https://www.macmillan.org.uk/videos)



## Audio

You can listen to information about cancer and order CDs from [macmillan.org.uk/audio](https://www.macmillan.org.uk/audio)



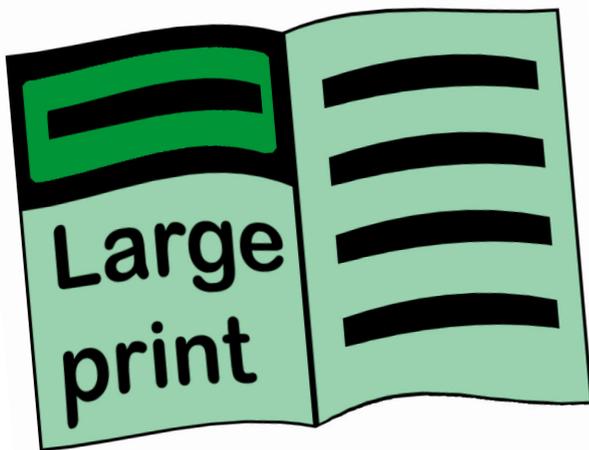
## British Sign Language (BSL)

You can watch information in BSL at [macmillan.org.uk/bsl](https://www.macmillan.org.uk/bsl)



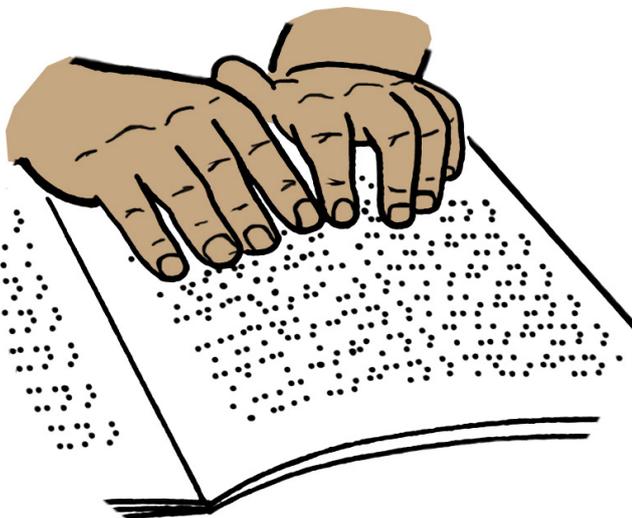
## eBooks

You can get eBooks  
about cancer from  
[be.macmillan.org.uk](https://be.macmillan.org.uk)



## Large print

Tell us if you need  
information in large print.  
Email: [cancerinformationteam  
@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)



## Braille

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Email: [cancerinformationteam  
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# More easy read booklets



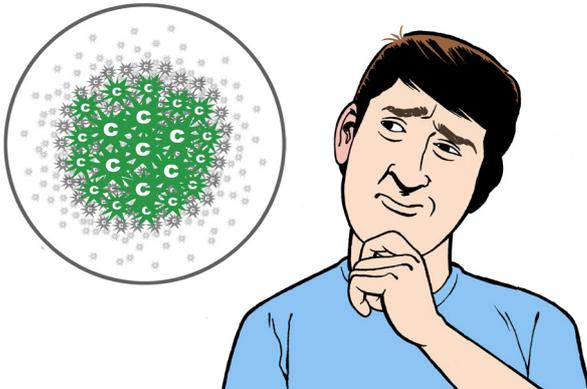
Order more easy read booklets from [macmillan.org.uk/easyread](https://www.macmillan.org.uk/easyread)

There are booklets on lots of topics:



## About Macmillan

- How Macmillan Cancer Support can help you



## About cancer

- Lung cancer
- What is cancer?



## Signs and symptoms

- Breast care for women
- Cervical screening (smear test)
- How to check your balls (testicles)
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer



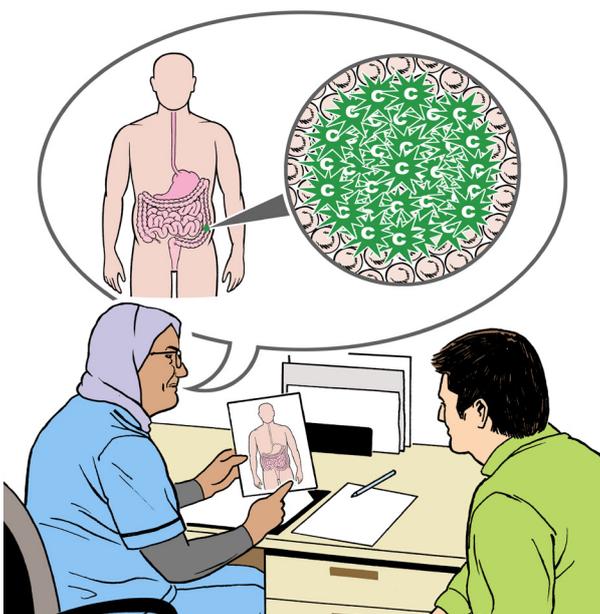
## Living a healthy life

- Be safe in the sun
- Drink less alcohol
- Eat a healthy diet
- Exercise
- Have safer sex



## Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Having an x-ray



## Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor



## Treatment for cancer

- Chemotherapy
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer

## Living with cancer

- 7 steps to equal healthcare
- Cancer and coronavirus
- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- Talking about cancer and your feelings
- Things that are important to me
- What happens after cancer treatment ends
- Work and cancer
- Your feelings and cancer
- Your sex life and cancer
- Your social life and cancer





## End of life

- Changes that can happen at the end of life
- Choosing where to die
- Things you can do when getting ready to die
- Who can help if you are dying
- Your feelings if you are dying



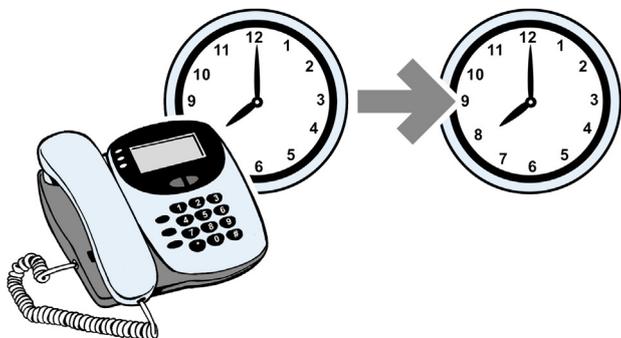
## After someone dies

- Going to a funeral when someone dies
- Grief and loss when someone dies
- How you may feel when someone dies
- What can help you feel better when someone dies

To order easy read booklets like this one go to the website [macmillan.org.uk/easyread](https://www.macmillan.org.uk/easyread) or call us on **0808 808 00 00**

This booklet is about things you can do when getting ready to die.

It is for anyone who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:

**0808 808 00 00**

7 days a week from 8am to 8pm.



- If you use a textphone, you can call:

**18001 0808 808 00 00**



- Or go to the website

**[macmillan.org.uk](http://macmillan.org.uk)**

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