

**MACMILLAN**  
CANCER SUPPORT

# A GUIDE FOR PEOPLE WITH CANCER AND DEMENTIA



In partnership with



**DementiaUK**  
Helping families face dementia

# ABOUT ME

You can use this space to write down details you or your doctor may find useful.

My name \_\_\_\_\_

My carer's name \_\_\_\_\_

My carer's phone number \_\_\_\_\_

My condition Example: breast cancer and dementia \_\_\_\_\_

\_\_\_\_\_

My cancer treatment Example: chemotherapy \_\_\_\_\_

\_\_\_\_\_

My hospital \_\_\_\_\_

My cancer doctor's name \_\_\_\_\_

My medicines \_\_\_\_\_

\_\_\_\_\_

My GP's name \_\_\_\_\_

My GP's phone number \_\_\_\_\_

Things that help me remember Example: writing things down \_\_\_\_\_

\_\_\_\_\_

Other things to know about me \_\_\_\_\_

\_\_\_\_\_

# About this booklet

**This booklet is about cancer and dementia. It is for anyone who has both cancer and dementia. We have written it in partnership with Dementia UK.**

The number of people living with both cancer and dementia is growing. Having both conditions can be difficult for you and the people close to you. We have written this booklet to:

- give you information about living with both conditions
- tell you where you may be able to get help.

This booklet gives information about living with cancer and dementia. But this is not the same as talking to your doctor. If you are worried about your health, talk to your doctor or nurse.

## More information

Our booklet **Cancer and dementia – a guide for carers** has information for carers of people with cancer and dementia (see page 44). You can also call us on **0808 808 00 00**.

We also have information in different languages and formats, including audio, eBooks, easy read, Braille, large print and translations. Visit **macmillan.org.uk/otherformats** or call **0808 808 00 00**.

In this booklet, we have included quotes from people with cancer and dementia. These are from people who have chosen to share their story with us.

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# UNDERSTANDING CANCER AND DEMENTIA

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# What is cancer?

Cancer starts in cells in our body. Cells are tiny building blocks that make up different parts of the body.

Cancer starts when normal cells go wrong and the cell becomes abnormal. The abnormal cell keeps dividing, making more abnormal cells.

These abnormal cells can form a lump (tumour), which may be cancer. Sometimes blood cancers develop when blood cells become abnormal.

## Cancer and dementia

If you have dementia, you may already have a specialist nurse who is an expert in dementia to support you. They can give you information and advice about living with dementia. If you would like to be referred to a specialist nurse, you can ask your dementia doctor or GP.

## More information

If you want more information about the type of cancer you have, you can contact Macmillan Cancer Support. Call our support line on **0808 808 00 00** or visit **be.macmillan.org.uk** to order free information booklets. Or you can visit our website at **macmillan.org.uk/information-and-support**

For more information about dementia, call Dementia UK's Admiral Nurse Dementia Helpline on **0800 888 6678**. Or you can send an email to **helpline@dementiauk.org**

# Being diagnosed with cancer

When you are diagnosed with cancer, you will meet different types of doctors and nurses.

## GP (local doctor)

You will see your GP about your symptoms. If they think your symptoms could be caused by cancer, they will refer you to a specialist doctor for more tests.

## Specialist doctor

A specialist doctor is an expert in a specific area of the body. They will usually do some tests. If they diagnose cancer, they may refer you to:

- a surgeon, who does operations
- an oncologist, who treats cancer with radiotherapy and chemotherapy
- palliative care doctor, who can help treat symptoms of cancer.

You may see more than one type of doctor.

## Specialist nurses

A specialist doctor can refer you to a specialist nurse. There are different types of specialist nurse:

- A clinical nurse specialist, who is an expert in the type of cancer you have. They also give information and support
- A palliative care nurse, who can help with symptoms caused by cancer, including pain.

You may see more than one type of specialist nurse.



# Treatments for cancer

The main treatments for cancer are:

- surgery
- radiotherapy
- chemotherapy
- hormonal therapy
- targeted therapy.

The treatment you have will depend on:

- the type of cancer you have
- your general health
- any other conditions you have, such as dementia.

Your specialist doctors and nurses can talk to you about which cancer treatments might help.

## More information

We have booklets about different cancer treatments that you might find useful (see page 44). You can also call us on **0808 808 00 00** or visit **macmillan.org.uk**

# Your feelings about cancer and dementia

It is common to feel shocked, frightened or angry when you are diagnosed with cancer.

## Talking about your feelings

It might help to talk to other people about how you feel. You could talk to close family members and friends. If you find this hard, you might like to talk to someone else. Your GP can refer you to a counsellor or support group. Your specialist nurse may also know of a support group in your area.

## Telephone support lines

You can contact the Macmillan Support Line on **0808 808 00 00** to talk with one of our cancer support specialists.

You can also call Dementia UK's Admiral Nurse Dementia Helpline on **0800 888 6678**. Or you can send an email to **[helpline@dementiauk.org](mailto:helpline@dementiauk.org)**

## Online support

You may also find online communities useful. These are websites where people affected by cancer and dementia share their feelings and experiences.

Visit Macmillan's Online Community at [macmillan.org.uk/community](https://www.macmillan.org.uk/community) You can share your experiences of cancer, ask questions or just read through people's experiences.

Alzheimer's Society also has an online community called Talking Point. It is for anyone affected by dementia. Visit it at [forum.alzheimers.org.uk](https://www.alzheimers.org.uk/forum)

## More information

We have more information about coping with emotions in our booklet **How are you feeling? The emotional effects of cancer** (see page 44). Or you can call us on **0808 808 00 00**.

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# Having treatment for cancer

Some people with cancer and dementia are offered treatment for the cancer. If you have treatment, you may spend some time in hospital.

## Side effects of cancer treatment

You will probably have some side effects from cancer treatments. Your doctor or nurse will give you medicine to help.

The side effects do not usually last for a long time.

## If you cannot have cancer treatment

Some people may not be well enough for treatment because of other health problems. Your doctor or specialist nurse will explain more about the risks of treatment if you have other health problems.

Your doctor may talk to you about treatments where you have lower doses of medicine or fewer treatment sessions.

## **If you decide not to have cancer treatment**

Some people choose not to have cancer treatment. If you decide this, your doctor or nurse will still offer you treatment to help with symptoms.

## **If the cancer treatment stops working**

Sometimes the treatment stops working. If this happens, your doctor or nurse can still give you treatment to help with symptoms.

# Giving your consent

Before you start treatment, your doctor will give you information about the treatment and its side effects.

The doctor will usually ask you to sign a form saying that you give permission for the hospital to give you the treatment. This is called consent.

If you are not able to give consent, your doctor can still give you treatment if they think it is in your best interest.

## Capacity

To give consent to have treatment, you must be able to:

- understand all the information the doctor gives you about the treatment
- remember the information for a specific amount of time
- consider the benefits and risks of treatment
- make an informed decision.

This is called capacity.

When you have dementia, your capacity can be affected. It is normal for your doctor to ask you some questions to check whether you can make an informed decision about your treatment.

# Planning for the future

Having dementia means there may be a time when you cannot communicate easily or make decisions for yourself. You may want to think about your future care and treatment.

## Writing down your wishes

You can talk to your family or carers about how you would like to be cared for. Or you can write down your wishes and preferences. This means your family and healthcare professionals will know your wishes. These are called advance statements.

## Power of attorney

You may also want to name someone to make decisions about your health or finances for you in the future. You can give one, or more than one, person legal power to manage your affairs. This is called lasting power of attorney, continuing power of attorney or enduring power of attorney depending on where you live.

## Making a will

It is important to think about making a will. A will makes sure that the people or things you care about are looked after when you die. It also means that your wishes are carried out.

## More information

Dementia UK has leaflets about lasting power of attorney and advanced care planning. You can download or order these from [dementiauk.org/get-support/our-leaflets](https://dementiauk.org/get-support/our-leaflets) or by calling **0800 888 6678**.

Alzheimer's Society has a form called **This is me** which you and your carers can fill in. Healthcare staff can use it to understand more about your needs and wishes. You can download or order the form at [alzheimers.org.uk/thisisme](https://alzheimers.org.uk/thisisme) or by calling **033 150 3456**.





# LIVING WITH CANCER AND DEMENTIA

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# Managing symptoms and side effects

You may have symptoms from cancer or side effects from cancer treatment. Your doctor or nurse can give you medicine or advice to help with these.

## Memory or concentration problems

Cancer treatment may cause memory problems. You may also feel very tired. This is called 'chemo brain'. It may feel different to the memory problems caused by dementia. Although it is called chemo brain, these side effects can also happen when you are having other types of cancer treatment.

People with dementia are more likely to have this side effect. It is usually only for a short time and should slowly improve.

## Constipation

People with cancer and dementia are more likely to become constipated. Constipation means that you are not able to empty your bowels (poo) as regularly as you normally do.

Here are some tips to help you avoid or improve constipation:

- Eat plenty of fruit, vegetables and high-fibre foods. This will help keep your bowels moving.
- Drink about 2 litres (3½ pints) of fluids a day. This will help keep your bowel movements regular. It will also stop you becoming dehydrated.
- Keep active. Even some very gentle exercise at home can help with constipation.

If constipation is a problem, tell your GP, nurse or carer.

There may be medicines that can help.

## Pain

Some people have problems with pain. If you are in pain, painkillers can usually help. These can be:

- tablets, capsules or liquids
- patches that stick to the skin.

If the painkillers you are taking are not working for you, doctors can adjust the dose of medicines or try new painkillers.

You or your carer can also help manage pain by:

- changing your lying or sitting position regularly
- using heat pads or hot water bottles on the painful area
- using ice packs on the painful area
- massaging the painful area.

If you find it difficult to show you are in pain, you could talk to your carer, doctors or nurse about how you can tell them you are in pain. You can tell them about the things that normally happen when you are in pain – for example, you may clench your fists or rub the sore area.

Sometimes you may need specialist help for your pain and symptoms.

You may stay in a hospital or hospice for a short time to assess the pain and control it better. When your symptoms are better, you can go home again.

## Sleep problems

You may find it hard to sleep at night. Keeping physically active during the day may help you sleep. If you can, try to do some gentle exercise at home.

If you cannot sleep because you feel unwell or are in pain, talk to your GP or specialist nurse. They may be able to give you medicines to help.

If you are uncomfortable at night, your nurse may be able to get you equipment to help – for example, a pressure-relieving mattress.

## Using a symptom diary

You may find it useful to write down your symptoms using the symptom diary (see pages 26 to 27). You can write down any symptoms you have and what helps. You may want to show your notes to your doctor so they can help you.

## More information

We have more information about cancer treatment in our booklets **Managing the symptoms of cancer** and **Side effects of cancer treatment** (see page 44). You can also call our support line on **0808 808 00 00**.

# SYMPTOM DIARY

What is the symptom?	When do you have the symptom?

How does it feel?	What helps?

# Looking after yourself

There are some things you can do to help yourself. This may help you feel more in control of your situation.

Dementia UK's Admiral Nurse Dementia Helpline can give you more information about keeping well when you have dementia and cancer. You can call them on **0800 888 6678**.

## Eat well and keep to a healthy weight

It is common for someone with cancer and dementia to have eating problems or struggle to stay at a healthy weight.

Eating well and drinking enough may help prevent problems like constipation and dehydration.

Here are some tips to help you:

- Eat plenty of high-fibre foods like fruit and vegetables.
- Drink plenty of fluids during the day.

Many people with cancer and dementia find there are times when they cannot eat as much as usual. Sometimes they lose weight. If you are struggling to eat enough, talk to your doctor or nurse. They may refer you to a dietitian. Dietitians give advice about what to eat and if nutritional supplements may help.

If you find it difficult to eat enough, you may find our booklet **The building-up diet** helpful (see page 44).

You may have eating problems caused by a sore or dry mouth. We have more information about mouth care at [macmillan.org.uk](http://macmillan.org.uk)

## Look after your health

While living with cancer and dementia, it is important to look after your general health as much as possible. This may help stop some problems in the future. You might find the following tips useful:

- Take the medicines that your doctor or nurse gives you. Check the prescription label for instructions on how to take them.
- Ask your pharmacist to put your medicines in a pill organiser (dosette box). This is marked with the times you should take the medicines.
- Have regular check-ups with your GP or practice nurse.
- If you feel unwell, do not wait for symptoms to go away. Make an appointment with your GP.
- If you are having treatment for cancer, you can contact the hospital on the number you have been given.
- Keep up to date with hearing, eye and dental checks.
- Ask your pharmacist or GP about having a flu jab.



## Keep active

Being physically active can help improve a poor appetite and constipation. It may also help you sleep better.

Here are some tips for keeping physically active:

- Try to reduce the amount of time you spend sitting or lying down. Just moving around the house and doing simple everyday things will help.
- You may be able to do gentle stretching exercises.
- Start slowly and gradually build up the amount of physical activity you do.
- Check with your GP or specialist nurse if there are any physical activities you should not do.

## Alcohol

If you have confusion, alcohol can make it worse. It is important to limit how much alcohol you drink.

If you are taking regular medicines for cancer or dementia, check with your GP or pharmacist whether it is safe to drink alcohol.

## Smoking

Stopping smoking is the most important thing you can do for your health. If you smoke, you should try to stop. Smoking can increase your risk of bone thinning, some cancers and heart disease. The NHS has a lot of information and support to help you give up smoking. Look on the NHS website for the country where you live.

## Memory problems

Memory problems can make it difficult when you have a diagnosis of cancer. Here are some tips you may find helpful:

- Keep a note of routines and appointments – you could write them down in a wall calendar, or put reminder alerts into a mobile phone.
- Write down any symptoms or side effects you have – you could use our symptom diary (see pages 26 to 27).
- Write down the name and telephone number of your cancer doctor or specialist nurse. Keep these next to the phone.

## Aids for memory problems

You might be able to get aids to help you to stay independent and make your home safer. These may be things like:

- clocks, calendars or phones that have reminders, alerts or numbers set on them
- safety devices to switch off gas supplies or taps if they are left on by mistake.

## More information

Alzheimer's Society has a book called **The memory handbook: a practical guide to living with memory problems**. You can download it or order a copy by visiting [alzheimers.org.uk](http://alzheimers.org.uk) or calling **0333 150 3456**.

Age UK has a leaflet called **Strength and balance exercises for healthy ageing**. It has information about exercises that you can do at home. You can download it or order a copy by visiting [ageuk.org.uk](http://ageuk.org.uk) or calling **0800 678 1602**.

We have information about healthy living that you may find helpful in our booklets:

- **Physical activity and cancer**
- **Eating problems and cancer.**

See page 44 for more information about these booklets.  
Or you can call us on **0808 808 00 00**.

Dementia UK has a range of leaflets on managing your health after being diagnosed with dementia. You can download these at [dementiauk.org/maintaining-health](http://dementiauk.org/maintaining-health) You may also find it helpful to speak to one of their Admiral Nurses. You can call them on **0800 888 6678** or email [helpline@dementiauk.org](mailto:helpline@dementiauk.org)

# GETTING SUPPORT

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# Who can help?

People who may be able to support you include:

- family members, friends and neighbours
- doctors, nurses and social workers.

Before you talk to someone, it can help to prepare some questions you might like to ask. You could take a family member or friend with you to appointments to help you remember what was said.

The type and amount of support you get will depend on where you live.

## Professionals who can help

### GP (local doctor)

GPs look after people who are unwell and being cared for at home. They can refer you to other services, such as nurses and social workers.

### District nurses

District nurses work closely with GPs. They can provide any nursing care you might need at home. If needed, they can visit you regularly.

### Specialist nurses

Specialist nurses can give you information and support. They are experts in certain diseases. They do not usually provide nursing care.

## Admiral Nurses

Admiral Nurses are specialist dementia nurses. They help families by giving them one-to-one support, expert guidance and practical solutions.

To find out if there is an Admiral Nurse in your area:

- call the Admiral Nurse Dementia Helpline on **0800 888 6678**
- email [helpline@dementiauk.org](mailto:helpline@dementiauk.org)

## Social workers

A social worker helps decide what practical and social help you, or your carer, need. Your GP or a nurse can refer you to a social worker.

## Help at home

Carers can come to your home to help. The type of help they give will depend on where you live. Some may help with domestic jobs such as cooking and shopping. Others may only help with personal care such as washing and dressing.

## Voluntary organisations and charities

Voluntary organisations and charities offer help, such as:

- information
- loans of equipment
- grants
- transport
- volunteers who can be with you, to give your carer a break.

Your district nurse, specialist nurse or GP can refer you to any of the professionals or voluntary organisations we have mentioned.

# Palliative care

## What is palliative care?

Palliative care is treatment to help manage symptoms and improve quality of life. Sometimes cancer treatments like radiotherapy are used in palliative care. This can help with symptoms, such as pain.

Palliative care teams include specialist nurses and doctors. These teams specialise in:

- controlling pain and symptoms
- offering emotional support.

## Having palliative care

Community palliative care teams are sometimes based in hospices. But they can also visit people who are being cared for at home. Some people may have help from a palliative care team from when they are first diagnosed with cancer. Others may meet the team later.

If you have symptoms that are hard to control, you may stay in a hospice for a short time. When your symptoms are better, you can go home again.

# End of life

Many people with cancer get better, but others do not. Hearing that you may be nearing the end of your life can be very difficult.

## Your feelings

You may have strong emotions that are difficult to cope with. You may need some time on your own or with someone close who you can talk to about your feelings.

## Getting support

Some people find it easier to talk to someone outside their family. If you think this would be helpful, you can talk to your doctor, specialist nurse or social worker.

You may also find it helpful to speak to one of Dementia UK's Admiral Nurses. Call them on **0800 888 6678** or email **helpline@dementiauk.org**

## Planning for the future

Although your future may be uncertain, you can still make the most of your time when you feel well. There may be important things you want to think about. This may include:

- where you want to be cared for
- making a will
- choosing someone to make decisions for you if you are unable to.

## More information

We have more information about planning for the future (see pages 17 to 18). This includes helpful tips on:

- making decisions for future care
- making a will.

We also have more information in our booklet **A guide for the end of life** (see page 44). It is for people in the final stages of life, and their carers. For more information, you can also call us on **0808 808 00 00**.

# Financial help and benefits

You may be able to get financial help if:

- your income is low
- you are struggling to cope with the financial effects of cancer.

## More information

Call our financial guides or welfare rights advisors on **0808 808 00 00**. They can help you access benefits and financial support.

Our booklet **Help with the cost of cancer** has more detailed information about benefits (see page 44). Or you can call us on **0808 808 00 00**.

Dementia UK's Admiral Nurses can also give financial advice to people affected by dementia. Call them on **0800 888 6678**.

Some other organisations can also offer help with financial issues (see page 50).

# FURTHER INFORMATION

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# About our information

We provide expert, up-to-date information about cancer. And all our information is free for everyone.

## Order what you need

You may want to order more booklets or leaflets like this one. Visit [be.macmillan.org.uk](http://be.macmillan.org.uk) or call us on **0808 808 00 00**.

We have booklets about different cancer types, treatments and side effects. We also have information about work, financial issues, diet, life after cancer treatment and information for carers, family and friends.

## Online information

All our information is also available online at [macmillan.org.uk/information-and-support](http://macmillan.org.uk/information-and-support) You can also find videos featuring stories from people affected by cancer, and information from health and social care professionals.

## Other formats

We also provide information in different languages and formats, including:

- audiobooks
- Braille
- British Sign Language
- easy read booklets
- eBooks
- large print
- translations.

Find out more at [macmillan.org.uk/otherformats](http://macmillan.org.uk/otherformats)

If you would like us to produce information in a different format for you, email us at [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk) or call us on **0808 808 00 00**.

# Other ways we can help you

At Macmillan, we know how a cancer diagnosis can affect everything, and we are here to support you.

## Talk to us

If you or someone you know is affected by cancer, talking about how you feel and sharing your concerns can really help.

### Macmillan Support Line

Our free, confidential phone line is open 7 days a week, 8am to 8pm. Our cancer support specialists can:

- help with any medical questions you have about cancer or your treatment
- help you access benefits and give you financial guidance
- be there to listen if you need someone to talk to
- tell you about services that can help you in your area.

Call us on **0808 808 00 00** or email us via our website, **macmillan.org.uk/talktous**

### Information centres

Our information and support centres are based in hospitals, libraries and mobile centres. There, you can speak with someone face to face. Visit one to get the information you need, or if you would like a private chat, most centres have a room where you can speak with someone alone and in confidence.

Find your nearest centre at **macmillan.org.uk/informationcentres** or call us on **0808 808 00 00**.

## Talk to others

No one knows more about the impact cancer can have on your life than those who have been through it themselves. That is why we help to bring people together in their communities and online.

### Support groups

Whether you are someone living with cancer or a carer, we can help you find support in your local area, so you can speak face to face with people who understand. Find out about support groups in your area by calling us or by visiting [macmillan.org.uk/selfhelpandsupport](https://www.macmillan.org.uk/selfhelpandsupport)

### Online Community

Thousands of people use our Online Community to make friends, blog about their experiences and join groups to meet other people going through the same things. You can access it any time of day or night. Share your experiences, ask questions, or just read through people's posts at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)

## The Macmillan healthcare team

Our nurses, doctors and other health and social care professionals give expert care and support to individuals and their families. Call us or ask your GP, consultant, district nurse or hospital ward sister if there are any Macmillan professionals near you.

## Help with money worries

Having cancer can bring extra costs such as hospital parking, travel fares and higher heating bills. If you have been affected in this way, we can help.

## Financial guidance

Our financial team can give you guidance on mortgages, pensions, insurance, borrowing and savings.

## Help accessing benefits

Our benefits advisers can offer advice and information on benefits, tax credits, grants and loans. They can help you work out what financial help you could be entitled to. They can also help you complete your forms and apply for benefits.

## Macmillan Grants

Macmillan offers one-off payments to people with cancer. A grant can be for anything from heating bills or extra clothing to a much-needed break.

Call us on **0808 808 00 00** to speak to a financial guide or benefits adviser, or to find out more about Macmillan Grants.

We can also tell you about benefits advisers in your area. Visit **[macmillan.org.uk/financialsupport](https://www.macmillan.org.uk/financialsupport)** to find out more about how we can help you with your finances.

## Help with work and cancer

Whether you are an employee, a carer, an employer or are self-employed, we can provide support and information to help you manage cancer at work. Visit **[macmillan.org.uk/work](https://www.macmillan.org.uk/work)**

## Work support

Our dedicated team of work support advisers can help you understand your rights at work. Call us on **0808 808 00 00** to speak to a work support adviser (Monday to Friday, 8am to 6pm).

# Other useful organisations

There are lots of other organisations that can give you information or support.

## Support for dementia

### Dementia UK

Helpline **0800 888 6678** (Mon to Fri, 9am to 9pm, and Sat to Sun, 9am to 5pm)

Email [helpline@dementiauk.org](mailto:helpline@dementiauk.org)

[www.dementiauk.org/get-support](http://www.dementiauk.org/get-support)

Provides practical and emotional information and support to people with dementia and their carers. It has a free helpline and, in some parts of the UK, Admiral Nurses. Admiral Nurses provide the specialist dementia support that family's need. They work alongside people with dementia and their families, giving them the one-to-one support, expert guidance and practical solutions they need to face dementia with more confidence and less fear.

### Alzheimer's Scotland

Helpline **0808 808 3000** (Daily, 24 hours)

[www.alzscot.org](http://www.alzscot.org)

Provides a range of services for people with dementia and their carers, including personalised support services, community activities, information and advice.

### **Alzheimer's Society (England, Wales and Northern Ireland)**

Dementia Connect Helpline **0300 150 3456**

**[www.alzheimers.org.uk](http://www.alzheimers.org.uk)**

Provides a free helpline and email advice, and written information about dementia, treatment and living with dementia.

Use the online community to share experiences with other people affected by dementia.

### **Aids for memory problems**

#### **AT Dementia**

Tel **0115 748 4220**

Email **[info@trentdsdc.org.uk](mailto:info@trentdsdc.org.uk)**

**[www.atdementia.org.uk](http://www.atdementia.org.uk)**

An online information resource on assistive technologies (including telecare) for people with dementia. Includes a self-help guide offering advice about assistive technologies – visit **[asksara.dlf.org.uk](http://asksara.dlf.org.uk)**

#### **Live Better with Dementia**

Email **[theteam@livebetterwith.com](mailto:theteam@livebetterwith.com)**

**[dementia.livebetterwith.com](http://dementia.livebetterwith.com)**

Specialist retailer of dementia and memory loss products, living aids and activities.

## Financial and legal advice and information

### Advice NI

Provides advice on a variety of issues including financial, legal, housing and employment issues.

Helpline **0800 915 4604**

Text ACTION to **81025**

Email **advice@adviceni.net**

### Benefit Enquiry Line Northern Ireland

Tel **0800 232 1271** (Mon, Tue, Wed and Fri, 9am to 5pm, and Thu, 10am to 5pm)

Textphone **0289 031 1092**

**[www.nidirect.gov.uk/money-tax-and-benefits](http://www.nidirect.gov.uk/money-tax-and-benefits)**

Provides information and advice about disability benefits and carers' benefits in Northern Ireland. You can also call the Make the Call helpline on **0800 232 1271** to check you are getting all the benefits you are eligible for.

### Citizens Advice

Provides advice on a variety of issues including financial, legal, housing and employment issues. Use its online webchat or find details for your local office in the phone book or by contacting:

#### England

Helpline **0344 411 1444**

**[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)**

#### Scotland

Helpline **0808 800 9060**

**[www.citizensadvice.org.uk/scotland](http://www.citizensadvice.org.uk/scotland)**

#### Wales

Helpline **0344 477 2020**

**[www.citizensadvice.org.uk/wales](http://www.citizensadvice.org.uk/wales)**

## LGBT-specific support

### LGBT Foundation

Tel **0345 330 3030** (Mon to Fri, 9am to 9pm,  
and Sat and Sun, 10am to 6pm)

Email **helpline@lgbt.foundation**

Provides a range of services to the LGBT community, including a helpline, email advice and counselling. The website has information on various topics including sexual health, relationships, mental health, community groups and events.

## Support for older people

### Age UK

Helpline **0800 678 1602** (Daily, 8am to 7pm)

**www.ageuk.org.uk**

Provides information and advice for older people across the UK via the website and advice line.





## Disclaimer

We make every effort to ensure that the information we provide is accurate and up to date, but it should not be relied upon as a substitute for specialist professional advice tailored to your situation. So far as is permitted by law, Macmillan does not accept liability in relation to the use of any information contained in this publication, or third-party information or websites included or referred to in it. Some photos are of models.

## Thanks

This booklet has been written, revised and edited by Macmillan Cancer Support's Cancer Information Development team, in partnership with Dementia UK. It has been approved by our Chief Medical Editor, Prof Tim Iveson, Macmillan Consultant Medical Oncologist.

With thanks to: Dr Laura Ashley, Reader in Health Psychology; Dr Rachael Ayres, Consultant in Elderly Medicine; Dr Laura Brown, Consultant in Elderly Medicine; Lorraine Burgess, Macmillan Cancer and Dementia Nurse Consultant; Dr Karen Harrison Denning, Head of Research and Publication, Dementia UK; Joanna James, Lead Nurse for Dementia; Dr Hannah Johnson, Consultant in Elderly Medicine; Dr Robert Stevenson, Consultant Clinical Oncologist; and Prof Claire Surr, Centre for Dementia Research, Leeds Beckett University.

Thanks also to the people affected by cancer who reviewed this edition, and those who shared their stories. We welcome feedback on our information. If you have any, please contact [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)

## Sources

Below is a sample of the sources used in our cancer and dementia information. If you would like further information about the sources we use, please contact us at [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)

Alzheimer's Society. Dementia 2015: Aiming higher to transform lives. 2015.  
Dementia Engagement and Empowerment Project (DEEP). Guide: Writing dementia-friendly information. 2013.  
Gosney M Et al. Dementia and Cancer: A review of current literature and practices. 2013.

# Can you do something to help?

We hope this booklet has been useful to you. It is just one of our many publications that are available free to anyone affected by cancer. They are produced by our cancer information specialists who, along with our nurses, benefits advisers, campaigners and volunteers, are part of the Macmillan team. When people are facing the toughest fight of their lives, we are here to support them every step of the way.

We want to make sure no one has to go through cancer alone, so we need more people to help us. When the time is right for you, here are some ways in which you can become a part of our team.

## 5 ways you can help someone with cancer

### **Share your cancer experience**

Support people living with cancer by telling your story, online, in the media or face to face.

### **Campaign for change**

We need your help to make sure everyone gets the right support. Take an action, big or small, for better cancer care.

### **Help someone in your community**

A lift to an appointment. Help with the shopping. Or just a cup of tea and a chat. Could you lend a hand?

### **Raise money**

Whatever you like doing you can raise money to help. Take part in one of our events or create your own.

### **Give money**

Big or small, every penny helps. To make a one-off donation see over.

**Call us to find out more 0300 1000 200**  
**[macmillan.org.uk/getinvolved](http://macmillan.org.uk/getinvolved)**

## Please fill in your personal details

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Surname

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Postcode

Phone

Email

Please accept my gift of £  
(Please delete as appropriate)

I enclose a cheque / postal order /  
Charity Voucher made payable to  
Macmillan Cancer Support  
OR debit my:  
Visa / MasterCard / CAF Charity  
Card / Switch / Maestro

Card number

Valid from

Expiry date

Issue no

Security number

Signature

Date / /

## Do not let the taxman keep your money

Do you pay tax? If so, your gift will be worth 25% more to us – at no extra cost to you. All you have to do is tick the box below, and the tax office will give 25p for every pound you give.

I am a UK tax payer and I would like Macmillan Cancer Support to treat all donations I make or have made to Macmillan Cancer Support in the last 4 years as Gift Aid donations, until I notify you otherwise.

I understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. I understand Macmillan Cancer Support will reclaim 25p of tax on every £1 that I give.

Macmillan Cancer Support and our trading companies would like to hold your details in order to contact you about our fundraising, campaigning and services for people affected by cancer. If you would prefer us not to use your details in this way please tick this box.

In order to carry out our work we may need to pass your details to agents or partners who act on our behalf.

If you would rather donate online  
go to [macmillan.org.uk/donate](https://macmillan.org.uk/donate)



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Please cut out this form and return it in an envelope (no stamp required) to: Supporter Donations, Macmillan Cancer Support, FREEPOST LON15851, 89 Albert Embankment, London SE1 7UQ

**This booklet is about cancer and dementia. It is for anyone who has both cancer and dementia.**

**The booklet explains what may happen after you are diagnosed with cancer. It also has practical advice about ways to look after yourself when you have cancer and dementia.**

At Macmillan, we give people with cancer everything we've got. If you are diagnosed, your worries are our worries. We will help you live life as fully as you can.

For information, support or just someone to talk to, call **0808 808 00 00** or visit **macmillan.org.uk**

Would you prefer to speak to us in another language? Interpreters are available. Please tell us in English the language you would like to use. Are you deaf or hard of hearing? Call us using NGT (Text Relay) on **18001 0808 808 00 00**, or use the NGT Lite app.

Need information in different languages or formats? We produce information in audio, eBooks, easy read, Braille, large print and translations. To order these, visit **macmillan.org.uk/otherformats** or call our support line.

**MACMILLAN  
CANCER SUPPORT**

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Helping families face dementia



Patient Information Forum