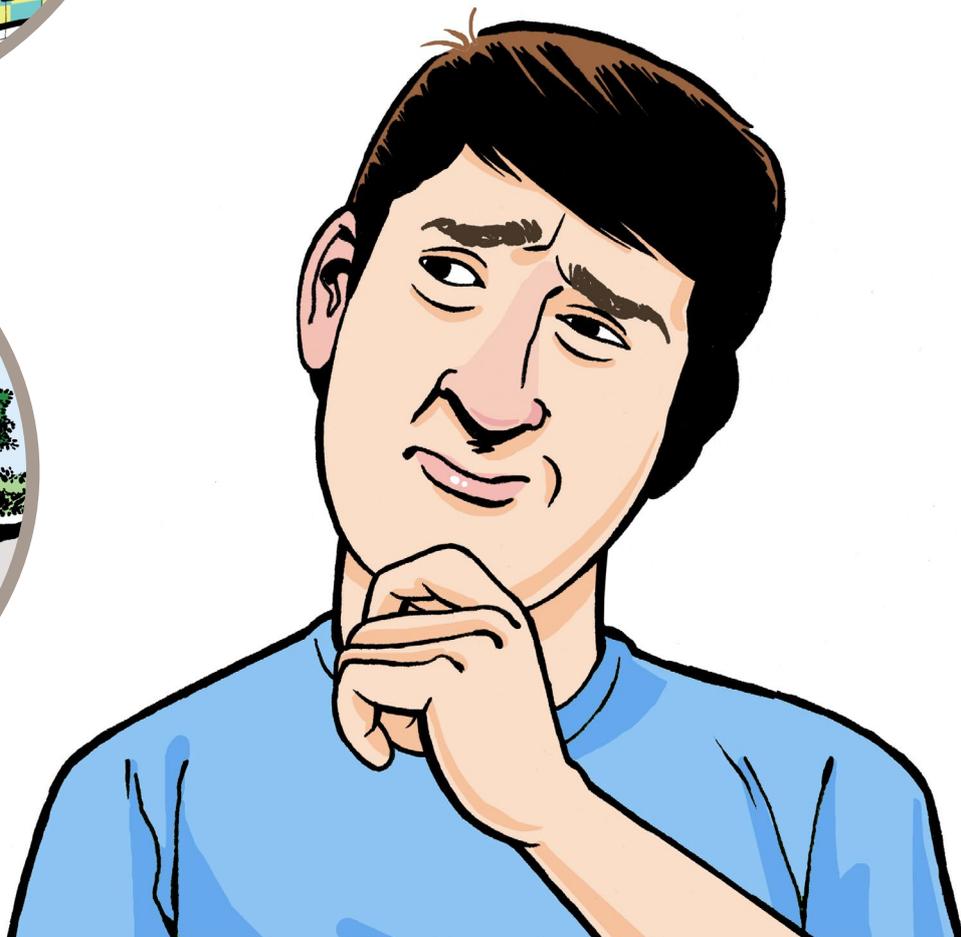


In partnership with

MACMILLAN
CANCER SUPPORT

easy
read

Choosing where to die





About this easy read booklet



This booklet is about choosing where to die.



You can learn about different places you can die and what might happen there.



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



Choosing where to die



There are different places where people can get looked after in the last few months, weeks or days before they die.

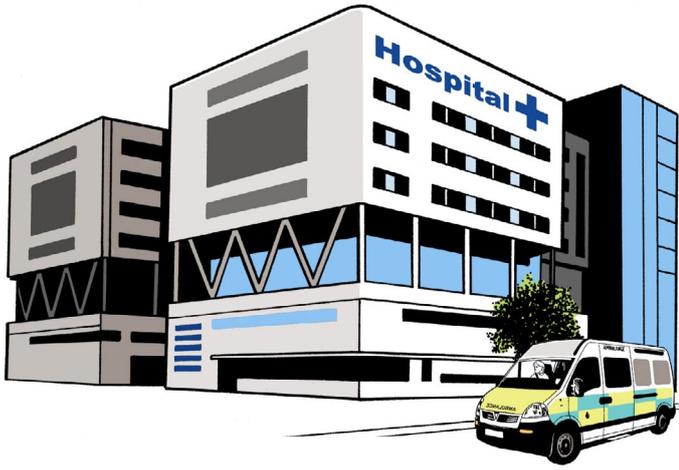


These could be:

- At home



- In a care home



- In a hospital



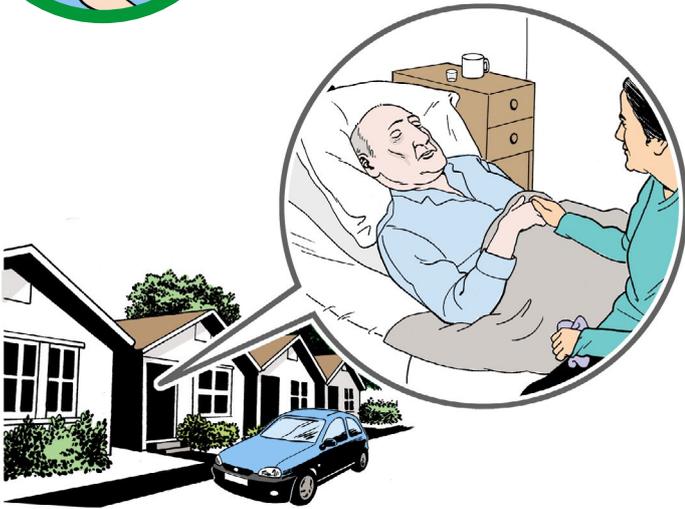
- In a hospice



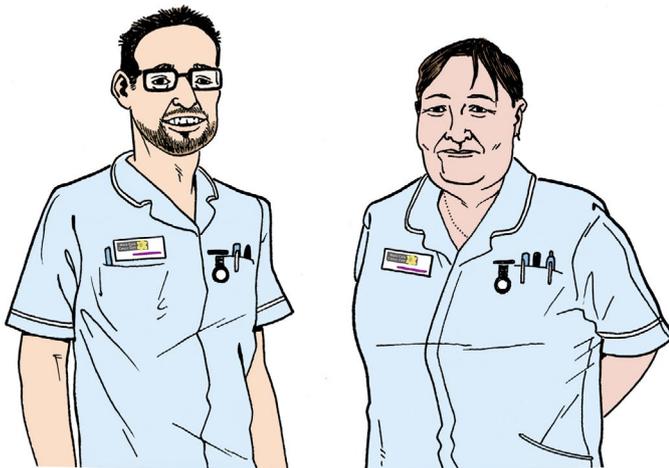
You can say where you want to die. But sometimes the place you choose may not be possible because of the care you need.



Staying at home



You may want to die at home. This may be possible even if you live alone.



There are nurses who can visit you at home. They can help your family, carers or supporters look after you at home.



The nurses can show your family, carers or supporters the best way to look after someone who is dying.



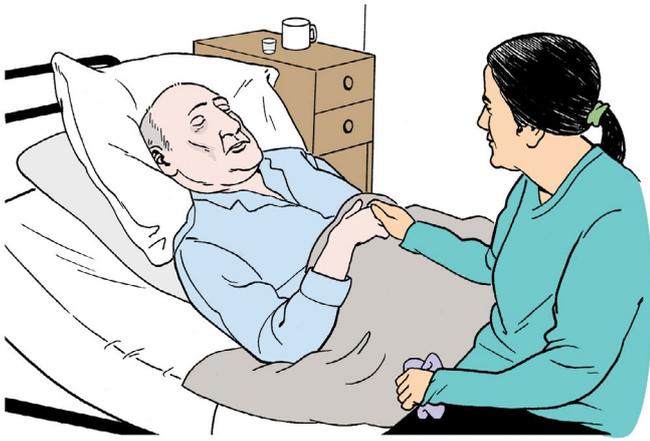
You may get help from an **occupational therapist (OT)** to make things easier for you in your home.



For example, the OT may arrange handrails in the bathroom. This can make it easier to use the toilet or get in and out of the shower or bath.



You may live in a shared home with other people with learning disabilities.



This is your home. You should be able to stay there to die if you want to.



Sometimes it will not be possible to look after you at home until you die. It depends on the kind of care you need.



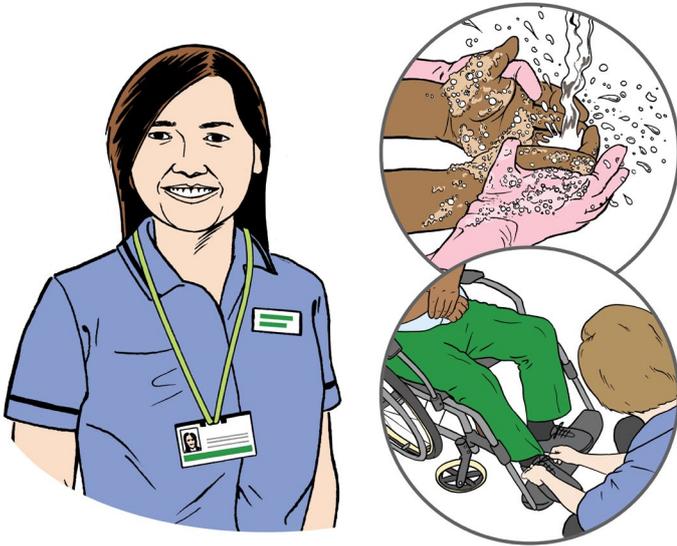
Staying in a care home



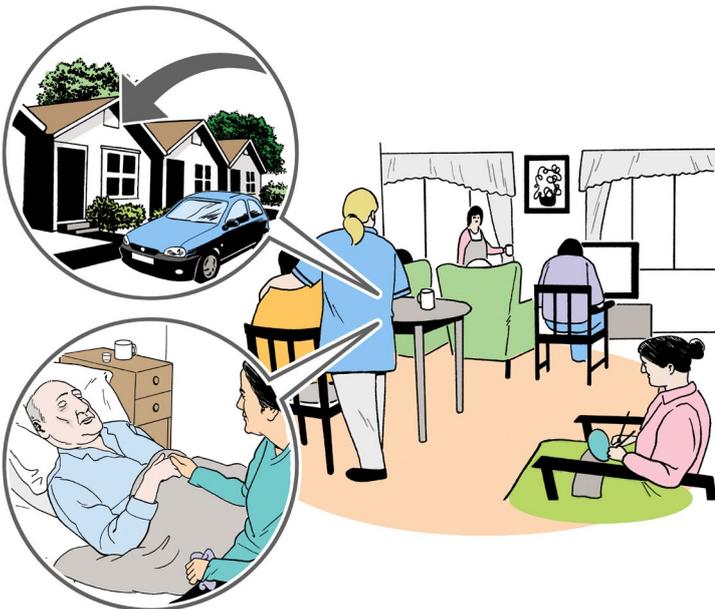
Sometimes it may be easier for you to stay in a care home.



This is a place where there are carers or nurses to help look after you day and night.



The carers or nurses help with personal care such as washing, dressing and eating.



You might go in for a short time for extra help and then come home again. Or you may choose to die in a care home.



Staying in a hospital



You may need to go to hospital if your illness causes problems. You might go in for a short time for some treatment and then come home again.



Or you may choose to stay in a hospital to die.



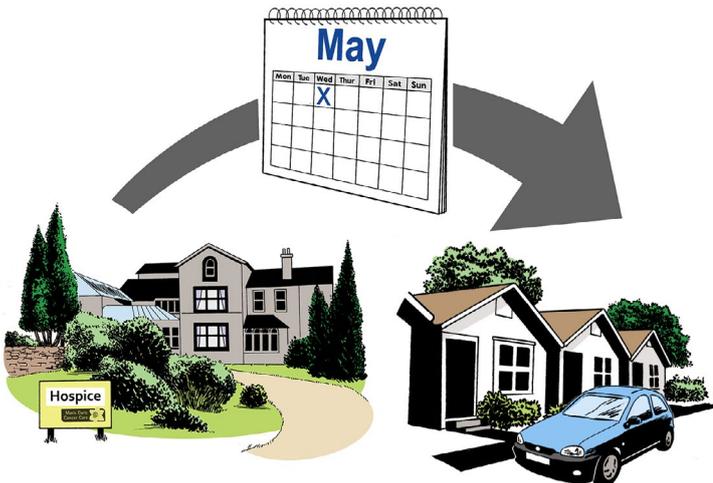
Doctors and nurses called the **palliative care team** will help look after you in hospital. They are experts at helping people be comfortable while they are ill and dying.



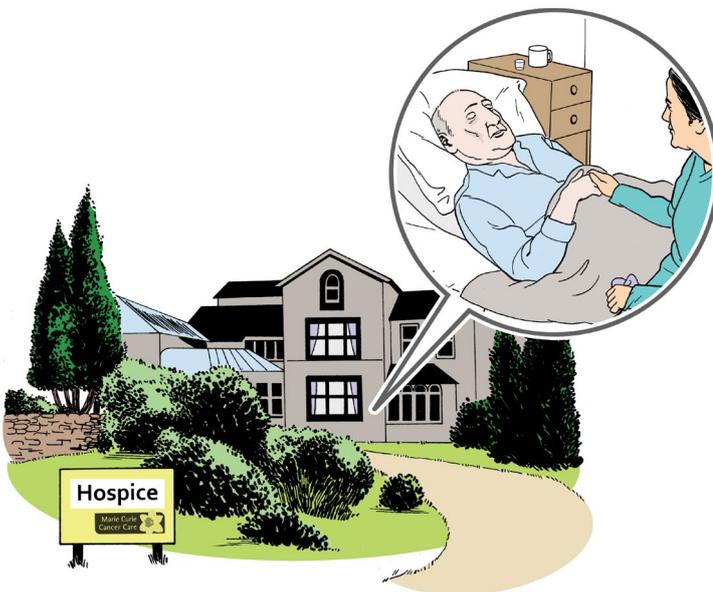
Staying in a hospice



You may go to a **hospice** for help and care. This is a place that helps people who are dying and their family, carers or supporters.



You may go to a hospice for a short time for treatment and then go home again.



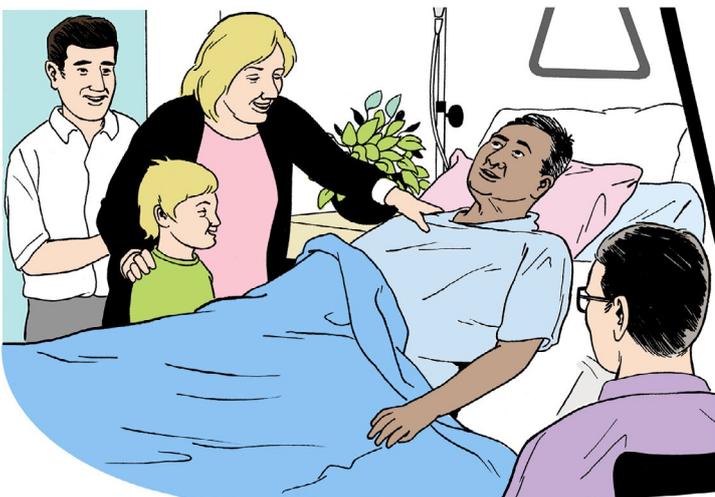
Or you may choose to stay in a hospice to die.



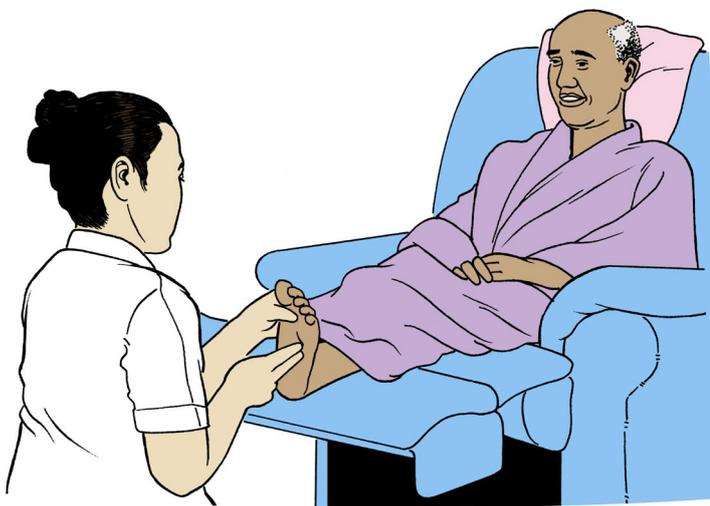
Hospices are smaller and quieter than hospitals. They are more like a care home.



There are carers or nurses to help look after you day and night. They are experts at helping people be comfortable while they are ill and dying.



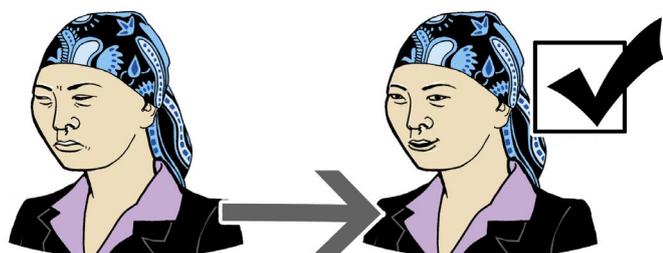
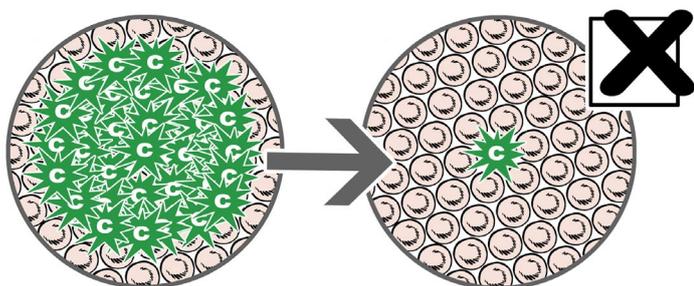
Your family and friends can still be around you as much as you need.



Hospices sometimes give other types of support like **complementary therapies**.



Complementary therapies are types of treatments such as massage, yoga, aromatherapy, reflexology and acupuncture. You may have them as well as your cancer treatment.



Complementary therapies do not treat cancer but they may make you feel better.



How Macmillan can help you

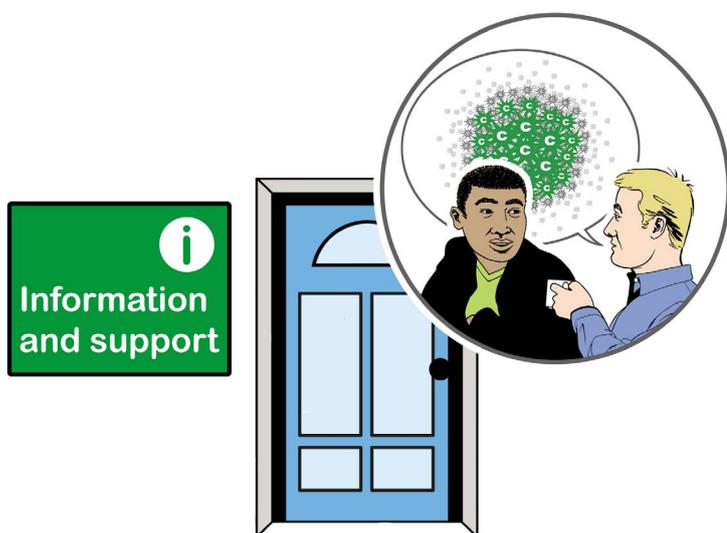


You can get support from:

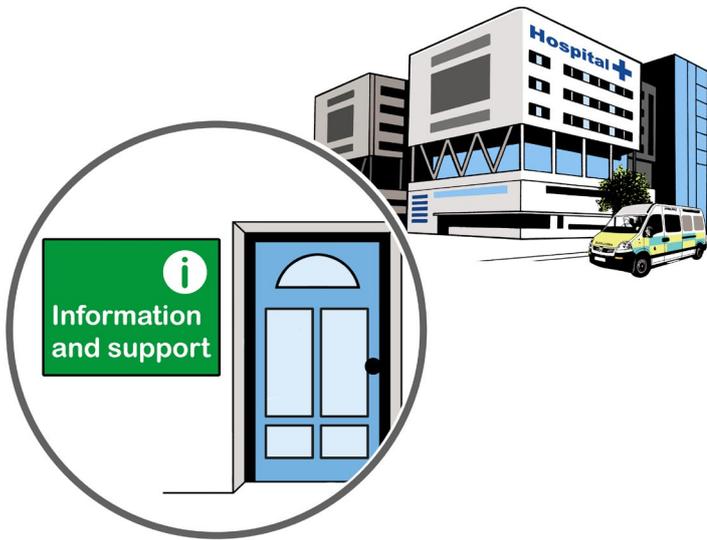
- The Macmillan Support Line. Call **0808 808 00 00** 7 days a week, 8am to 8pm.



- The Macmillan website. Visit macmillan.org.uk for lots of information about cancer and living with cancer.



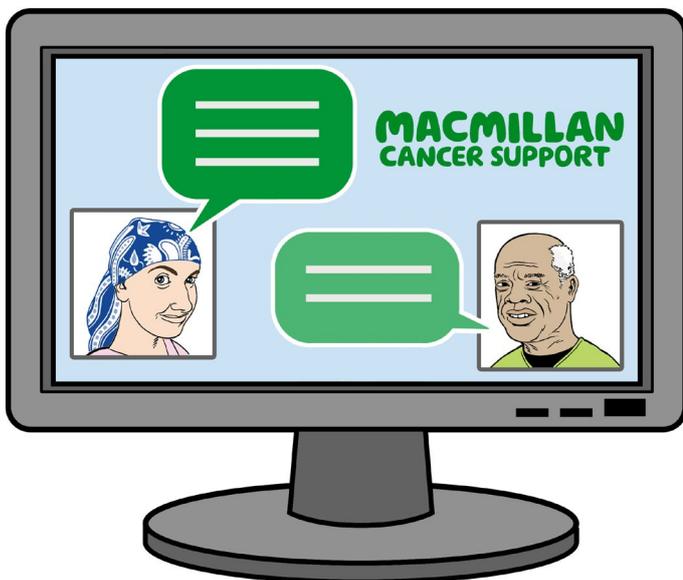
- Information centres. At an information centre, you can talk to a cancer support specialist and get written information.



Find your nearest centre at [macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres) or call us. Your hospital might have a centre.



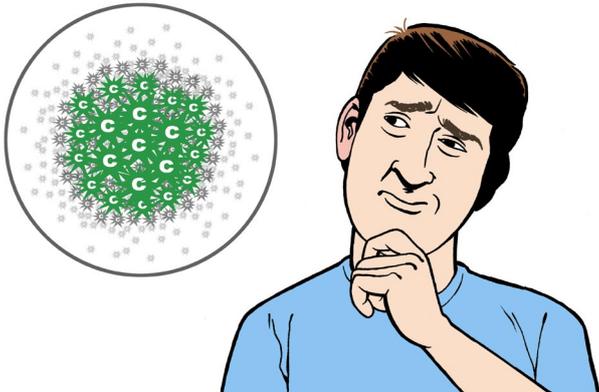
- Local support groups. Find a group near you at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us.



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



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?

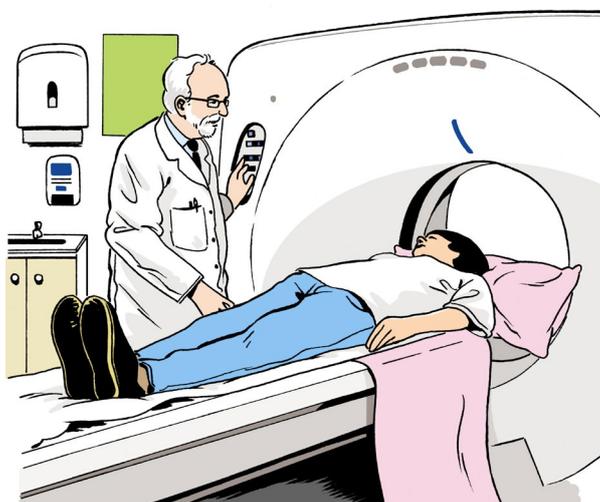
Signs and symptoms

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



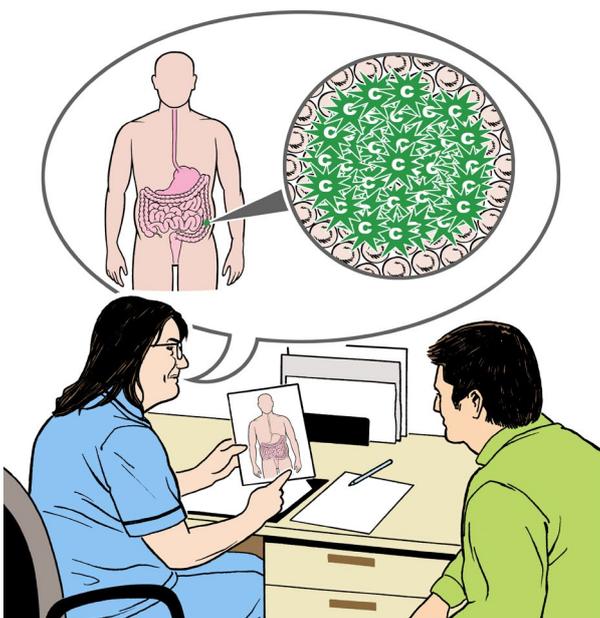
Living a healthy life

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



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
- After treatment for cancer
- 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
- 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
- Getting ready to die
- If you are dying from cancer
- Making decisions about the future if you are dying
- Spirituality and religion at the end of life
- The end of life
- Thinking about your funeral
- Who can help 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 or call us on **0808 808 00 00**

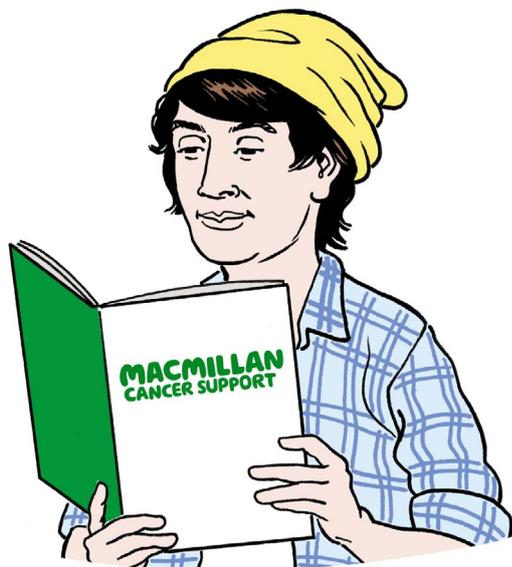


More information and resources



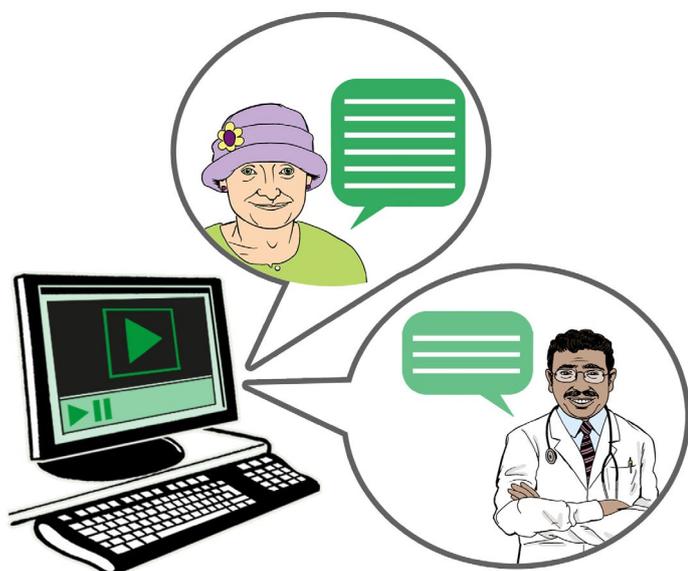
Macmillan website

There is lots of information about cancer at macmillan.org.uk



Booklets about cancer

You can order booklets about cancer from be.macmillan.org.uk



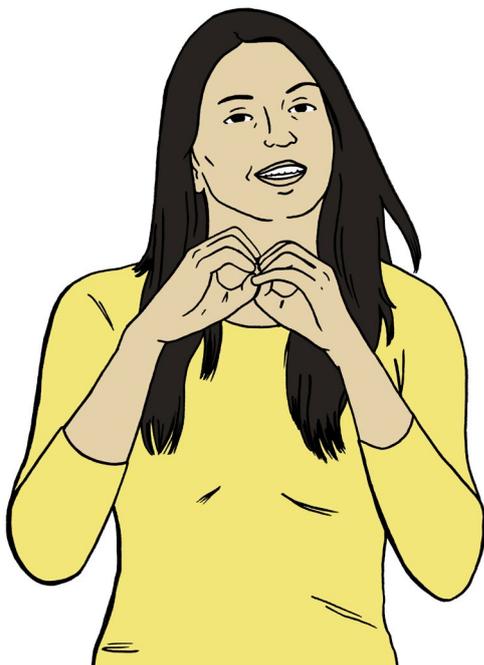
Videos

You can watch videos about cancer at 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)



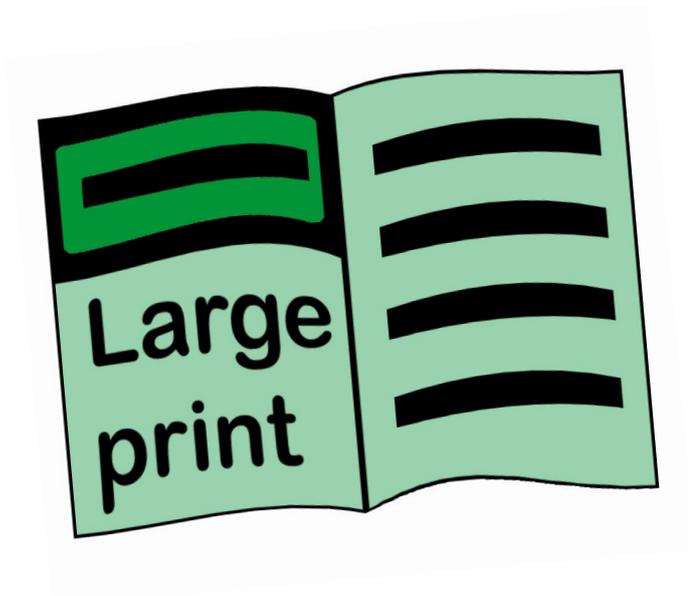
British Sign Language (BSL)

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



eBooks

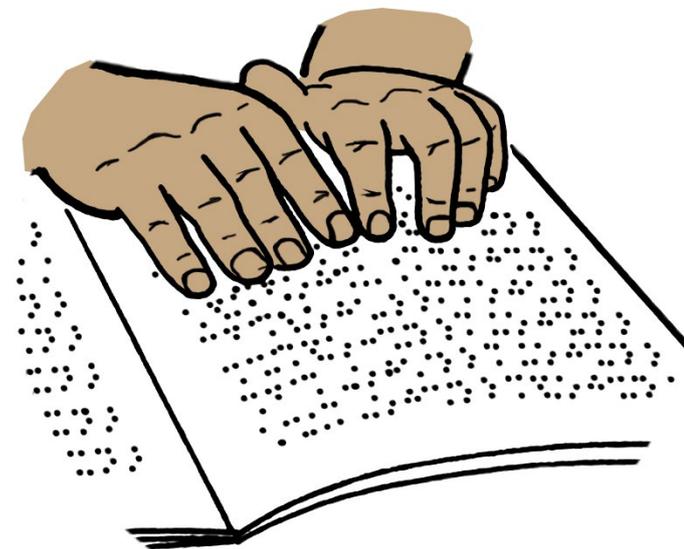
You can get eBooks about cancer from [be.macmillan.org.uk](https://www.be.macmillan.org.uk)



Large print

Tell us if you need information in large print.

Email: cancerinformationteam@macmillan.org.uk



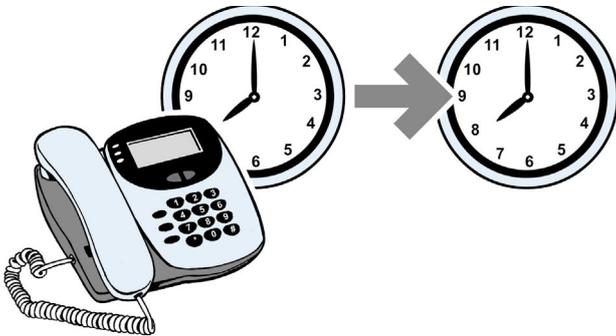
Braille

Tell us if you need information in Braille.

Email: cancerinformationteam@macmillan.org.uk

This booklet is about cancer.

It is for anyone who has a learning disability or 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 the Macmillan Support Line using the Next Generation Text (NGT) service by dialling
18001 0808 808 00 00



- Or go to the website
macmillan.org.uk

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