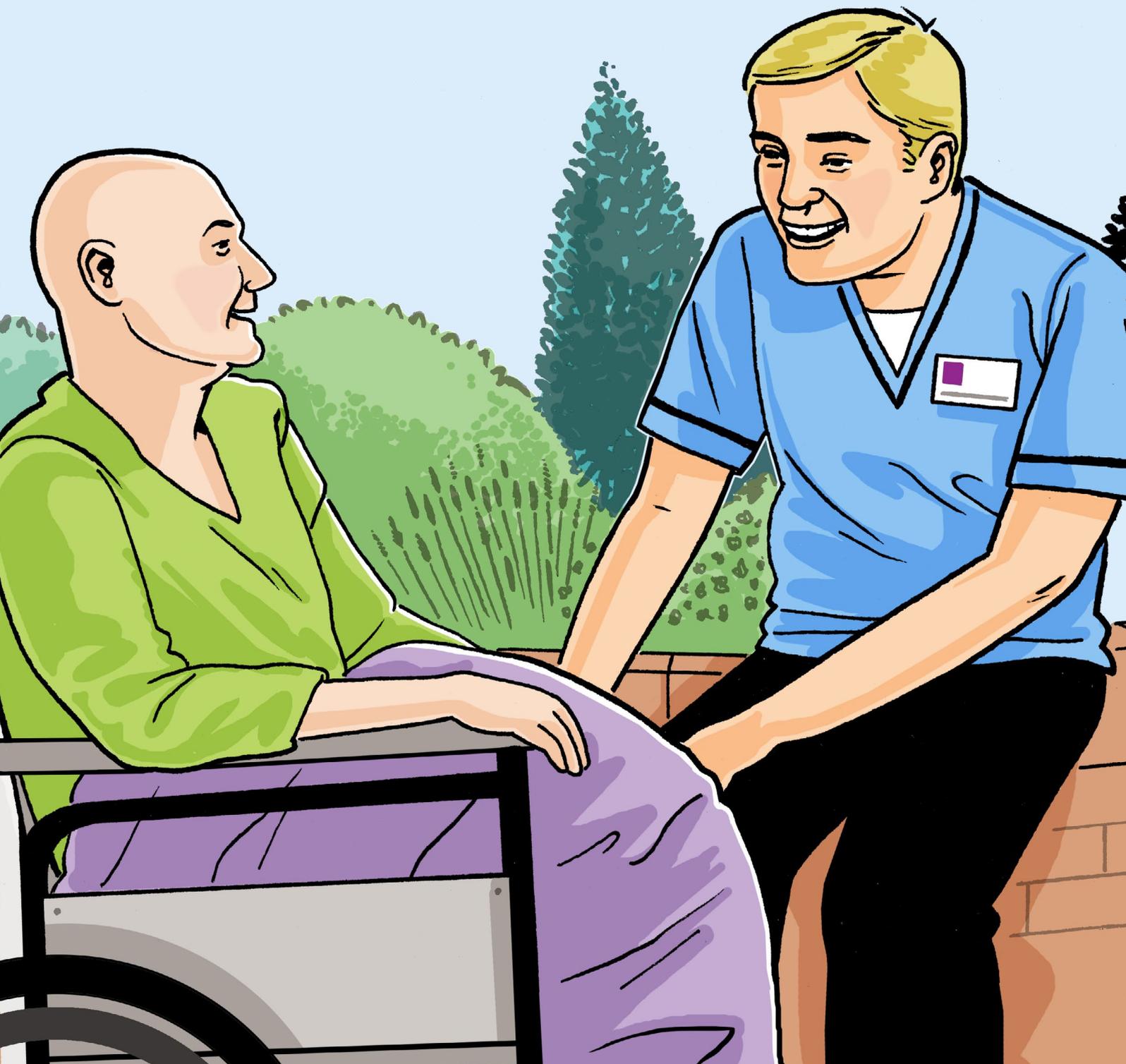


In partnership with

MACMILLAN
CANCER SUPPORT

easy
read

If you are dying from cancer





About this easy read booklet



This booklet is about if you are dying from cancer.



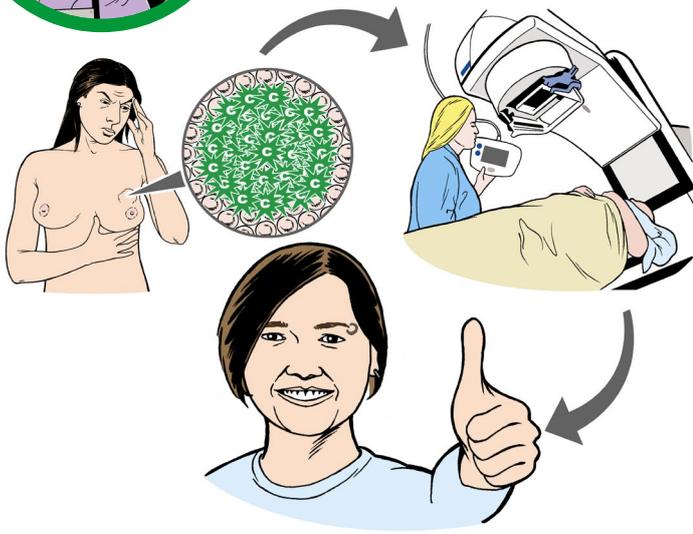
You can learn about how you might feel and what might happen if you are dying.



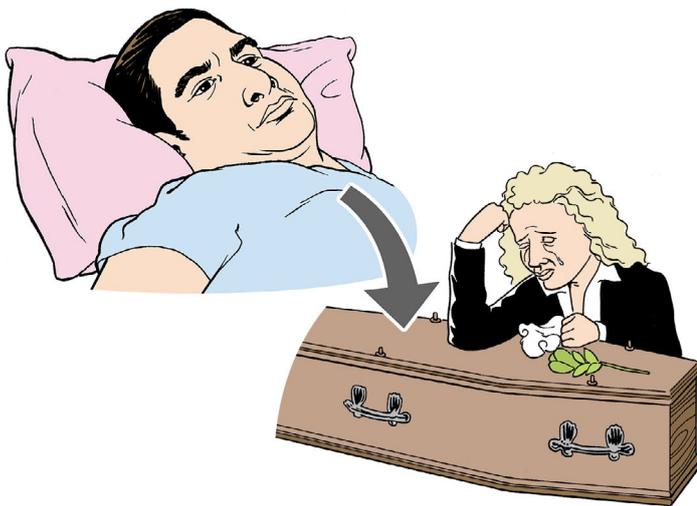
If you are worried about your health, you should talk to a doctor or nurse.



If you are dying from cancer



Some people who have an illness get better again.



Other people who have an illness are not going to get better. They are going to die. This is because the doctor can not do any more to make the illness go away.



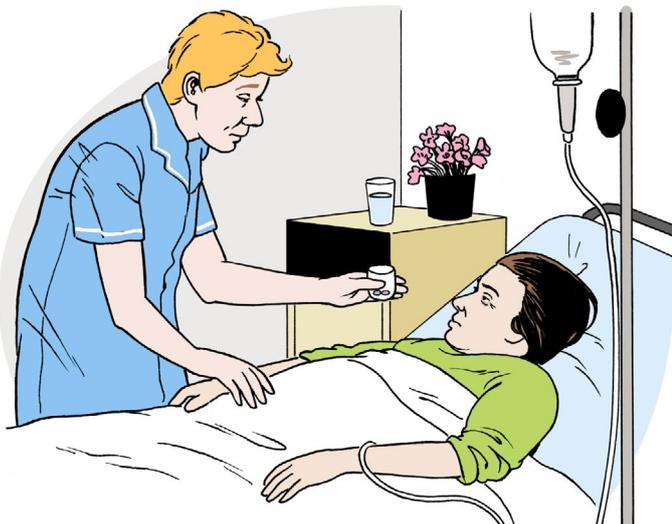
People can have a serious illness for a long time. Some of the time they might feel OK. But they still have an illness they will probably die from.



Palliative care is the support and care people can have to help them live life as well as possible when they have an illness that they will die from.



It also means helping them with their feelings and with any spiritual needs.



End of life care is support to help a person during the last few weeks and days of their life until they die.



Support and feelings



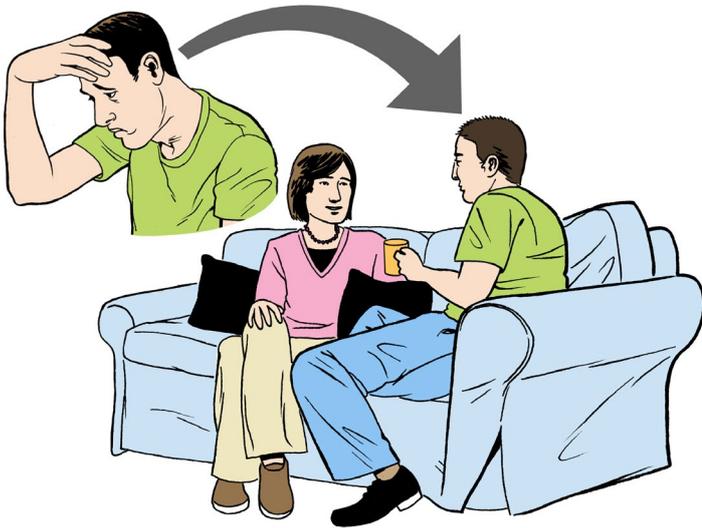
If you want to know more about your illness and talk about how you are feeling, there are people who can support you.



Whatever you are feeling, it is important that you have someone to talk to who can support you.



You may feel sad, scared or worried about what is going to happen to you. You may have lots of different feelings.



You can choose who you want to talk with. Some people who can support you may be:



- your partner or someone in your family



- a close friend



- a carer or someone who is already looking after you



- someone from one of your social groups



- someone from the Community Learning Disability Team



- someone from your church, mosque, synagogue or temple.



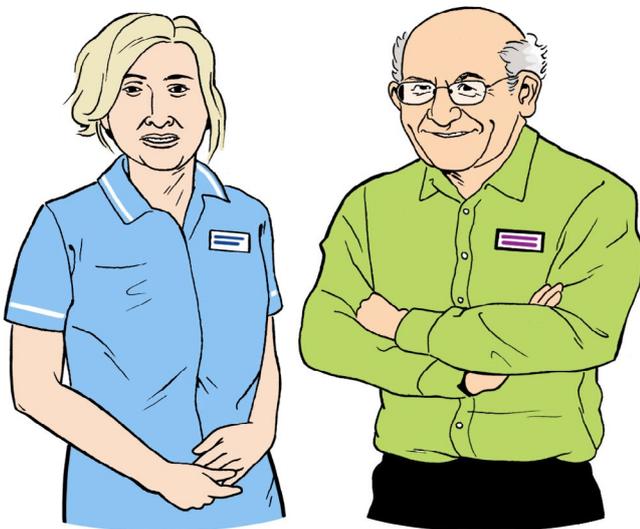
If you have a partner or close friend it can help if both of you can talk about your feelings together.



Sometimes it can be really hard to talk with your partner or friend because you are both upset and worried.



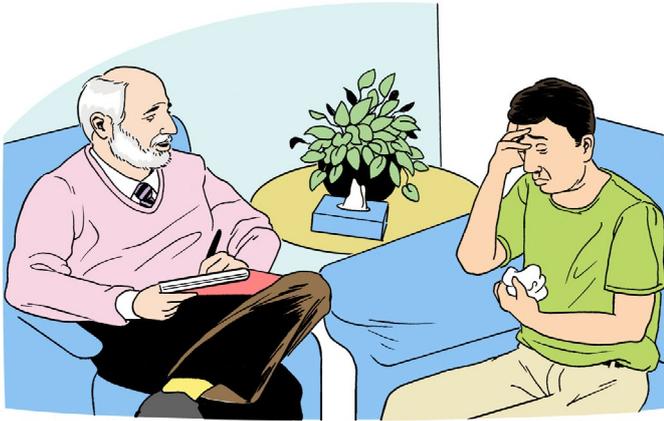
When this happens just hugging or holding hands can be enough. Sitting quietly together can also help.



If it is hard to talk to your family or the people you are close to, there are other people you can talk to.



You can talk to your nurse or doctor from the hospital. They are good at helping people who have an illness that will not get better. They know about the worries and problems you may have.



You can talk to a **counsellor** or **psychologist**. These are experts in helping people talk about their feelings.



They may be able to see you and your family member or friend at the same time. They can help you learn how each other is feeling.



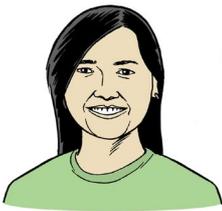
Some people you know may find it difficult to talk about your illness or about dying. But they still care about you and want to help you in other ways.



Ask your doctor or nurse if you want to talk to a counsellor or a psychologist.



Feelings that you might want to talk about



Whatever you are feeling is OK.



You may feel confused and frightened.



If there is anything you don't understand about your illness and what is happening then you can ask if you want to know.



It may help if you make a list of questions you want to ask your doctor. Get help to do this if you need to.



You could write down your fears and worries so that you can remember them when you talk to someone.



Some people want to know how long they have to live. Other people do not want to know.



You can ask the doctor or nurse about this if you want to. They will not know exactly how long you have to live. But they will tell you as much as they can.



You may feel upset and sad. It is OK to cry. You don't have to hide your feelings. Crying is normal for all of us.



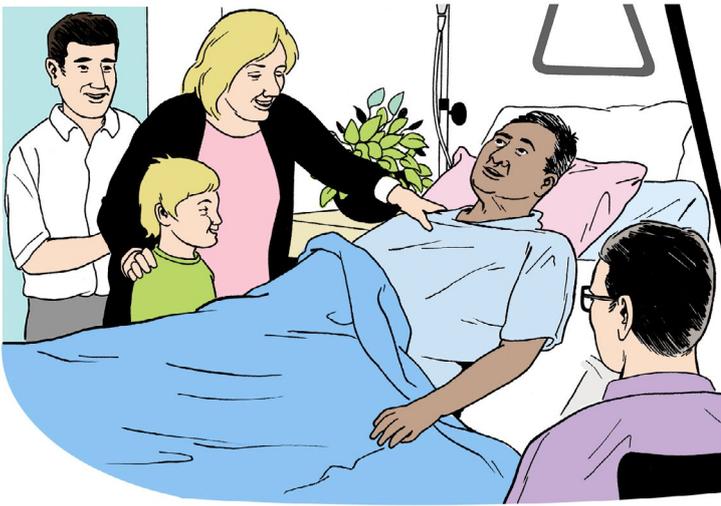
You may feel angry. It is OK to feel this way.



You may feel that you want to be left alone. You may not feel like talking or being with other people.



This can be because you feel too ill and tired or it may be because you do not feel happy.



You might feel like you do not want to be alone. You may want to be with others all the time.



How Macmillan can help you

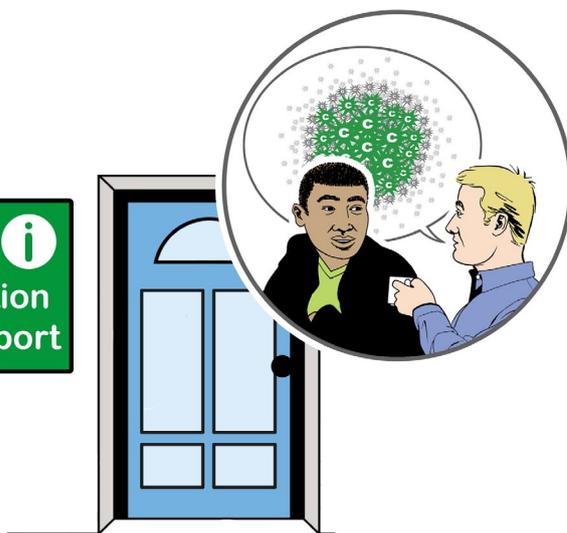


You can get support from:

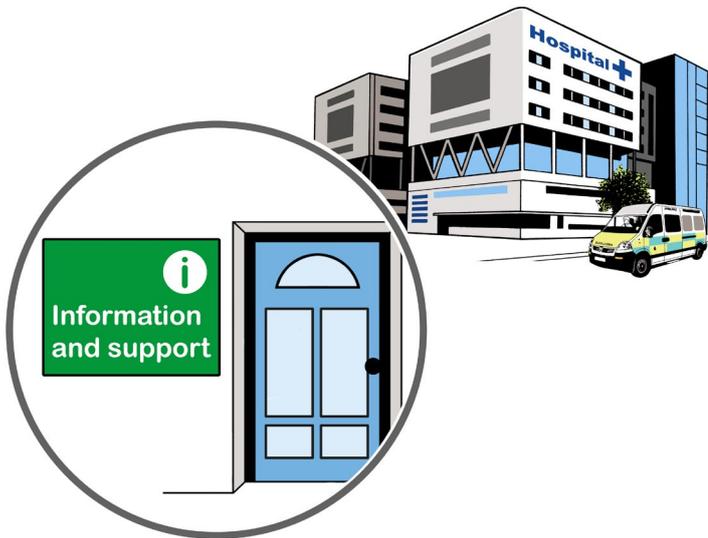
- The Macmillan Support Line. Call **0808 808 00 00** 7 days a week, 8am to 8pm.



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



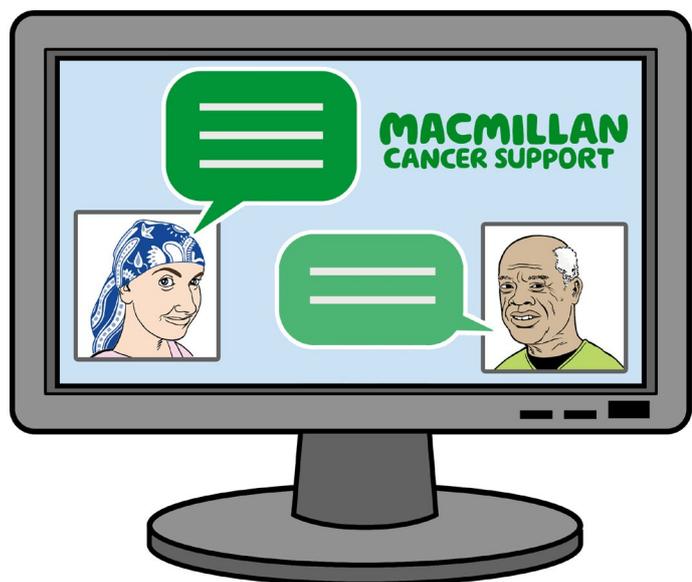
- Information centres. At an information centre, you can talk to a cancer support specialist and get written information.



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



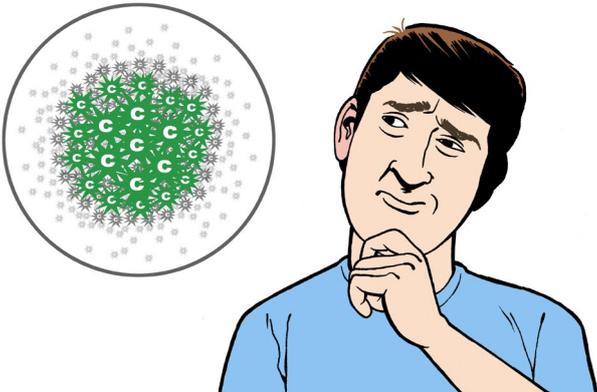
Order more easy read booklets from macmillan.org.uk/easyread

There are booklets on lots of topics:



About Macmillan

- How Macmillan Cancer Support can help you



About cancer

- Lung cancer
- What is cancer?



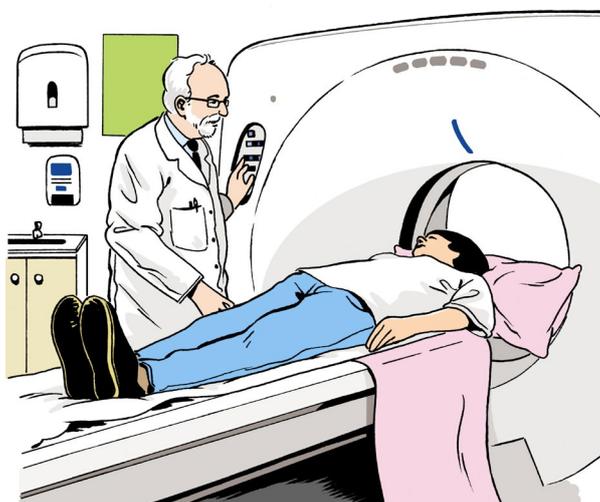
Signs and symptoms

- 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



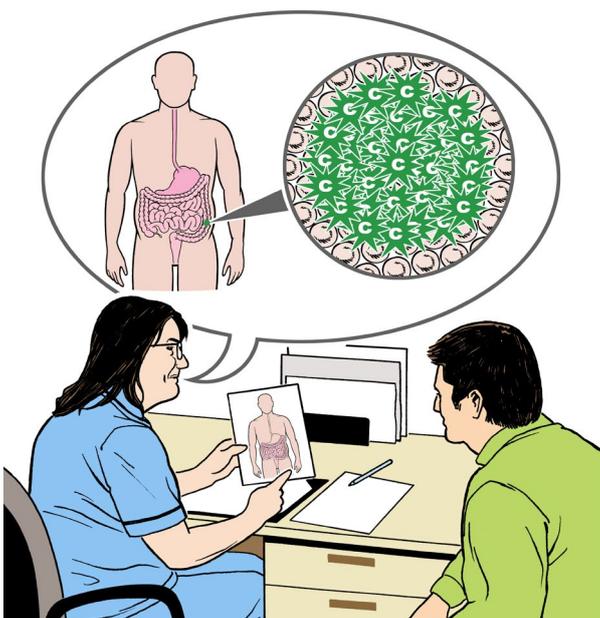
Living a healthy life

- 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**

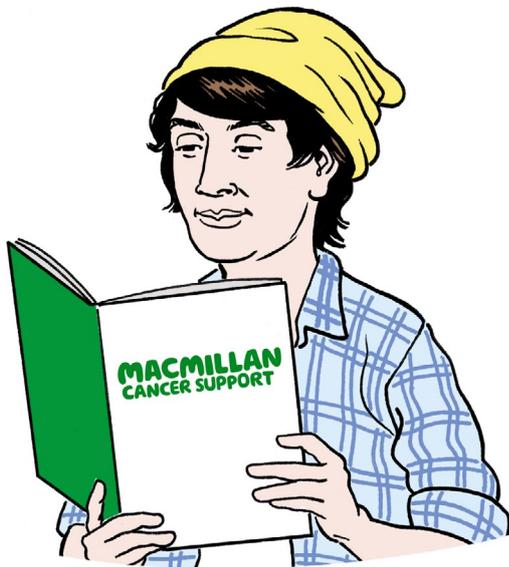


More information and resources



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



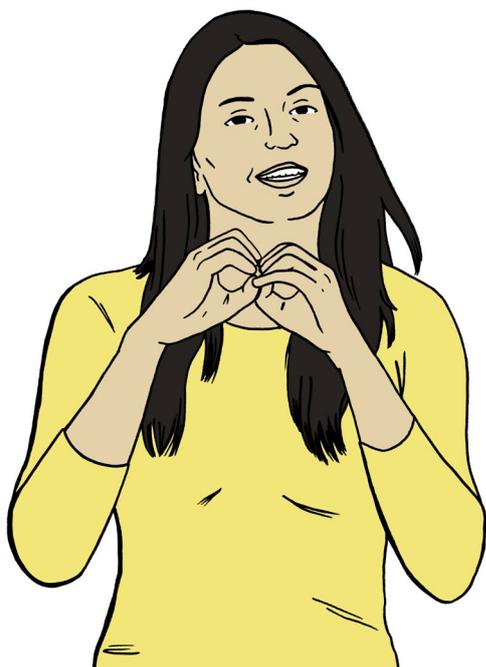
Videos

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)



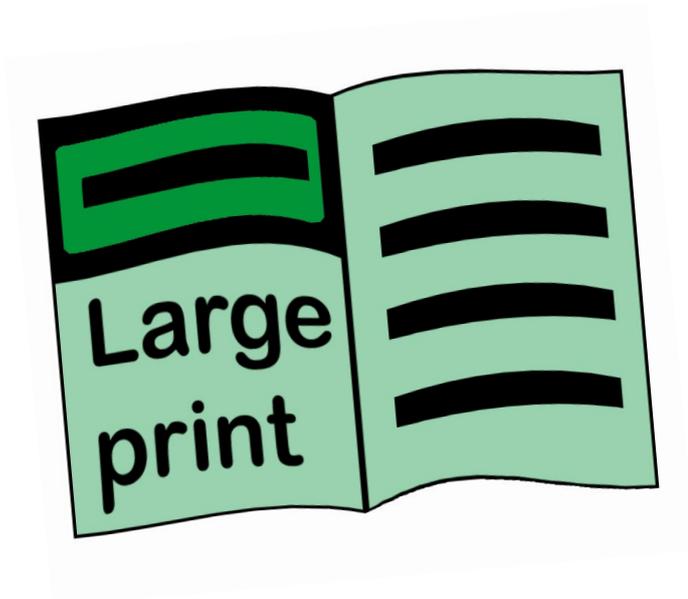
British Sign Language (BSL)

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



eBooks

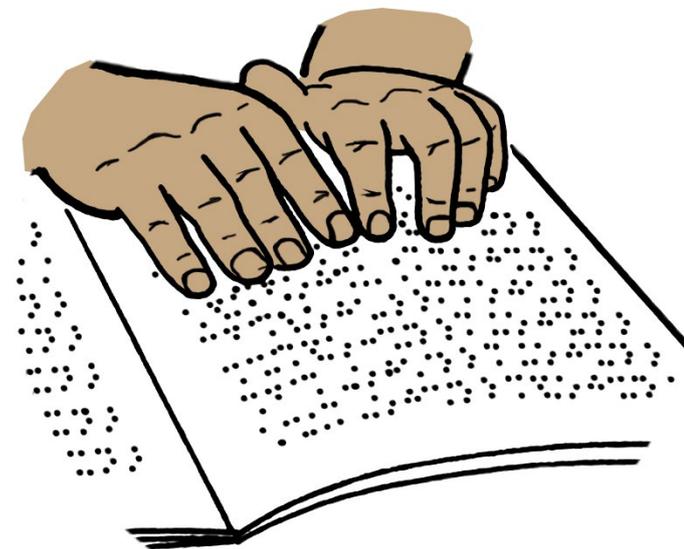
You can get eBooks about cancer from [be.macmillan.org.uk](https://www.be.macmillan.org.uk)



Large print

Tell us if you need information in large print.

Email: cancerinformationteam@macmillan.org.uk



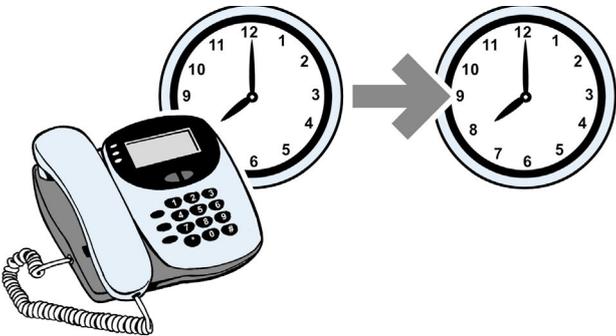
Braille

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

This easy read booklet has been produced by Macmillan Cancer Support working with CHANGE.

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