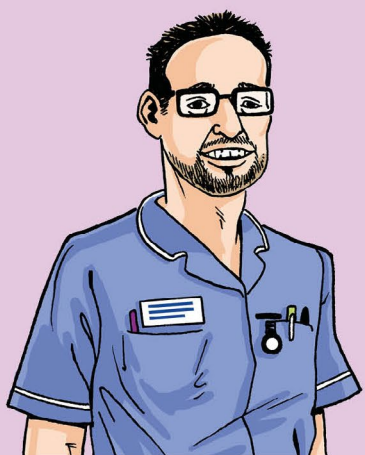
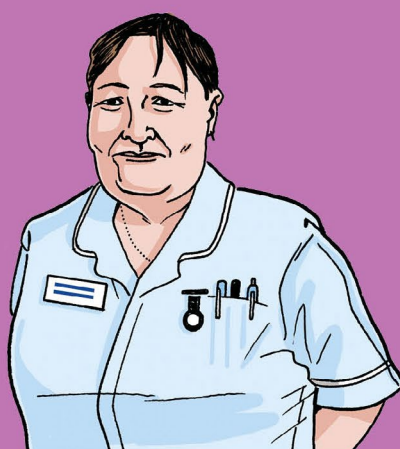


In partnership with

**MACMILLAN**  
CANCER SUPPORT

easy  
read

# Who can help if you are dying





# About this easy read booklet



This booklet is about who can help if you are dying.



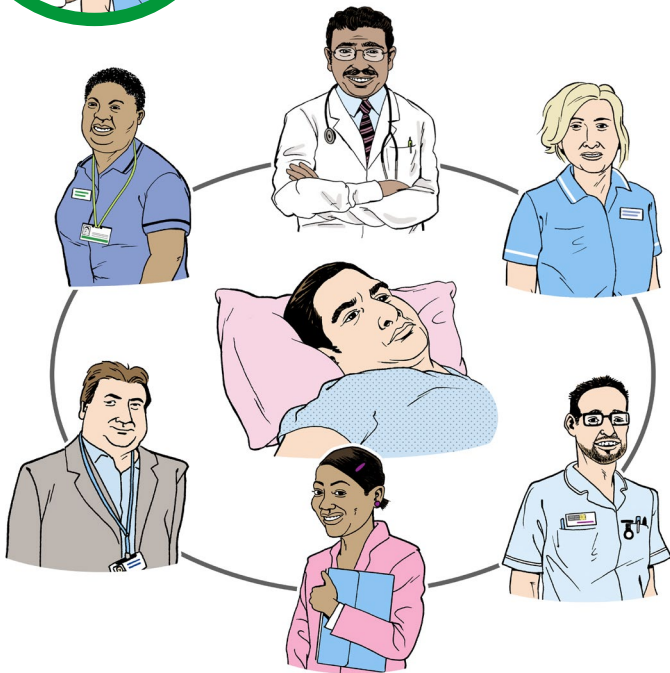
You can learn about the different people who could help you if you are dying.



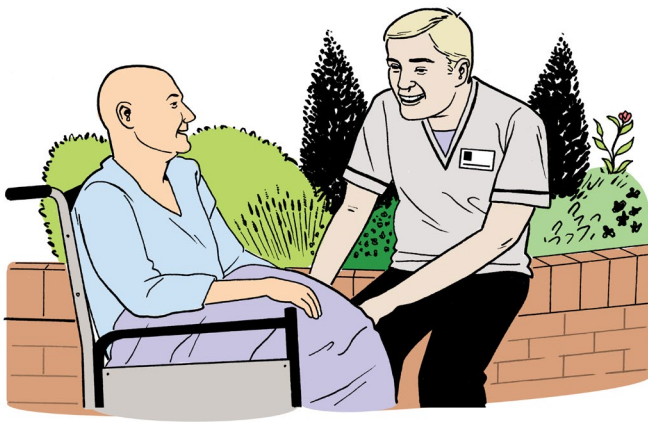
If you are worried about your health, you should talk to a doctor or nurse.



# Who can help if you are dying



When you have an illness that is not going to get better, you will need care from different health professionals.



They will look after you and help you feel as well as possible.



Your doctor and a **district nurse** will plan the care you need.



A **district nurse** is a nurse who visits you at home to look after you.



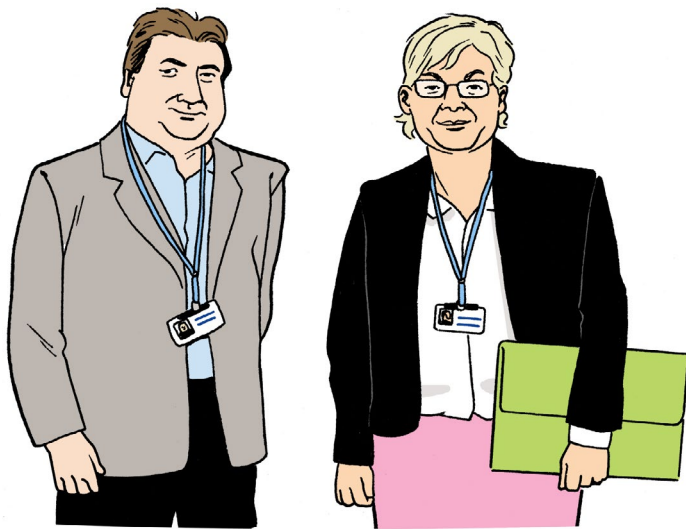
They will meet with you and your family and carers to talk about your illness. They should talk in a way you can understand. They should give you time to ask questions.



It is important that people listen when you tell them what you think and how you feel. People need to know what you want and what you do not want.



The doctor and district nurse will tell you if they think there are other people who need to help look after you.



These people could be:

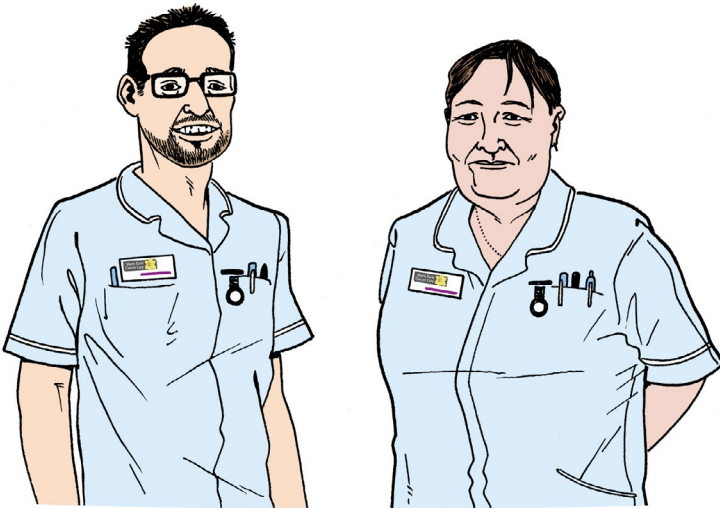
- the community learning disability team



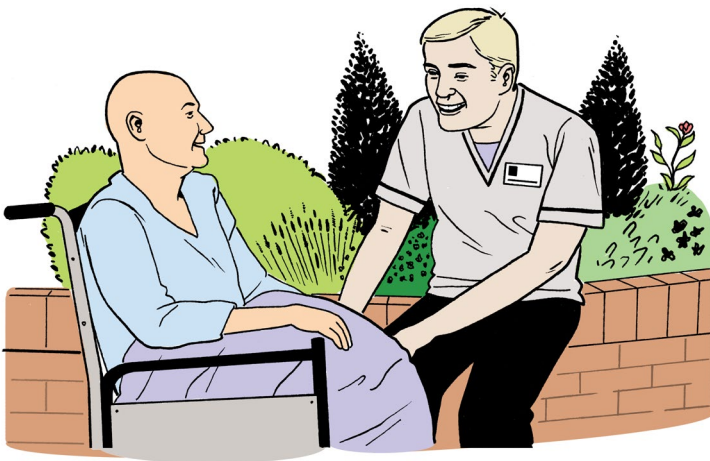
- social workers



- Macmillan nurses



- **palliative care** nurses



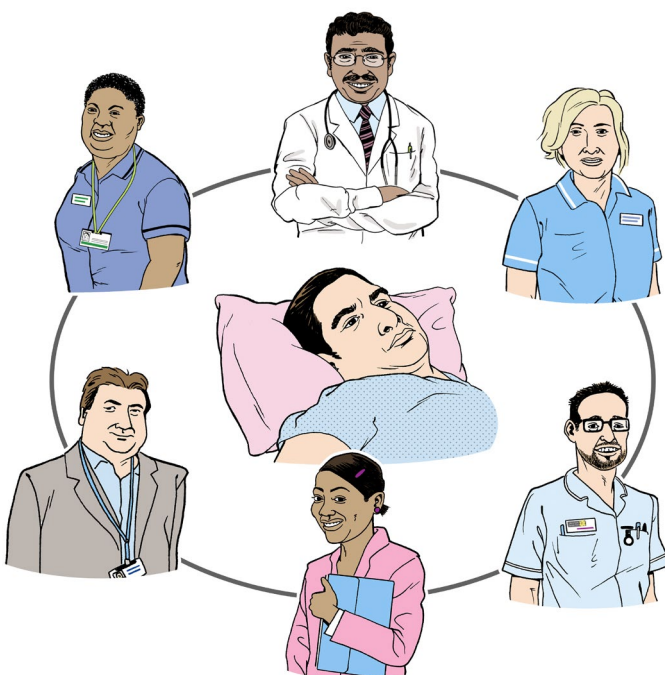
**Palliative care** is the support and help people have when their illness cannot be cured. It means making the person as comfortable as possible, sometimes using medicines.



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



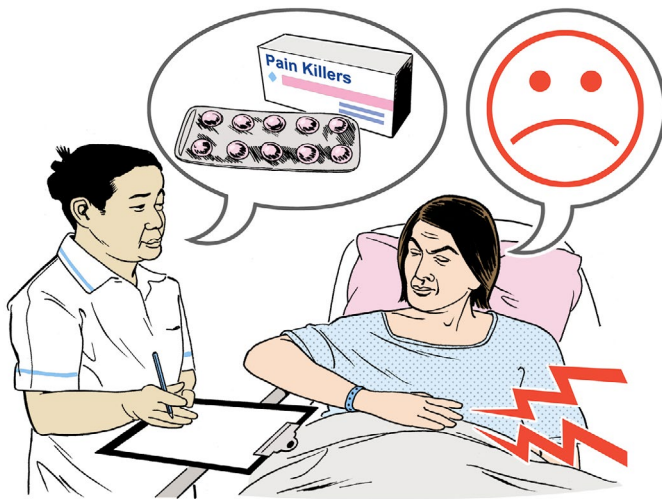
- hospice teams



It is very important that all these professionals work together. Then they will understand your needs and give you the best care.

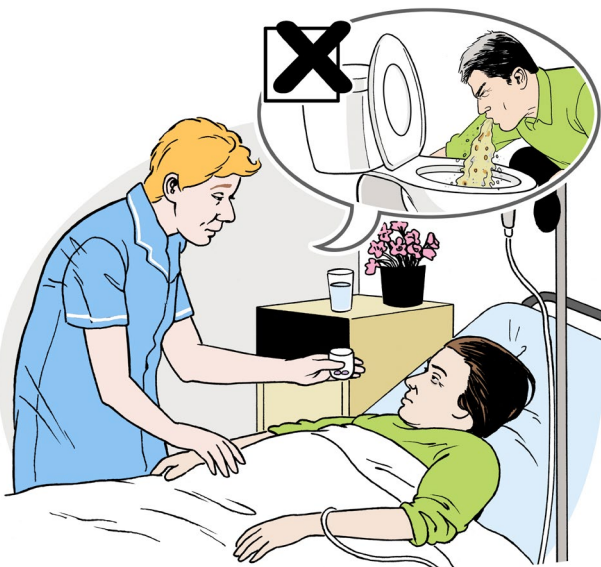


These health professionals will help you with any of the problems you have because of your illness.

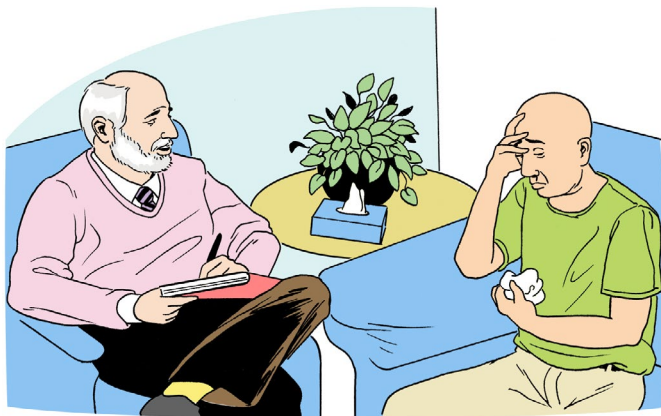


They can:

- help take away any pain you have or make it less



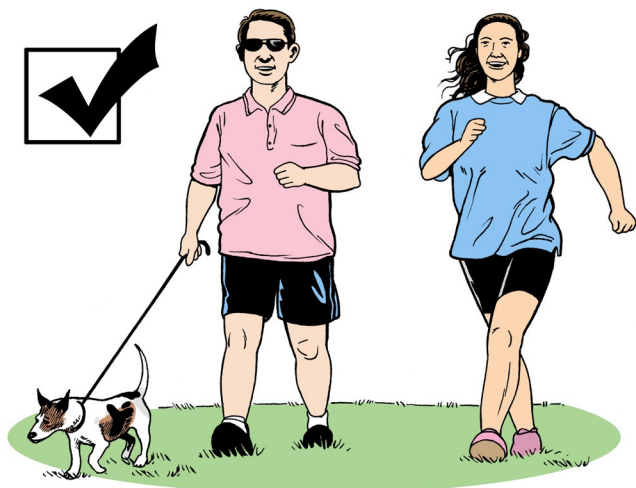
- help take away any sickness or help you feel less sick



- talk to you about sadness and other feelings you have about dying



- help you think about any spiritual or religious needs you have, you can talk to them about what matters to you most as a person



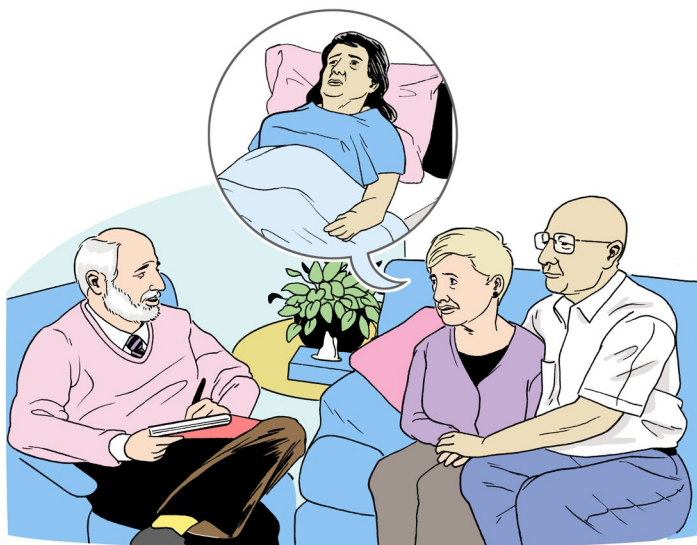
- help you do the things you want to do for as long as possible



- help you think about what you want at the end of your life, for example, where you want to be looked after and who you want to be around you



- help you sort out any money worries.



They will also give support to your family and friends during your illness and when you die.

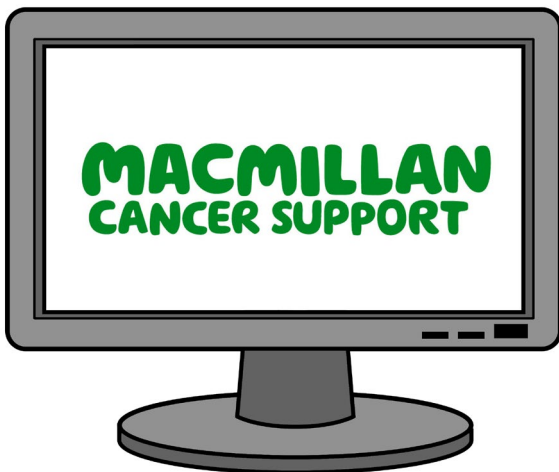


# How Macmillan can help you

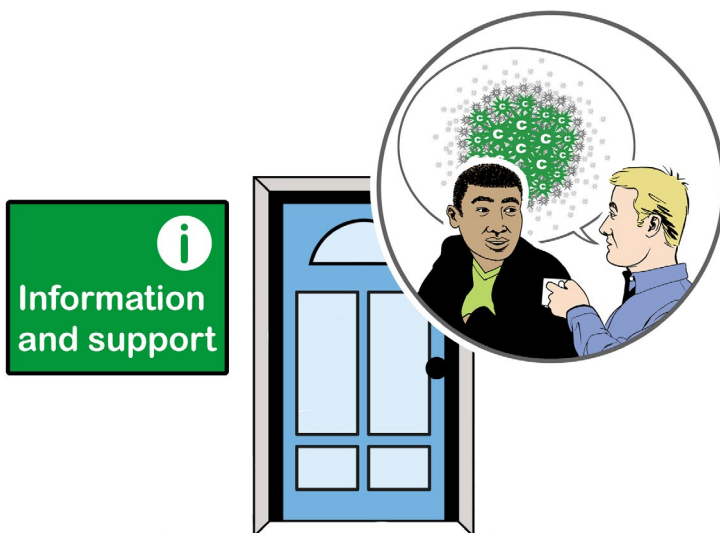


You can get support from:

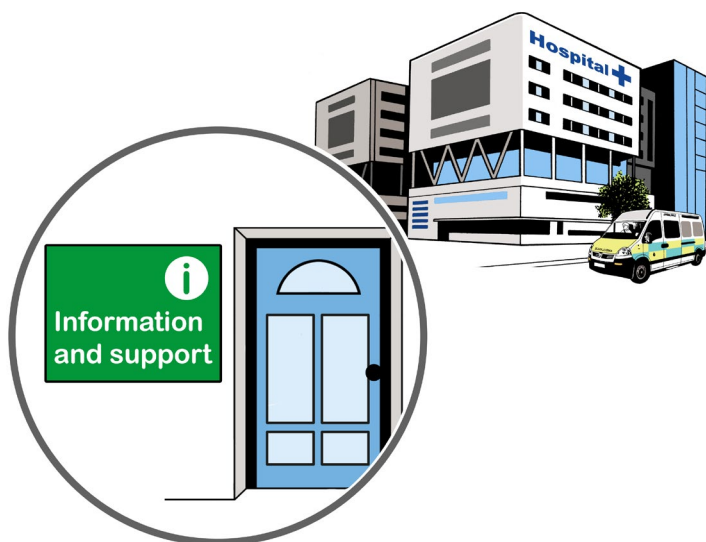
- The Macmillan Support Line. Call **0808 808 00 00** 7 days a week, 8am to 8pm.



- The Macmillan website. Visit [macmillan.org.uk](https://www.macmillan.org.uk) for lots of information about cancer and living with cancer.



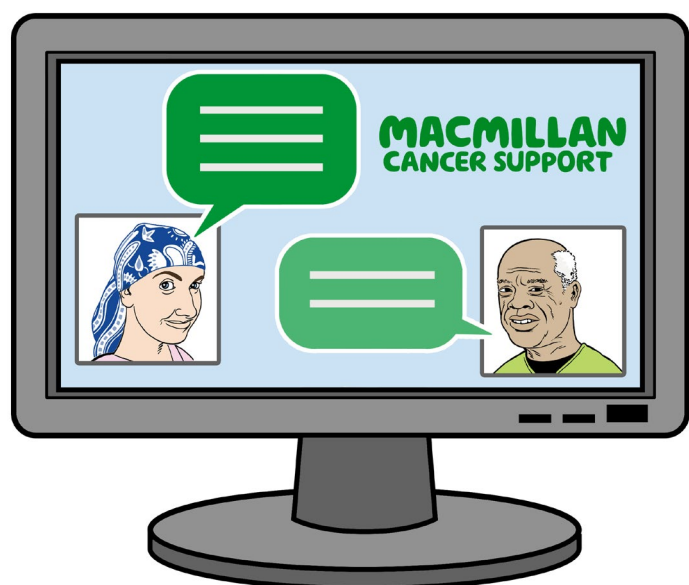
- Information centres. At an information centre, you can talk to a cancer support specialist and get written information.



Find your nearest centre at [macmillan.org.uk/informationcentres](https://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://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://macmillan.org.uk/community)



# More easy read booklets



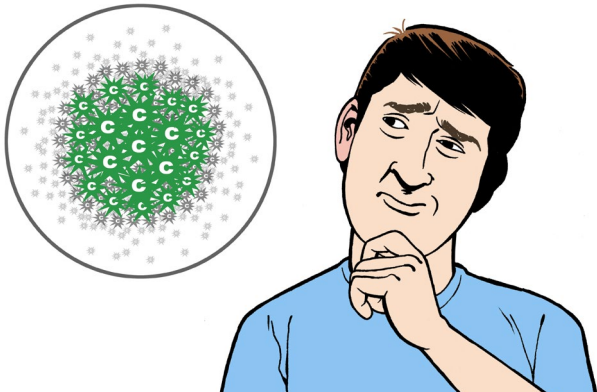
Order more easy read booklets from [macmillan.org.uk/easyread](https://www.macmillan.org.uk/easyread)

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



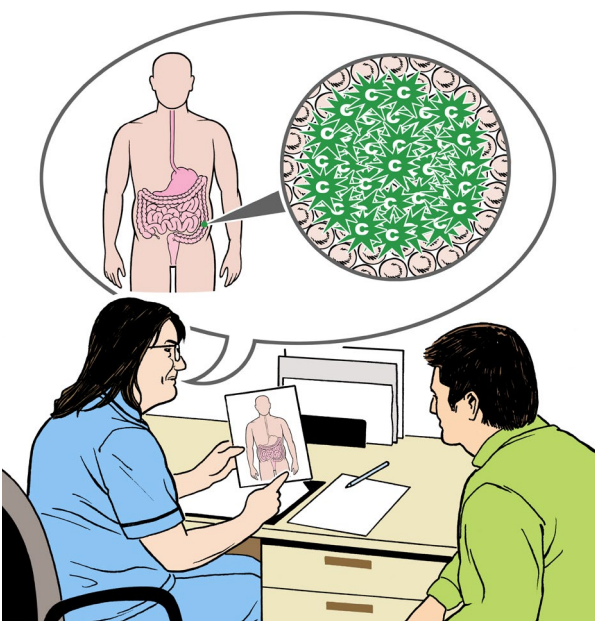
## Living a healthy life

- 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



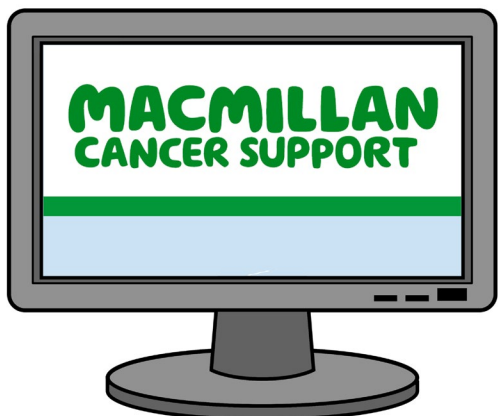
## After someone dies

- 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](http://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](https://www.macmillan.org.uk)



## Booklets about cancer

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



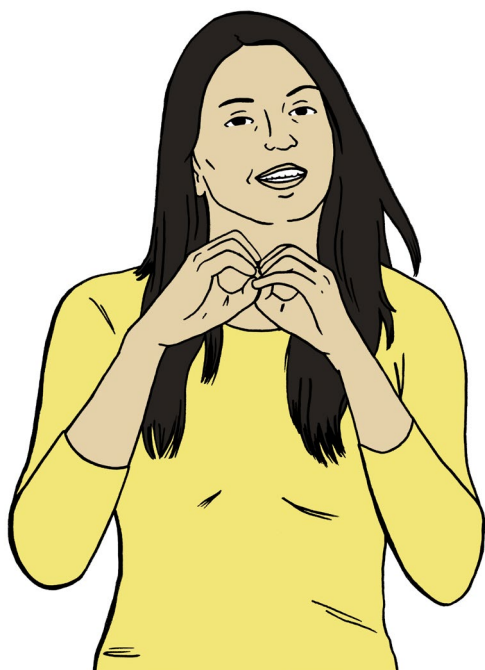
## Videos

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://macmillan.org.uk/audio)



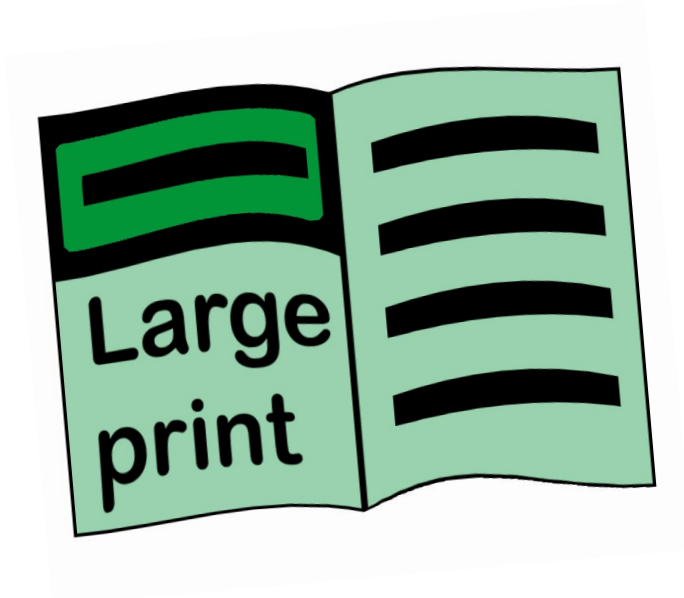
### British Sign Language (BSL)

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



### eBooks

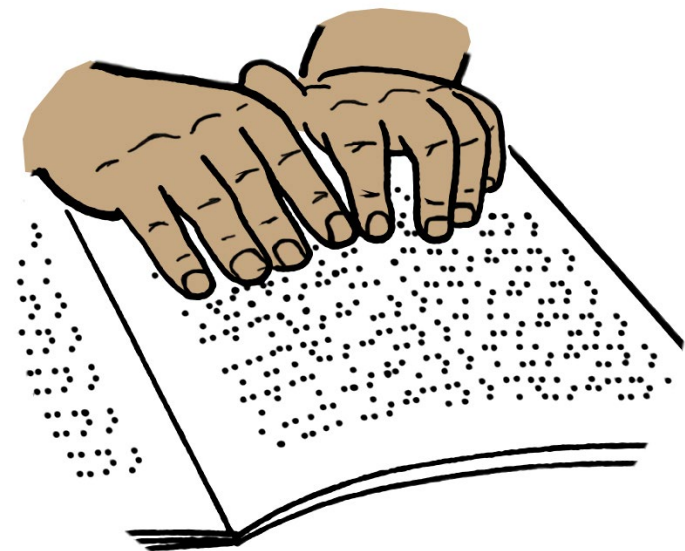
You can get eBooks about cancer from [be.macmillan.org.uk](https://be.macmillan.org.uk)



## Large print

Tell us if you need information in large print.

Email: [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)



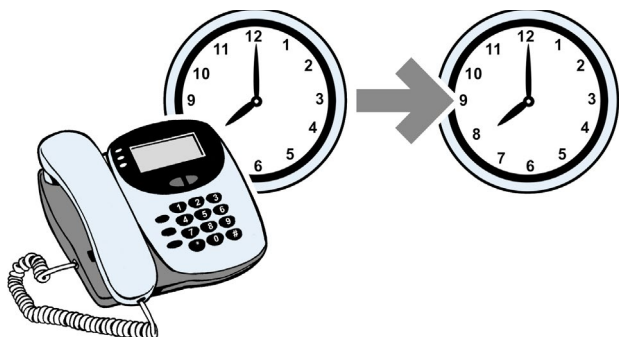
## Braille

Tell us if you need information in Braille.

Email: [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)

This booklet is about cancer.

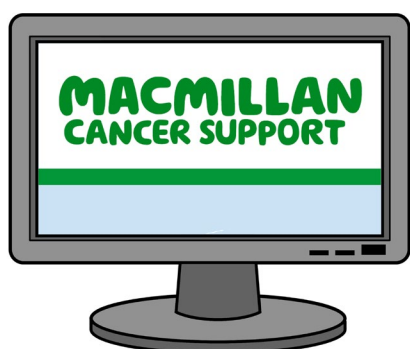
It is for anyone who has a learning disability or who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- 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](https://macmillan.org.uk)**

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