

Questions you may have about life after treatment

Below are some questions you may wish to ask and people who may be able to answer them. The tick indicates a person you might approach with a particular question, though other people may also be able to help.

Questions

Questions	Your family, friends or partner	Your GP	Practice nurse	Pharmacist	Macmillan Support Line or other useful organisations
Who can I talk to about how I'm feeling?	✓	✓	✓		✓
Are my feelings normal?	✓	✓	✓		✓
Are there any support groups in my area?	✓	✓	✓	✓	✓
Can any voluntary organisations help me with everyday tasks?	✓	✓			✓
Can social services help me?		✓			✓

Who you could ask

On the table on the previous page, we have indicated that the Macmillan Support Line or other helpful organisations may be able to help answer some questions.



The table below shows some organisations that may be able to help and what they could be contacted for. You can click on the name of an organisation to visit its website.

Helpful organisations

What they could help with

Age UK; Age Northern Ireland; Age Scotland; Age Cymru (Wales)	Financial or practical concerns, and details of local Age UK branches. These offer a range of services to older people that could help if you have been diagnosed with cancer.
Carers UK; Carers Northern Ireland; Carers Scotland; Carers Wales.	Caring for someone with cancer or another health condition.
Citizens Advice (England and Wales)	Financial or practical concerns or questions.
NHS Direct (England); Health and Social Care in Northern Ireland; NHS 24 (Scotland); NHS Direct Wales.	Symptoms and any problems you experience with your health.
Older People's Advocacy Alliance (OPAAL)	Getting practical and emotional support when you have been diagnosed, and while you're receiving treatment.
Patient Advice and Liaison Service (PALS) (England)	All hospitals in England have access to PALS. They are there to help with any queries you have. They can also help if you would like to make a complaint about your treatment and care.
Social services (contact your local council)	Help at home (such as shopping or cleaning), intensive home care and specialist equipment.