

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.



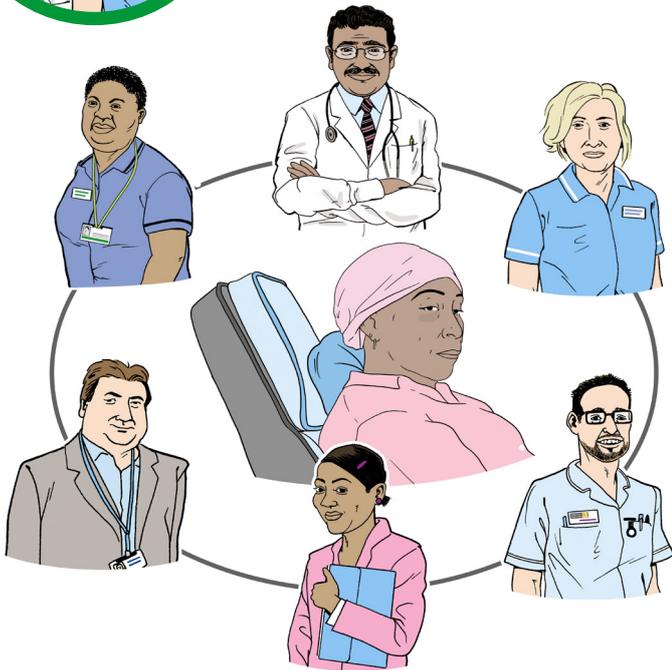
You can learn about the different people who could help you if you are dying.



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 type of nurse called a **district nurse**, will plan the care you need.



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 do and do not want.



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



These people could be:

- the community learning disability team

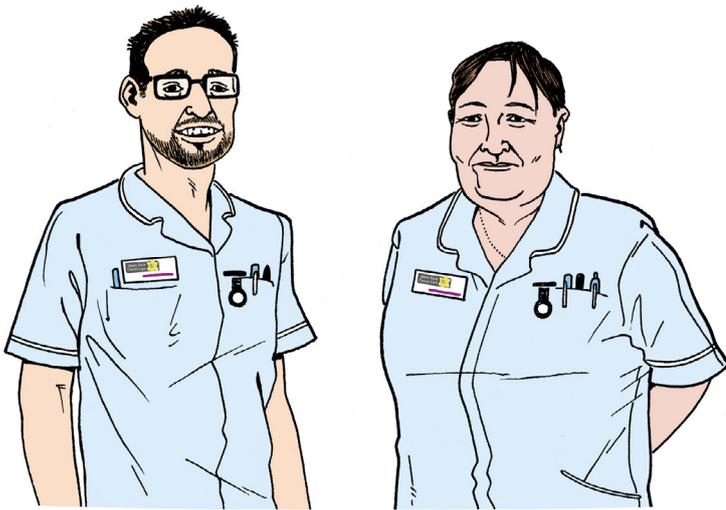


- social workers



- a hospice team

These are doctors, nurses and other professionals who are experts in looking after people who have an illness that can not be cured.



- **palliative care** nurses

These nurses may work in a hospice or in the community. They are sometimes called Macmillan nurses.



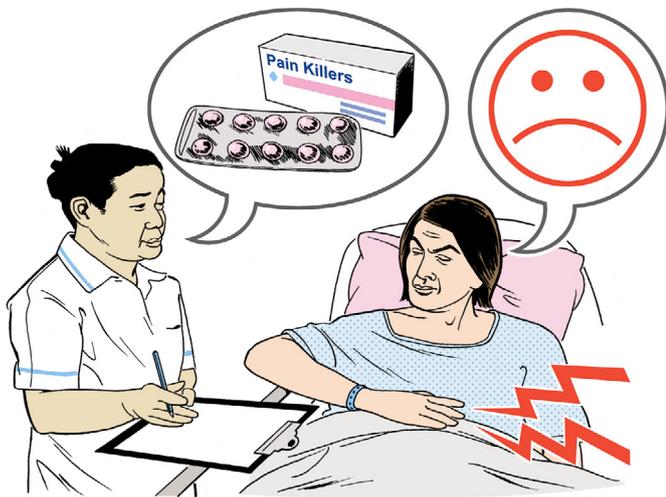
Palliative care is the support and help people have when their illness cannot be cured. It means making the person as comfortable as possible, sometimes using medicines.



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

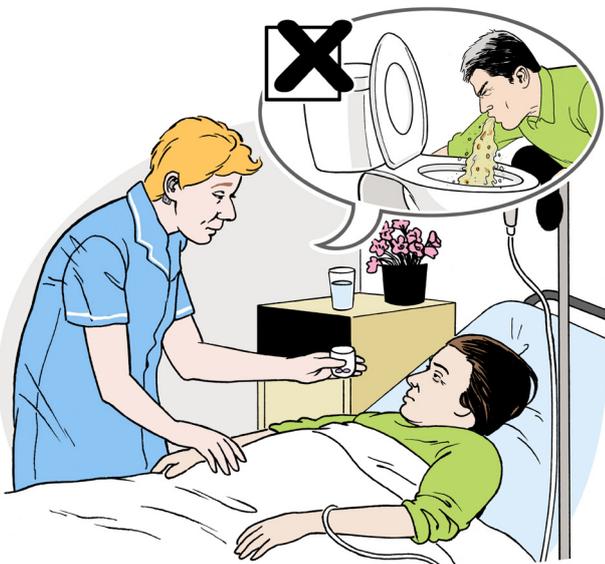


These health professionals will help you with any of the problems you have because of your illness.

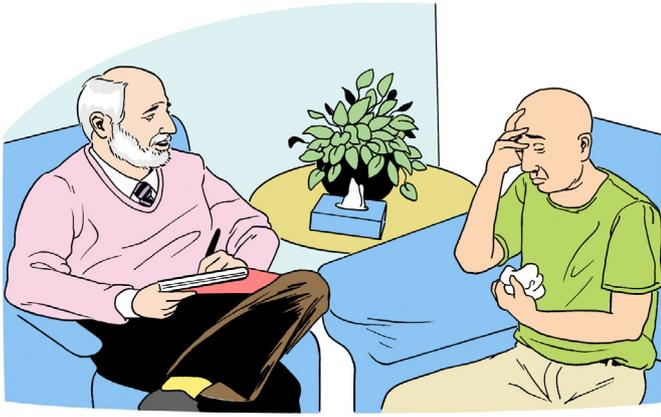


They can:

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



- 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.



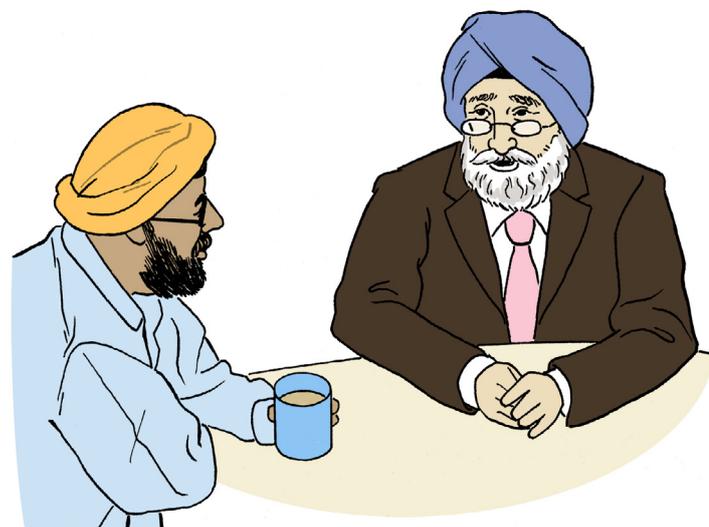
Religion and spirituality are beliefs and ideas that people have to help them understand life and death.



When people come to the end of their lives they sometimes think about what will happen after they die.



If you have a religion then you might find it helpful to talk to someone from your religion for support.



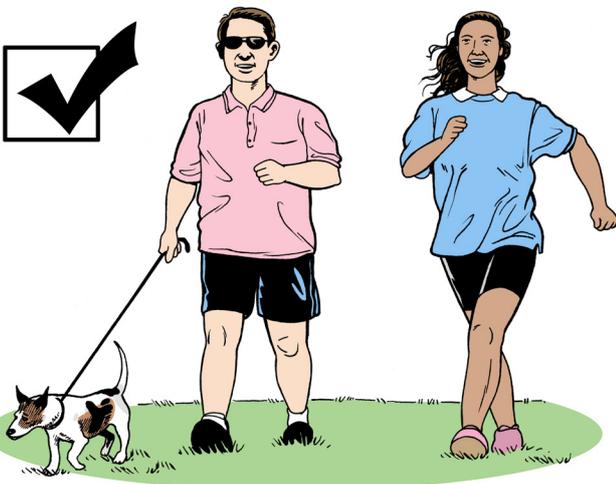
People like priests or spiritual advisers can support people at difficult times in their lives. Even if you do not have a religion, you can still talk to a spiritual adviser.



You may have your own spiritual ideas that comfort you.



Some people find doing things like walking in nature or listening to music makes them feel more spiritual.



The professionals supporting you can also help you:

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



- sort out any money worries



- 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.



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

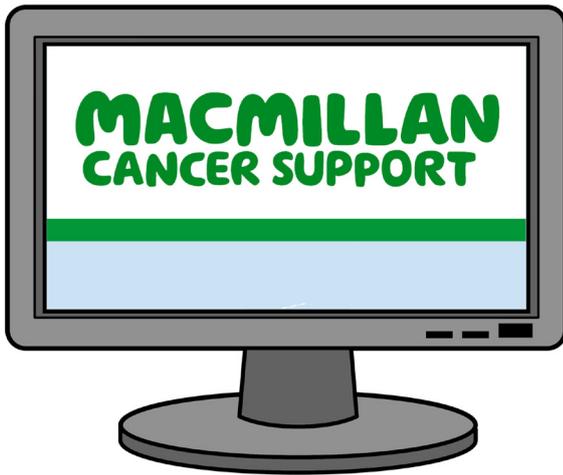


How Macmillan can help you

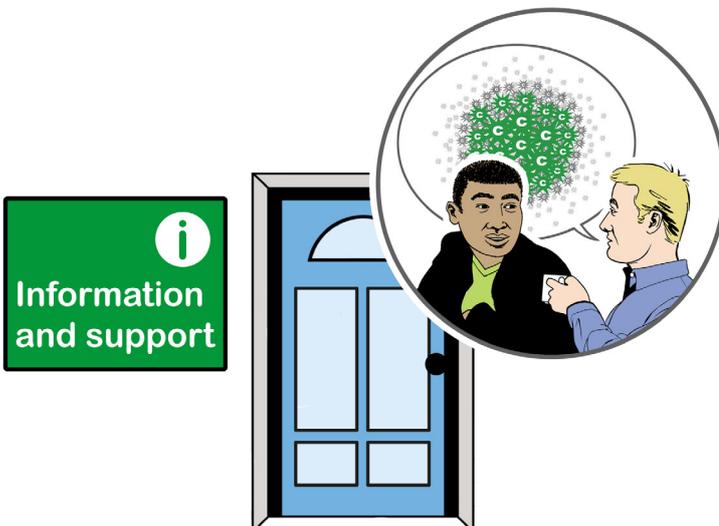


You can get support from:

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



- The Macmillan website. Visit macmillan.org.uk for information about cancer. You can also use our web chat to ask questions at macmillan.org.uk/talktous



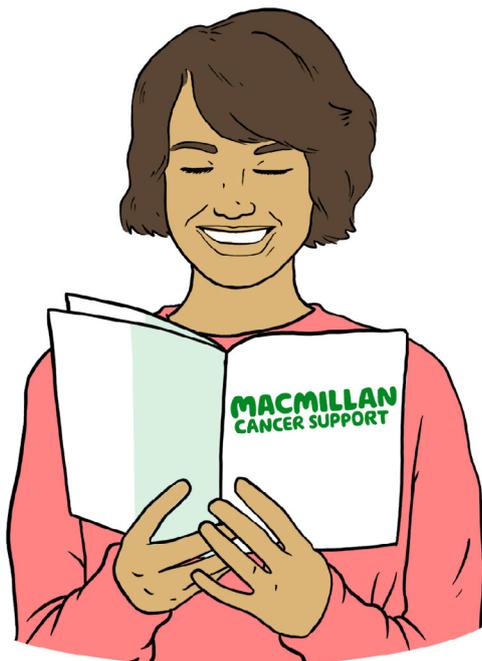
- Information centres. You can talk to a cancer support specialist and get written information. Find your nearest centre at macmillan.org.uk/informationcentres or call us.



- 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)



Macmillan can give you information in different ways:

Booklets about cancer

You can order booklets about cancer from

be.macmillan.org.uk



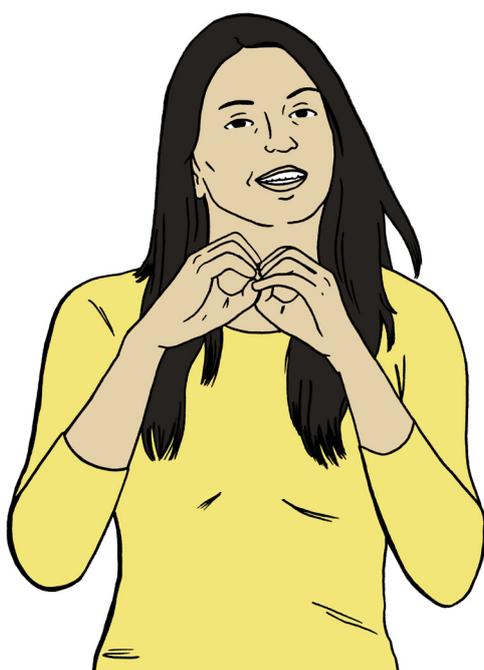
Videos

You can watch videos about cancer at [macmillan.org.uk/videos](https://www.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)



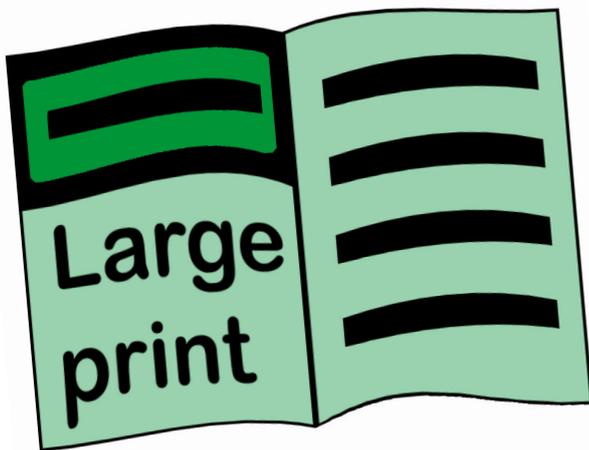
British Sign Language (BSL)

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



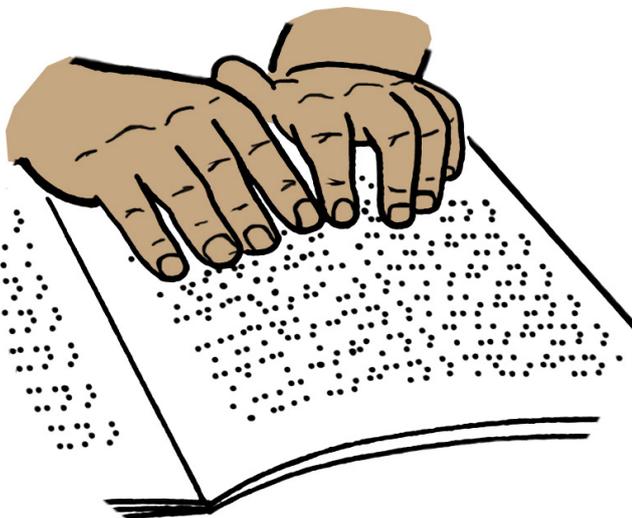
eBooks

You can get eBooks
about cancer from
be.macmillan.org.uk



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More easy read booklets



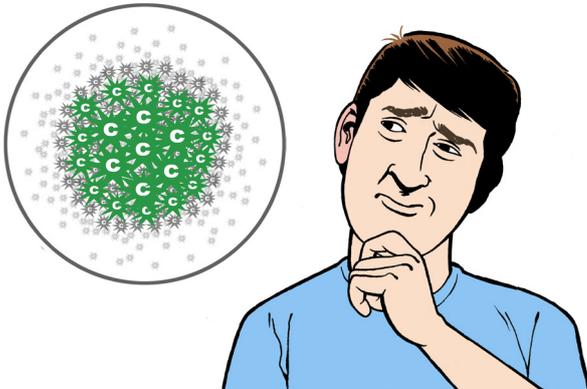
Order more easy read booklets from [macmillan.org.uk/easyread](https://www.macmillan.org.uk/easyread)

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 (smear test)
- How to check your balls (testicles)
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer



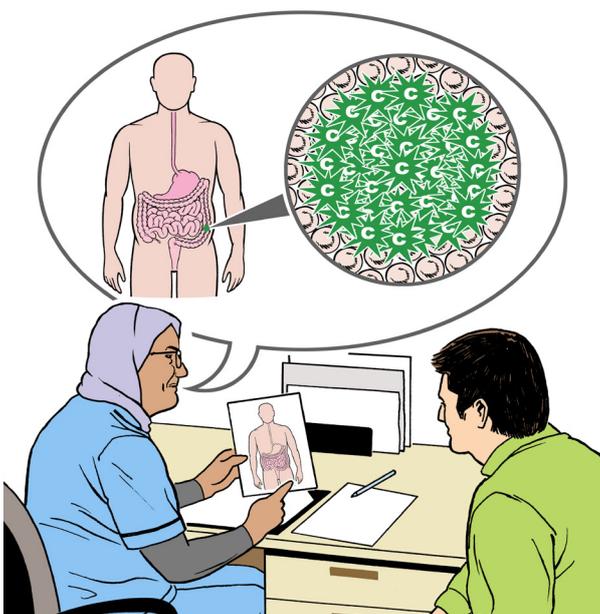
Living a healthy life

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



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
- Cancer and covid
- 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
- What happens after cancer treatment ends
- 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
- Things you can do when getting ready to die
- Who can help if you are dying
- Your feelings if you are dying



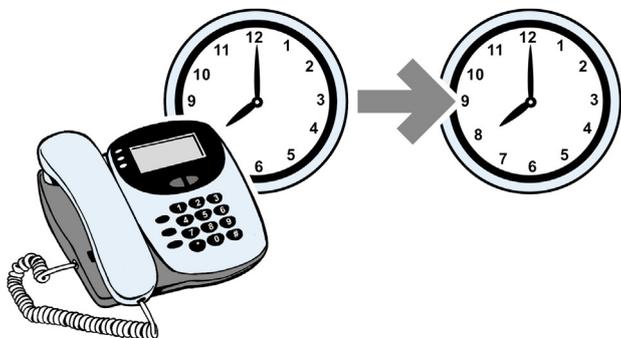
After someone dies

- 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](https://www.macmillan.org.uk/easyread) or call us on **0808 808 00 00**

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

It is for anyone 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:
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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Patient Information Forum



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