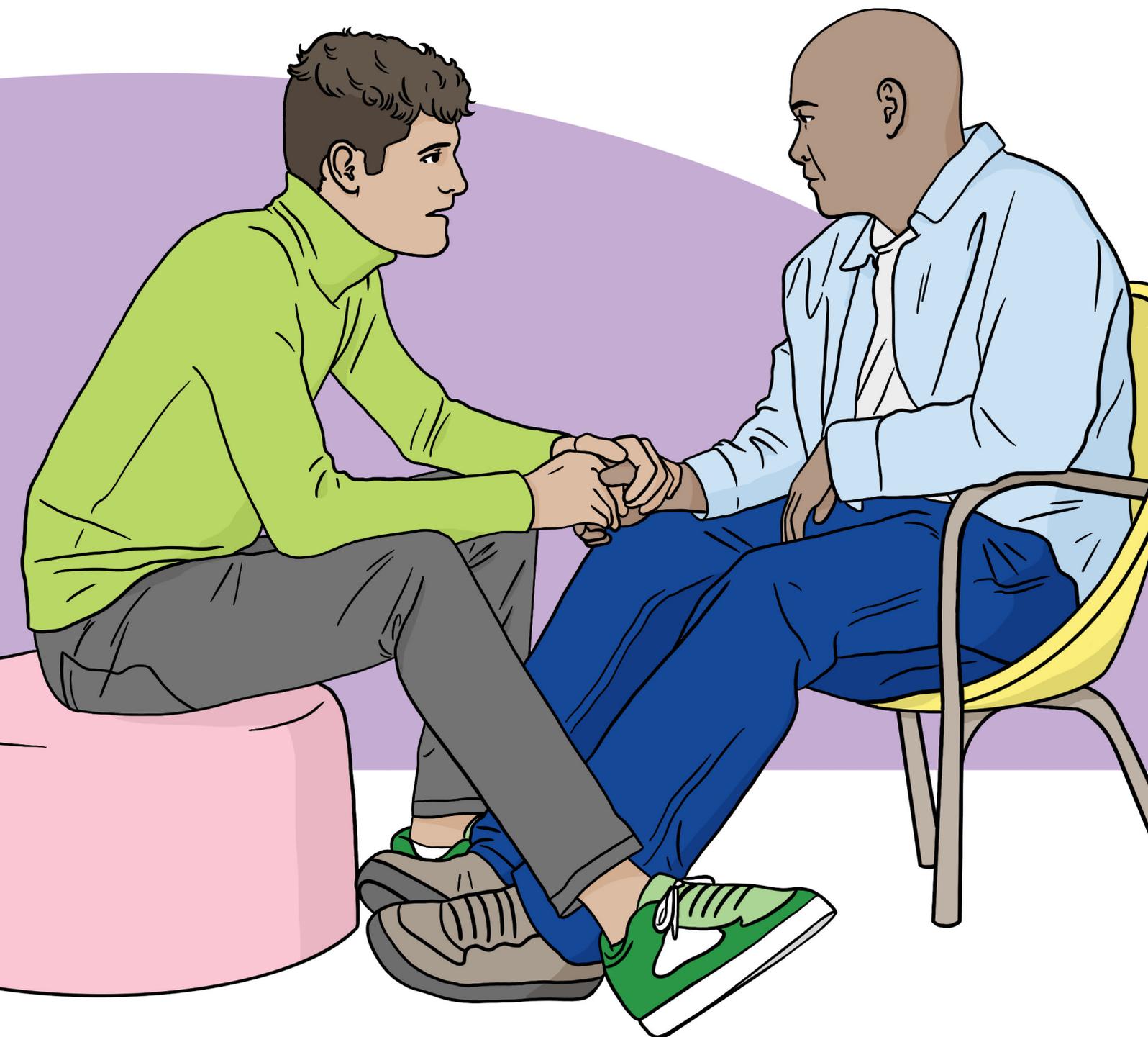


In partnership with

MACMILLAN
CANCER SUPPORT

easy
read

Your feelings when you are dying





About this easy read booklet



This booklet is about your feelings if you are dying.



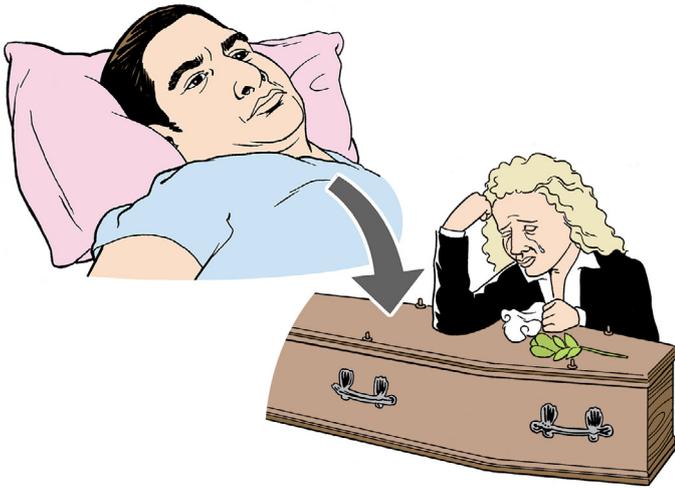
You can learn about how you might feel if you are dying. You can also learn about who can support you.



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



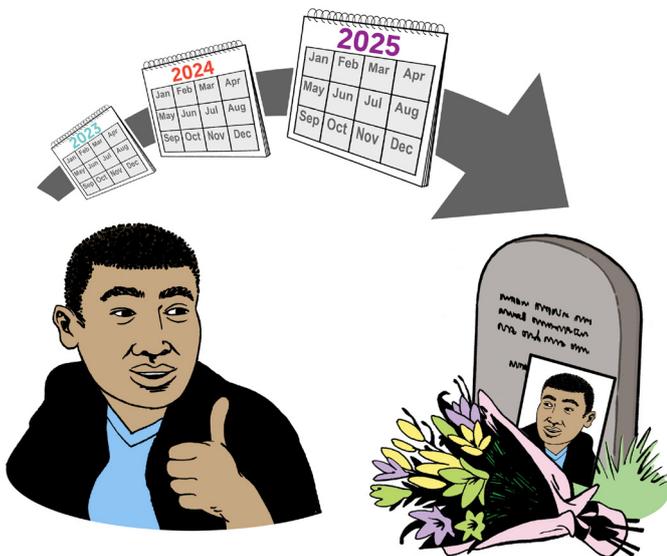
If you are dying



Some people who have a serious illness do not get better. They will die from the illness.



This is because the doctor can not do any more to make the illness go away.

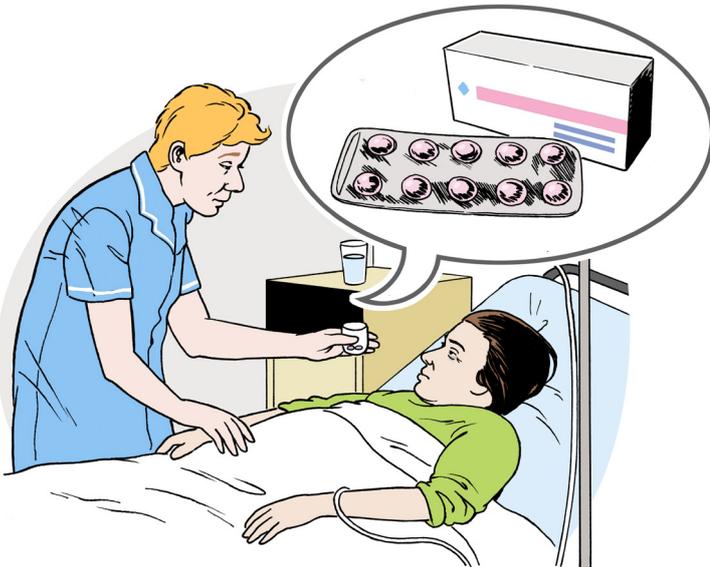


People can have a serious illness for a long time. Some of the time they might feel OK. But they still have an illness they will probably die from.

Palliative care



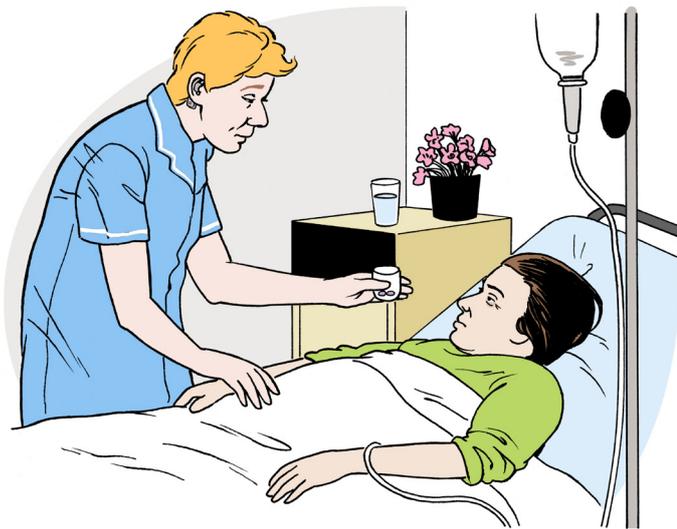
This is the support and help people have when they have an illness that can not be cured. It can help the person live life as well as possible.



The doctors and nurses may give treatments, like medicines. These can help with any problems the illness has caused.



Palliative care also means helping people with their feelings and with any spiritual needs.



End of life care

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



If there is anything you do not understand about your illness and what is happening then you can ask.



It may help if you make a list of questions you want to ask your doctor. You can get help to do this.



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 your 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.



If you want to talk about how you are feeling, there are people who can support you.



Your feelings



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



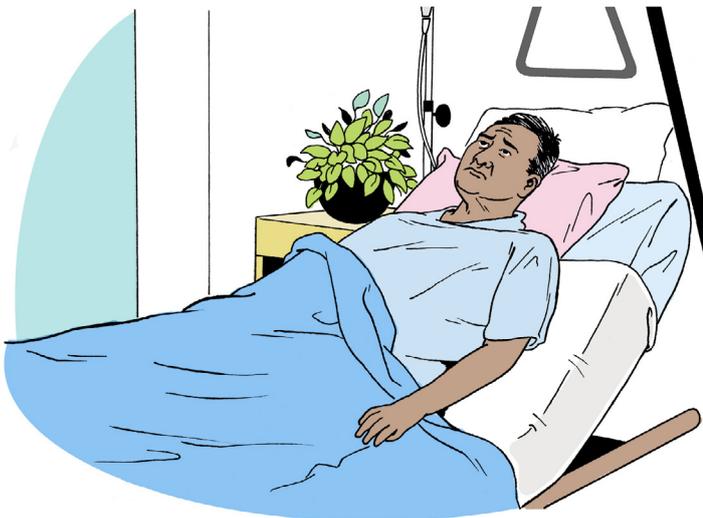
You may feel confused and frightened. Or you may feel angry, or sad and upset. Whatever you are feeling is OK.



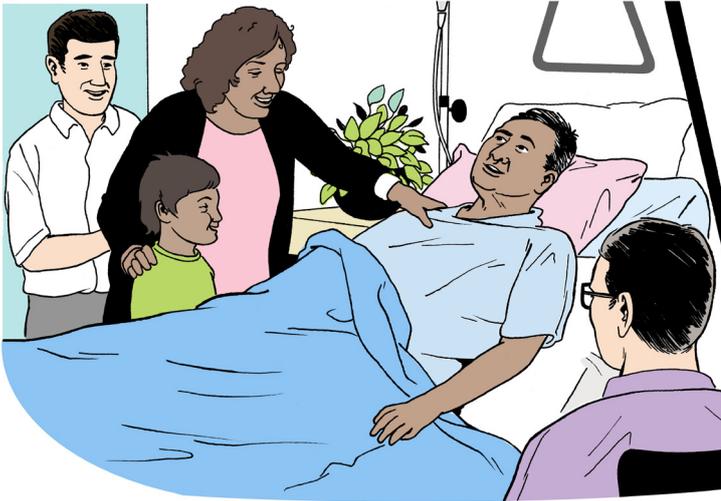
It is OK to cry. You do not have to hide your feelings. Crying is normal for all of us.



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.



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



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



- your partner, someone in your family or a close friend



- your GP, nurse or doctor at the hospital



- 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 both of you if 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.



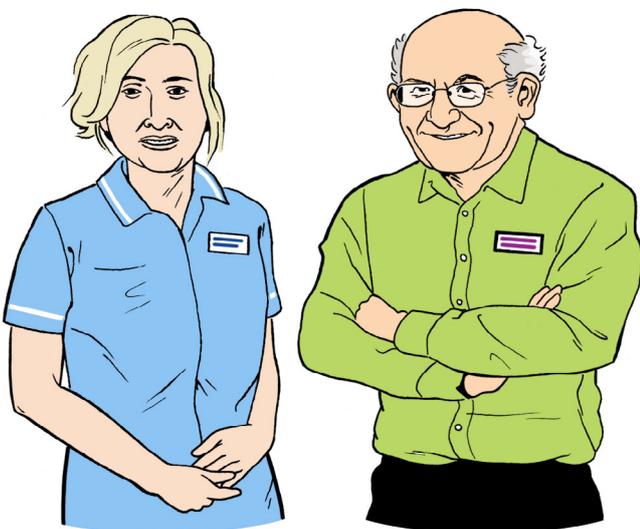
Being open and honest can help you both cope with sadness, anxiety and feeling worried.



There may be times when you do not know what to say. When this happens, just hugging or holding hands can be enough. Sitting quietly together can also help.



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.



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 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.



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



How Macmillan can help you

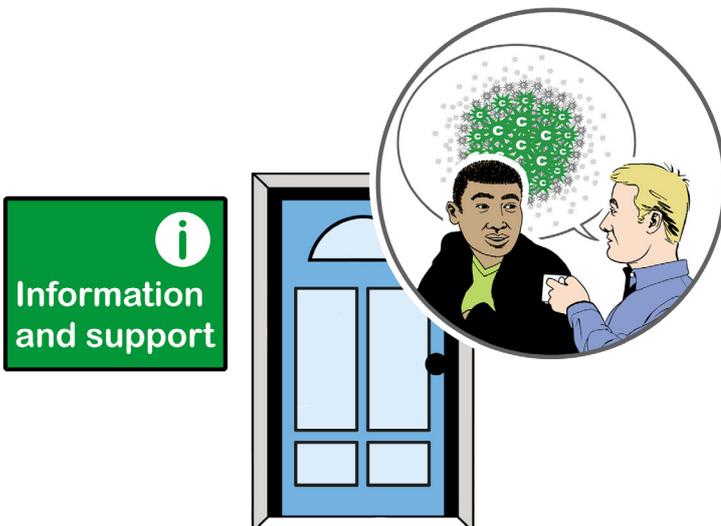


You can get support from:

- 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



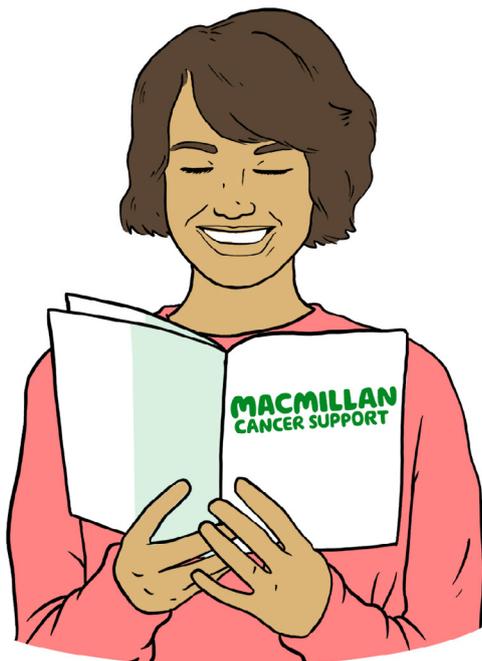
- Information centres. You can talk to a cancer support specialist and get written information. Find your nearest centre at macmillan.org.uk/informationcentres or call us.



- 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



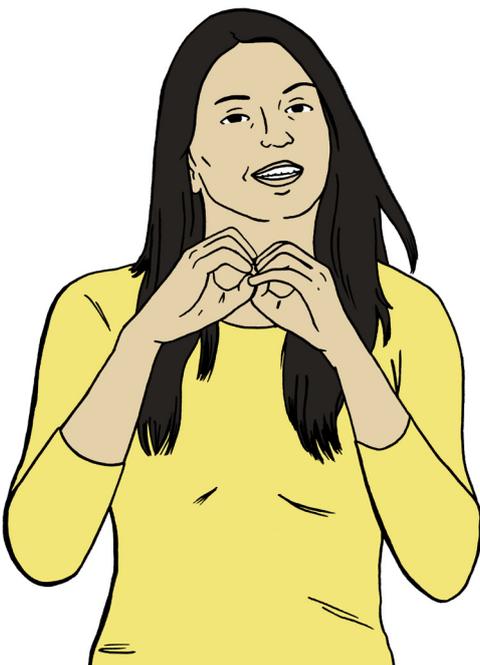
Videos

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)



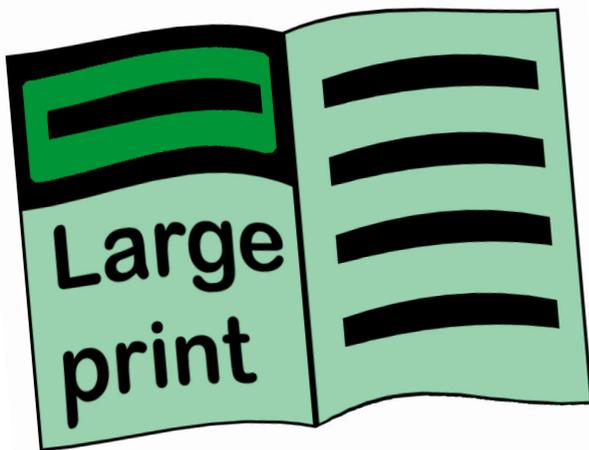
British Sign Language (BSL)

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



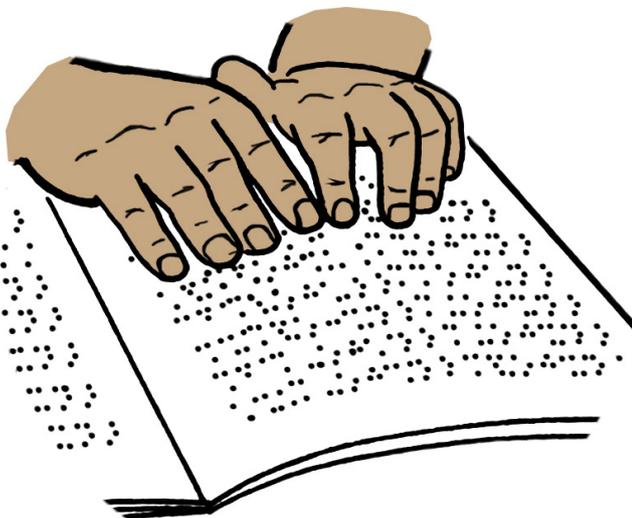
eBooks

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



Large print

Tell us if you need
information in large print.
Email: [cancerinformationteam
@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)

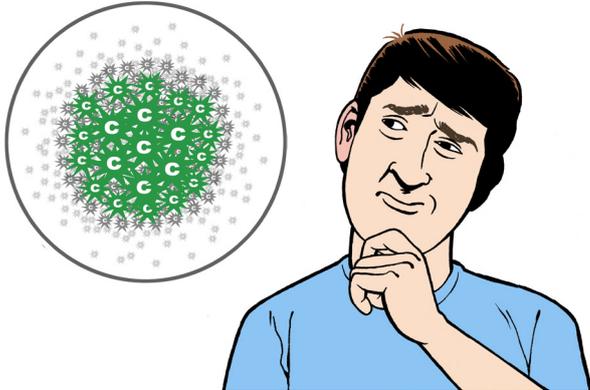


Braille

Tell us if you need
information in Braille.
Email: [cancerinformationteam
@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)



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



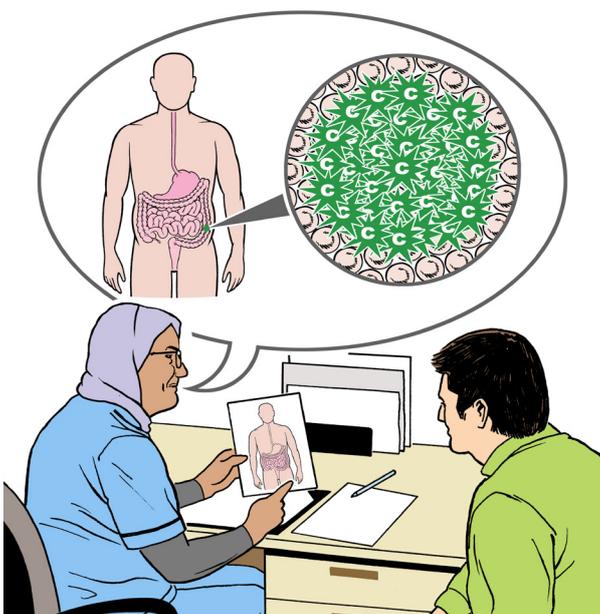
Living a healthy life

- 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



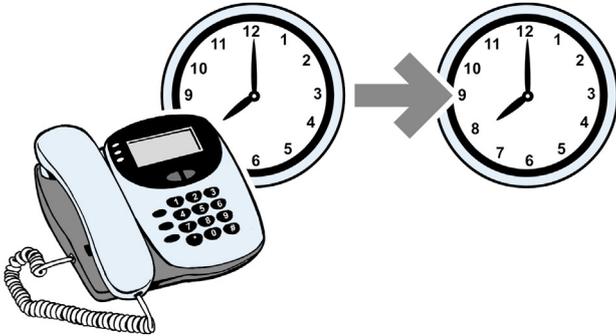
After someone dies

- 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 or call us on **0808 808 00 00**

This booklet is about your feelings when 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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