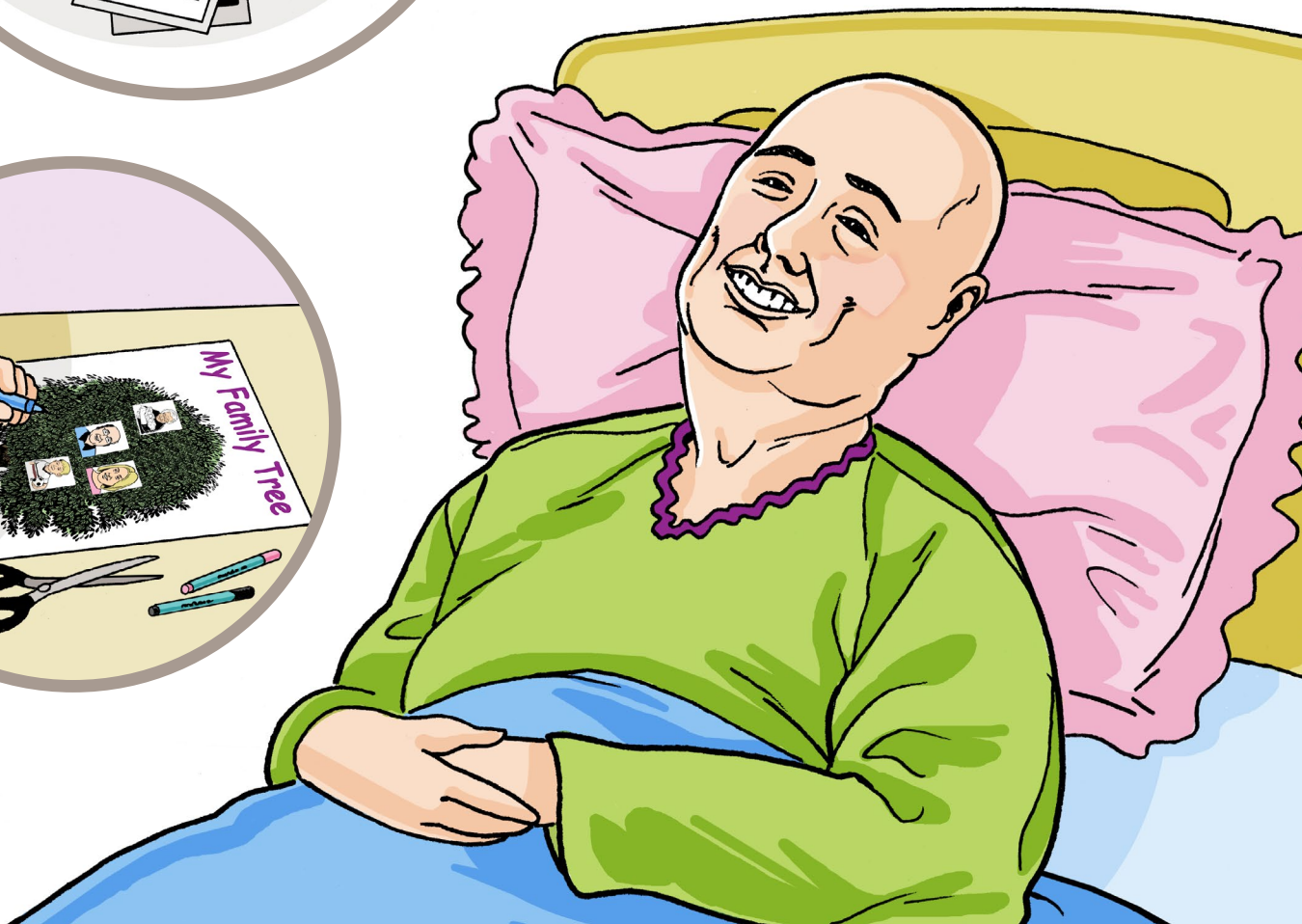


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CANCER SUPPORT

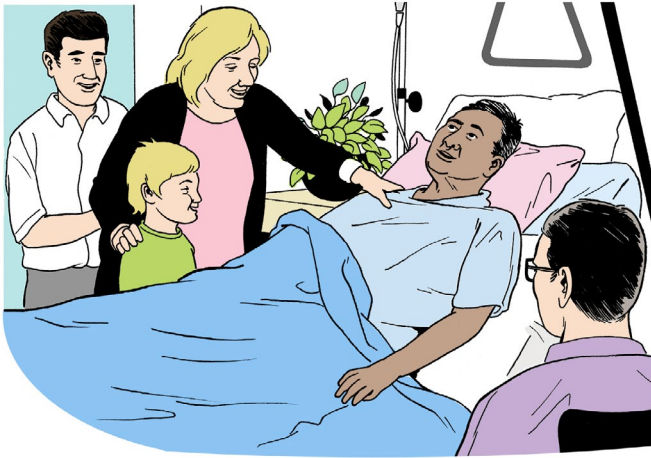
easy
read

Getting ready to die





About this easy read booklet



This booklet is about getting ready to die.



You can learn about different things that you could do to get ready to die.



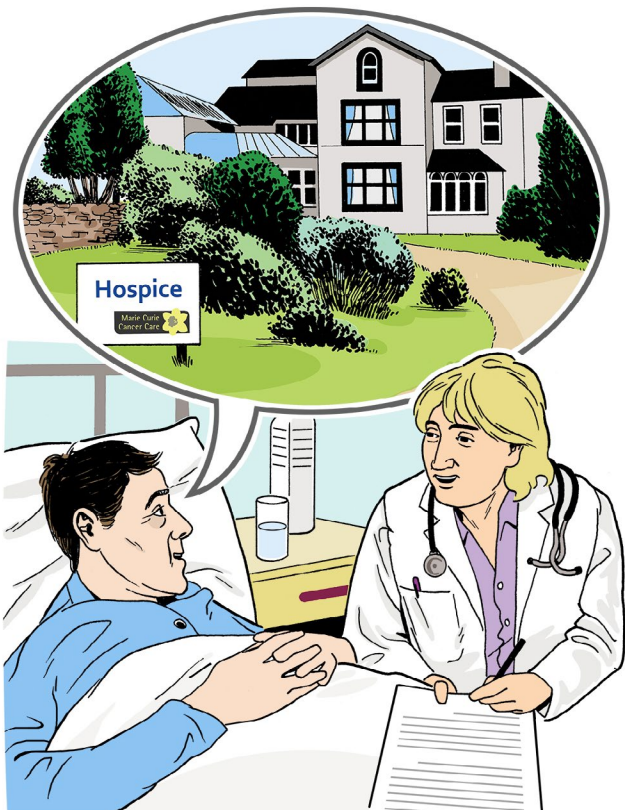
If you are worried about your health, you should talk to a doctor or nurse.



Getting ready to die



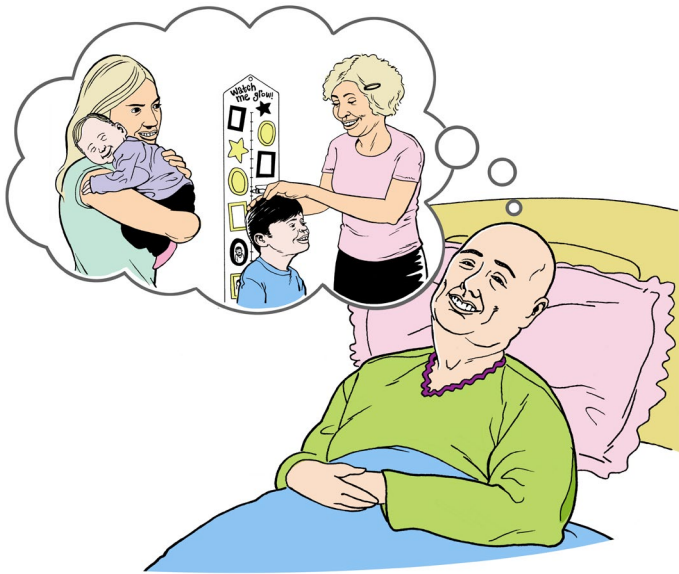
When people find out that they will not get better, they often want to plan how they will spend the time they have left.



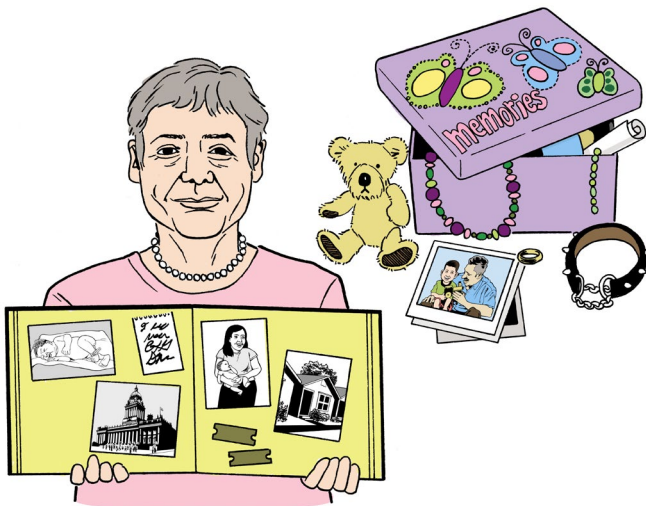
While you are still well enough to make decisions, it can be a good idea to think about what you want at the end of your life.



Thinking about your life



It is important that the end of your life is also a time to celebrate and remember the good things about your life. It can be important to think about the people who will remember you.



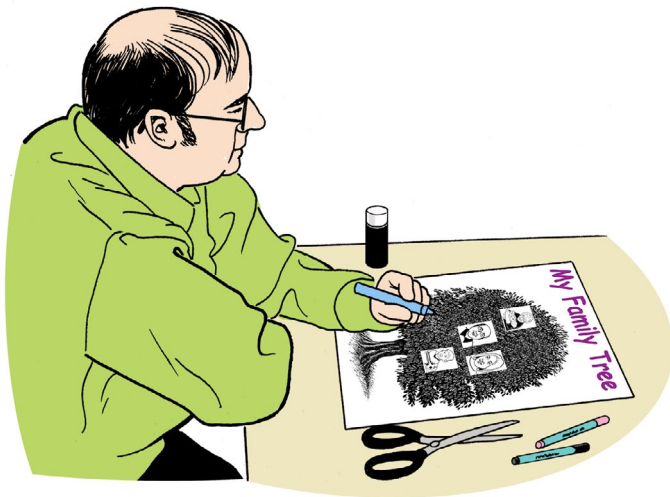
A Life Story Book and a Memory Box are two things that you can make for others to remember you by.



A Life Story Book is a book where you can put photos of people who are important to you and pictures of things you have done in your life.



This can help you remember things that have happened. You can talk about your life as you make the book.



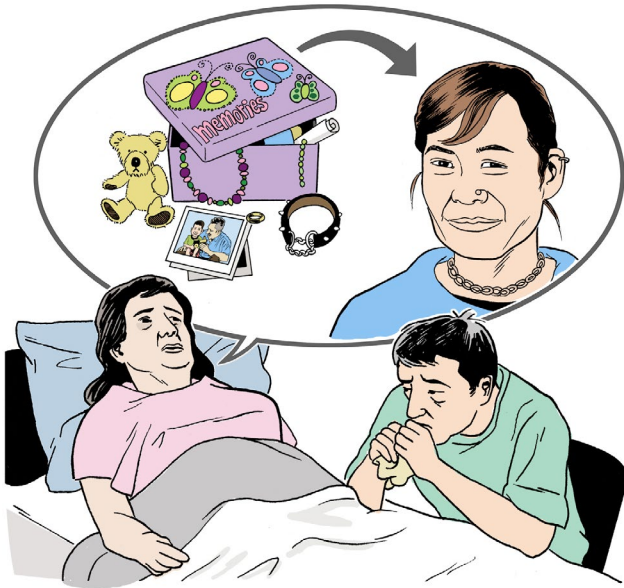
You can make a family tree with photos showing everyone in your family, and you.



A Memory Box is a box where you can put things that are important to you. This might be things that remind you of a holiday or a special place, or photos.



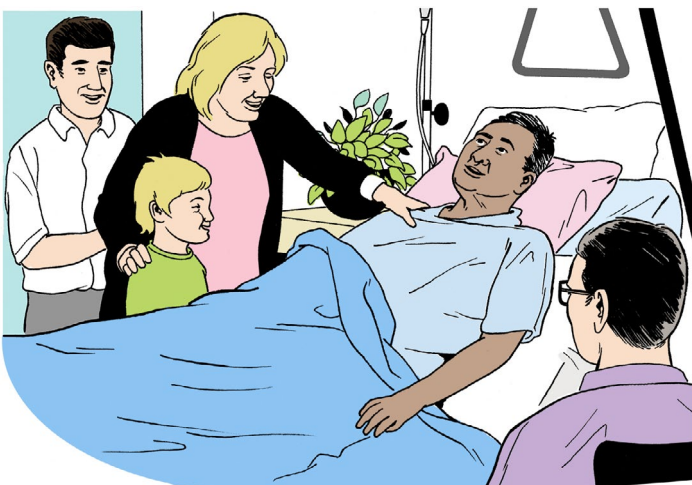
You can also put messages or letters to the people you love in the Memory Box.



You can say who you want to have the Life Story Book or Memory Box after you have died. Or you can give different things to different people.



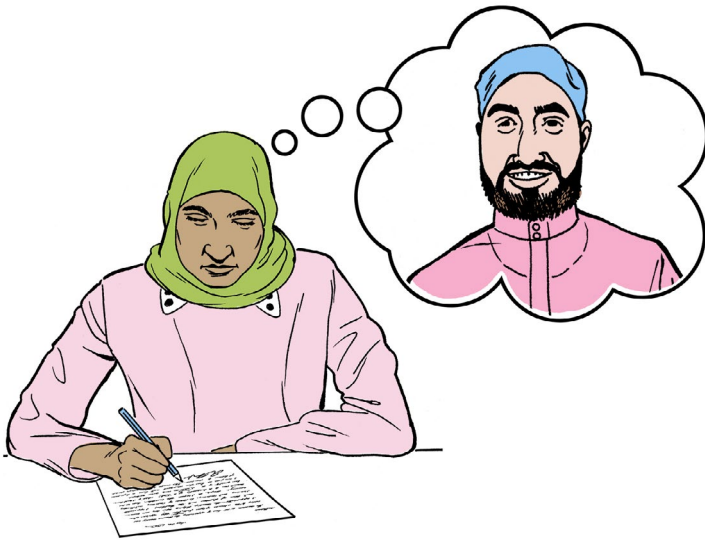
Seeing people



There may be family or friends who you want to talk to that you have not seen for a long time.



Get support if you need it to phone people and arrange to see them.



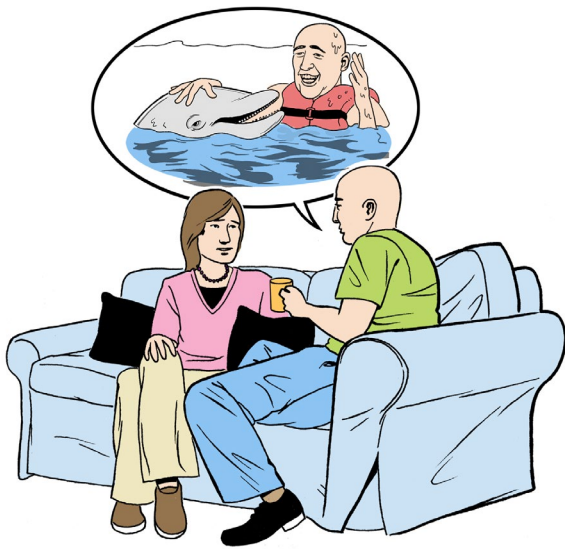
If there are people you will not be able to see then you could write letters to them. Ask for help with this if you need it.



Support to do things



There might be things you want to do now that you might not be able to do in the future.



You can ask for support to help you do the things you want to do. It might not always be possible but you can ask!



Making a will



Making a will is writing down what you want to happen to your things after you die.



You can choose which of your things go to certain people so that they can remember you.



You may have money that you want to leave to people. You could also choose to leave money to a charity you like.

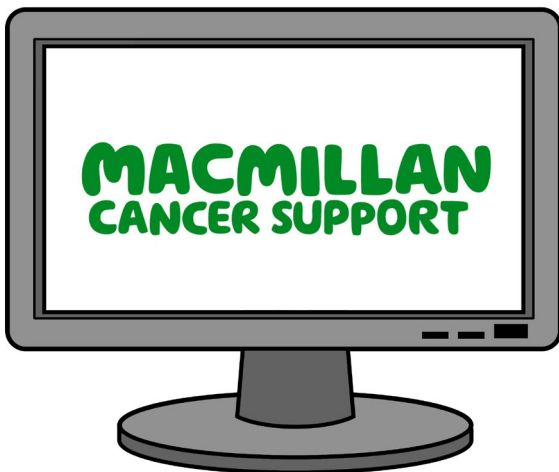


How Macmillan can help you

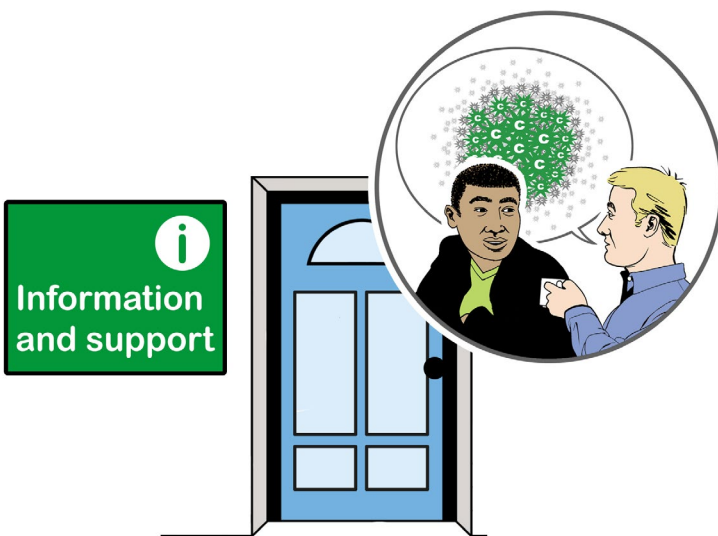


You can get support from:

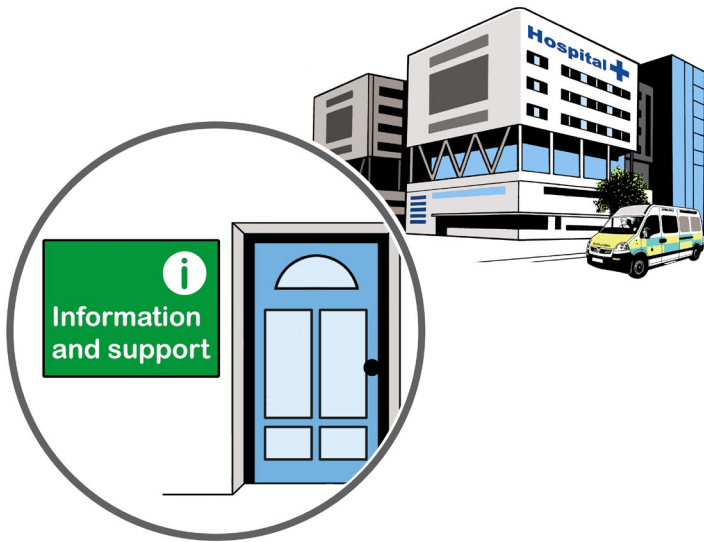
- The Macmillan Support Line. Call **0808 808 00 00** 7 days a week, 8am to 8pm.



- 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.



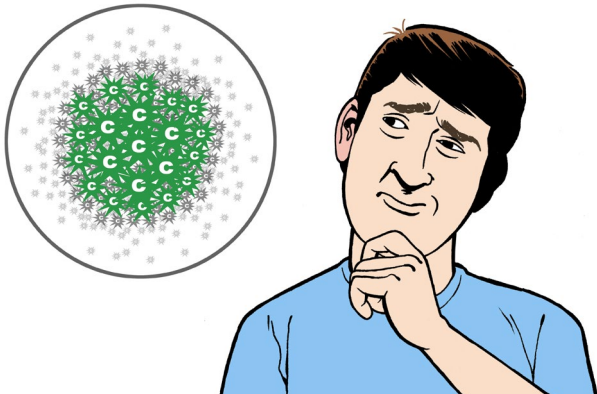
- Local support groups. Find a group near you at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us.



- 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?

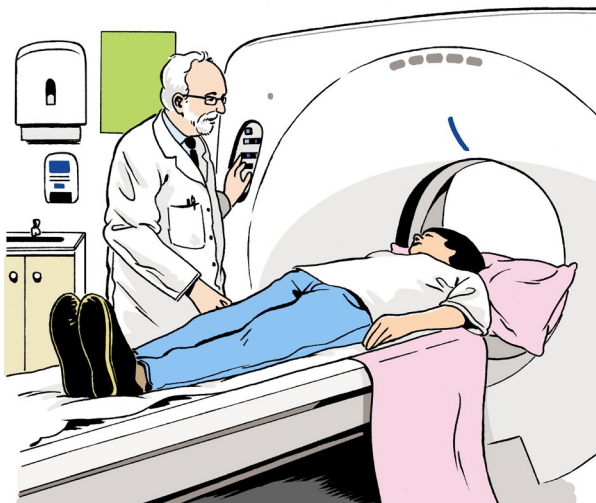
Signs and symptoms

- 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



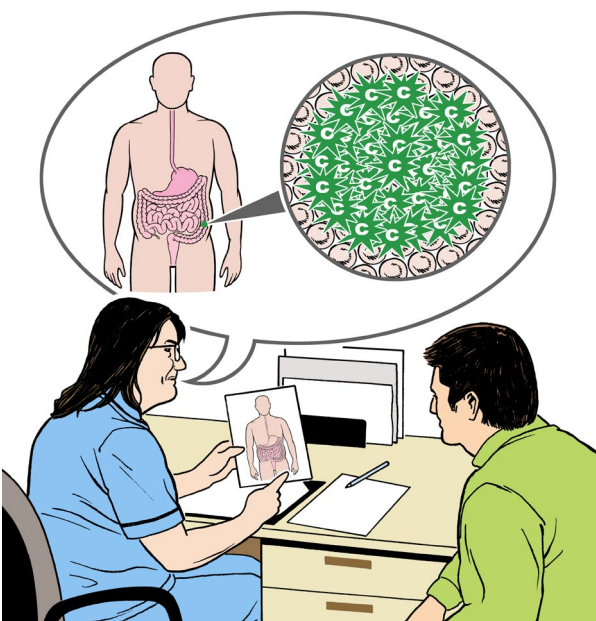
Living a healthy life

- 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**

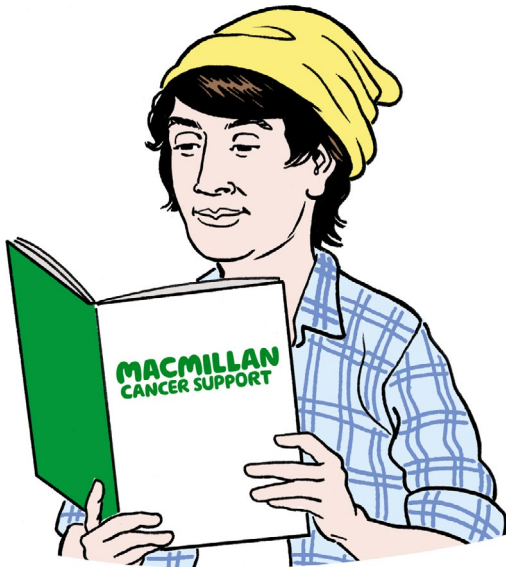


More information and resources



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



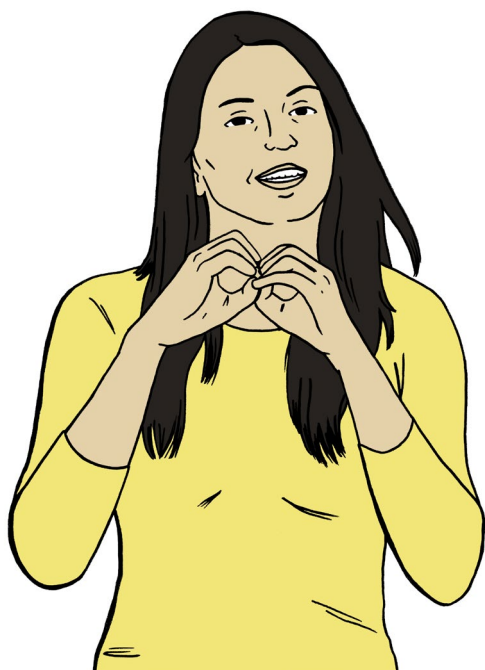
Videos

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

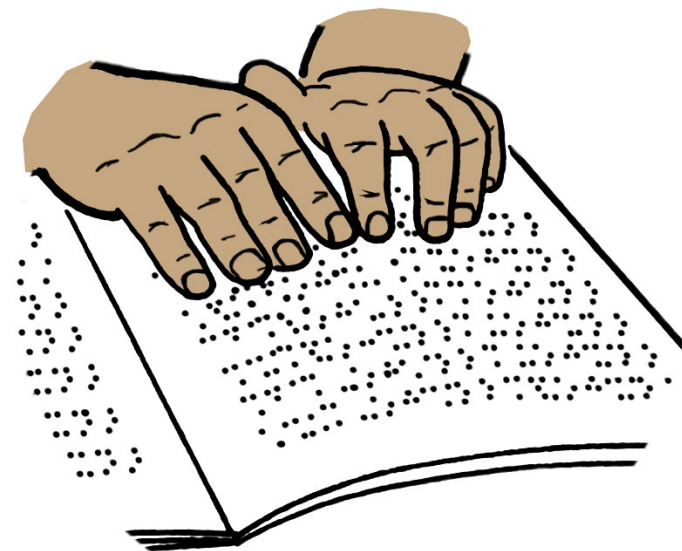
You can get eBooks about cancer from [be.macmillan.org.uk](https://www.be.macmillan.org.uk)



Large print

Tell us if you need information in large print.

Email: cancerinformationteam@macmillan.org.uk



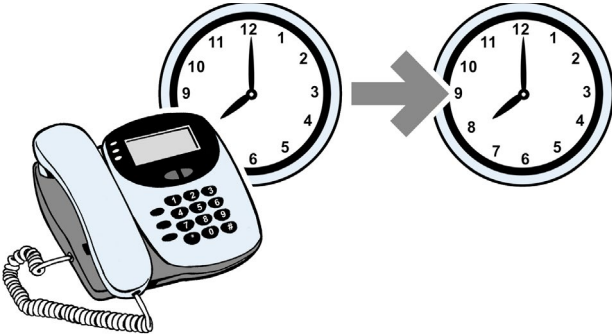
Braille

Tell us if you need information in Braille.

Email: cancerinformationteam@macmillan.org.uk

This booklet is about cancer.

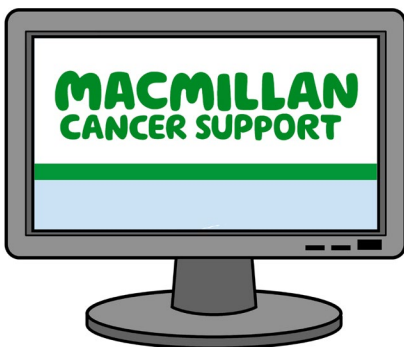
It is for anyone who has a learning disability or who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- 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.

MAC16308_ER_E04 Produced January 2021.

Next planned review January 2024.

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