



Care and support
through terminal illness



EasyRead version

Living with an illness that you will probably die from

Who can help?

Booklet 1



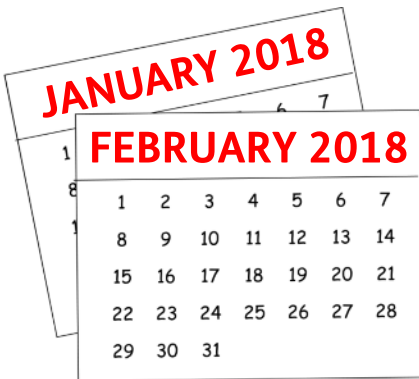
About this booklet



Sometimes people have an illness that cannot be cured and that they will probably die from.



This is often called a **terminal illness**.



Depending on the illness you have, you might live for days, weeks, months or even years.



Care and support
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Marie Curie is a charity. We have written this EasyRead booklet to tell you about all the different people who can help you and care for you.

This booklet talks about:



- your doctor (GP) and community services

4



- district nurses

6



- social workers

6



- teams that are experts in helping you cope with the pain and worry of your illness. This is called **palliative care**

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- how we can help

9



- how you can help us

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We have 4 other booklets about living with an illness you will probably die from.



There is a list of these booklets on page 9.

Your doctor (GP) and the community team



Your doctor (GP) and their team look after your health when you are living at home.



The team is usually based at your doctors' surgery and includes:

- your doctor (GP)



- practice nurses working at your doctors' surgery



- district nurses.



Your doctor (GP)

Your doctor (GP) can work with other people with special skills to help you get the best care.



Your doctor (GP) can:

- make sure you get the right medicines



- tell you about information, services and support



- talk to the district nurse about caring for you at home



- tell you about **hospices**.



A **hospice** is a place that cares for people who have an illness they will probably die from. It also supports their families.



Practice nurses work at your doctors' surgery to help them give medical care to people in the community.



A **district nurse** organises your care at home and helps you get support from other services.



Social workers usually work for your local council or for a hospice. They can help you get other support for things that are not health care that can help you live at home.



You, your family or someone who supports you with healthcare can ask a social worker to visit you.



The social worker will do an **assessment**.



This means looking at the things you need help with. They can then decide if you and the person who cares for you can get support.

Palliative care teams



Palliative Care teams can support you if you have an illness you will probably die from.



They can help you cope with any pain and worry.



They will find out what support you and your family need and care for you at home, in hospital, in a hospice or in a care home.

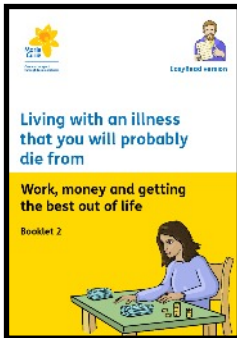


You can find out more about the choices you have, about where to have care on our website: www.mariecurie.org.uk/help

How we can help

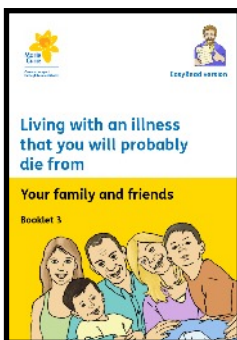


There are lots of different ways we can answer questions or support you and your family.

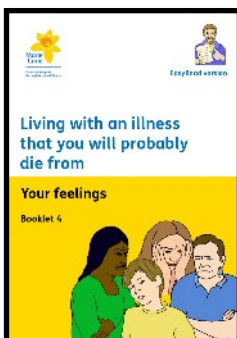


We have 4 other booklets about living with an illness you will probably die from.

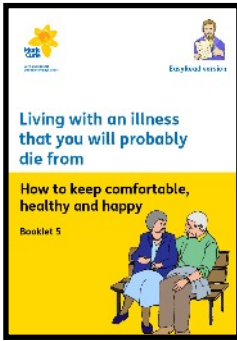
2. Work, money and getting the best out of life



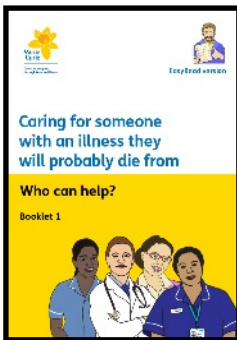
3. Your family and friends



4. Your feelings

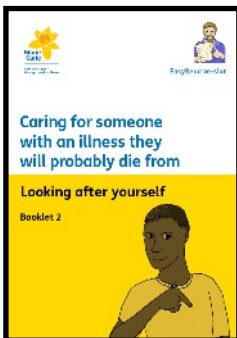


5. How to keep comfortable, healthy and happy.



We have 3 booklets about caring for someone with an illness they will probably die from.

1. Who can help?



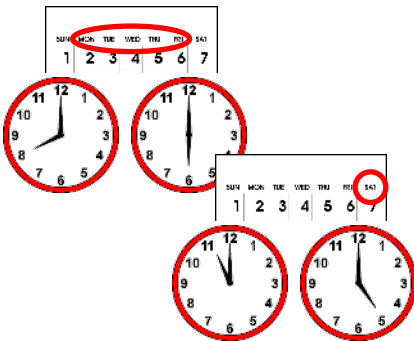
2. Looking after yourself



3. Money and work.



You, your family or friends can phone us to talk about what is happening and how you are feeling. You can call our Support Line on **0800 090 2309**.



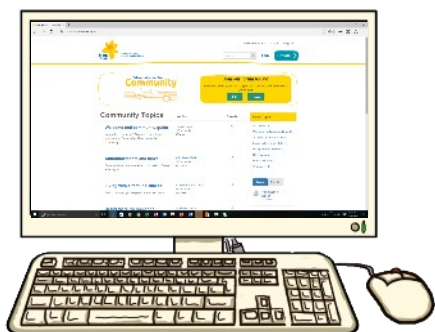
It is open 8am – 6pm Monday to Friday and 11am to 5pm on Saturdays.



There is also information on our website: **mariecurie.org.uk/help**



The information on our website is not EasyRead but if you call us we can explain things to you.



Marie Curie Community

Share ideas or talk to other people with an illness that cannot be cured, and their families.

www.community.mariecurie.org.uk
24 hours a day



Marie Curie Nurses

If you want to stay in your own home when you are dying our nurses can care for you.

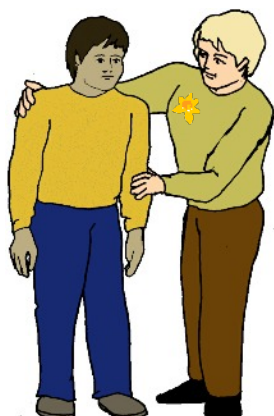
www.mariecurie.org.uk/nurses



Marie Curie Hospices

A hospice is a place that cares for people who have an illness they will probably die from and supports their families.

www.mariecurie.org.uk/hospices



Marie Curie Helper

Our trained volunteers can visit you for a chat or take you to appointments at your doctors' surgery or hospital:

www.mariecurie.org.uk/helper

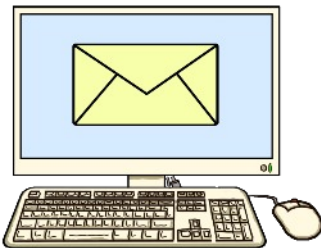
How you can help us



Please tell us what you think about this booklet.



It will help us to write better information for people with an illness they will probably die from.



You can email us at:
review@mariecurie.org.uk



or call our Support Line on:
0800 090 2309.

Credits



Care and support
through terminal illness

This is an EasyRead booklet about living with an illness you will probably die from.

It was written by the charity Marie Curie.

It uses easy words and pictures to make the information easy to understand.



It meets the European EasyRead Standard.



Leading **Lives**
Your life / Our support

It has been user-checked by the **Making It Easier Group** of people with learning disabilities.



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www.inspired.pics

Marie Curie – why we're here

We're here for people living with any terminal illness, and their families. We offer expert care, guidance and support to help them get the most from the time they have left.



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