



Care and support
through terminal illness



EasyRead
version

Living with an illness you will probably die from **Your family and friends**



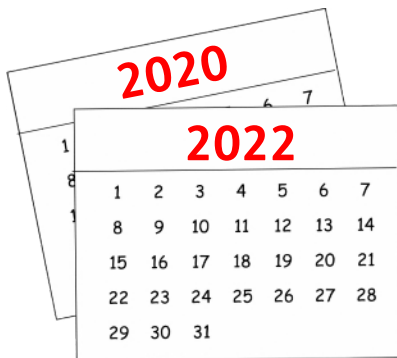
About this booklet



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



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



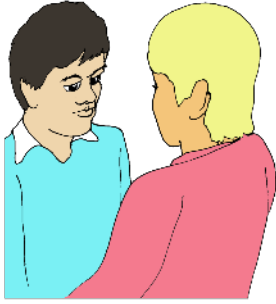
Depending on the illness you have, you might live for days, weeks, months or sometimes years.



Marie Curie is a charity. We have written this EasyRead booklet to help you talk about your illness to your family and friends.



You may want to read this booklet with someone you feel comfortable with. You can talk about what this booklet says together.



This booklet talks about:

- telling family and friends about your illness **page 4**



- what people might do or say when you tell them you are ill **page 6**



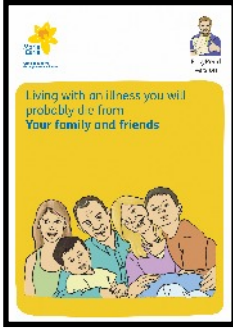
- changes in family life or the way your family behaves **page 9**



- how Marie Curie can help **page 12**



- how you can help us **page 16**



- how this booklet was made **page 17**

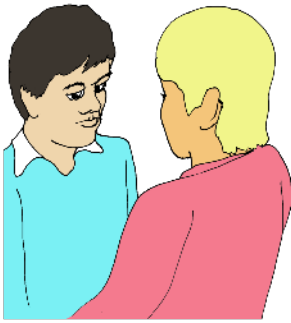


We have four other booklets about living with an illness you will probably die from.



There is a list of these booklets on page 12.

Telling family and friends about your illness



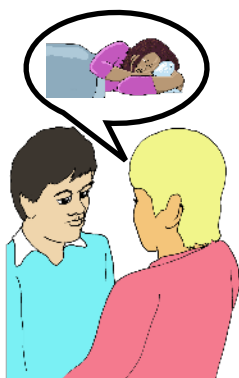
When you feel ready, try to talk to people close to you about your illness.



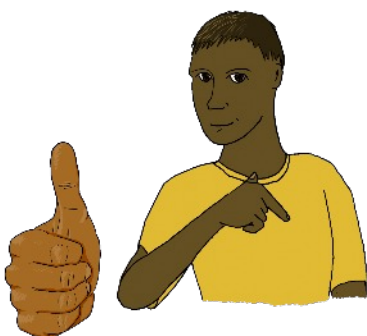
Talking can help you feel calmer, less lonely and less worried.



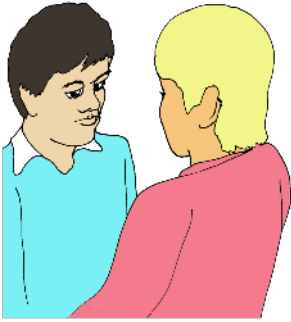
It helps to be honest with people. Do not worry about showing them if you are upset.



There are lots of ways to tell people that you are ill.



The important thing is to tell people in a way that feels right for you.



You might choose to tell people:

- one person at a time



- in a group so you only have to tell people once



- online, for example through Facebook or email.

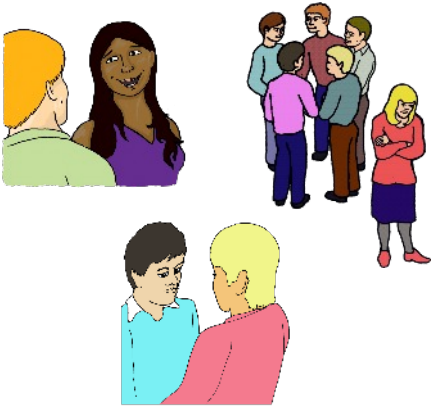


You should make sure you know who can read what you write online. Ask someone for help if you don't know how to check.

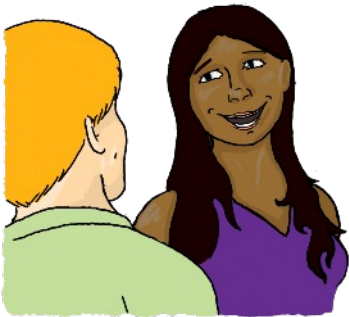


You could also ask someone you trust to help you. This could be a family member or friend. You could also ask a doctor or nurse who is looking after you.

What people might do or say when you tell them you are ill



People react to bad news in different ways.

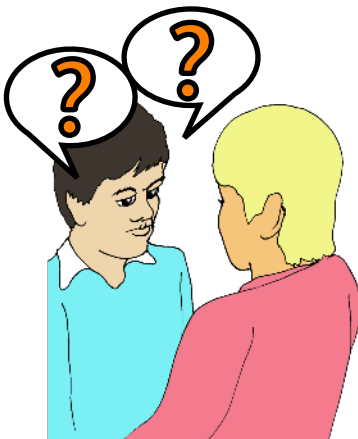


When you tell people about your illness they might:

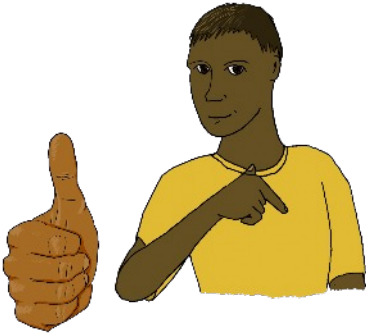
- find it easy to talk to you and know what to say



- not want to talk to you or think of you dying because they are frightened



- want to talk too much or ask too many questions.



You can't control how people will react. But it will be helpful to tell people what is right for you.



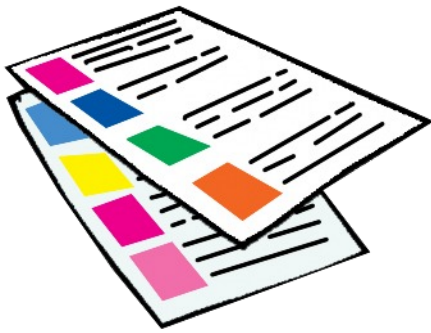
Talk to people when you are happy to talk about your illness and how you feel. You can also tell people when you don't want to talk about it.



Some friends or family might be able to help with this.



If you'd like some help with practical things, like shopping or cooking, tell people what help you need.



Help for your family and friends

We have EasyRead booklets for the people who might look after you that they may find helpful.

These booklets are:



Who can help?

Looking after yourself

Money and work



They can get copies of these booklets from our website:

www.mariecurie.org.uk/support



Or they can call our Support Line on **0800 090 2309**.

Changes in family life or the way your family behaves



Your illness might change the way your family behaves with you.



Your partner and family

If you are ill, it can be difficult for your boyfriend, girlfriend, husband, wife, partner or other people in your family.



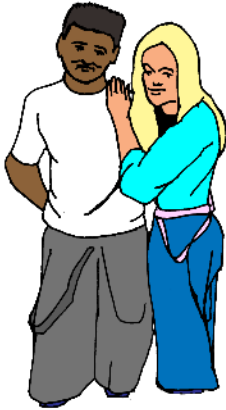
This might be because:

- they might start caring for you and not have time to think about what is happening
- they don't like thinking about your illness because they love you.





Try to talk about things and be honest about how you feel, even if it is difficult.



Being ill can sometimes make you feel closer to each other.



There are people who can help you and your family and friends talk about your illness.



Your nurse might help you do this or be able to tell you about someone who can.



If you want to talk to someone you do not know so well a **counsellor** might help. **Counsellors** are specially trained to help people talk about their feelings.

Relate is a charity that can help with relationships.



Their website is:
www.relate.org.uk
This website is not EasyRead.



Or you can call them on
0300 003 0396.



Children

You might worry about telling children that you are ill.



There is information about telling children about terminal illness on our website:
www.mariecurie.org.uk/support



Or you can call our Support Line on
0800 090 2309.

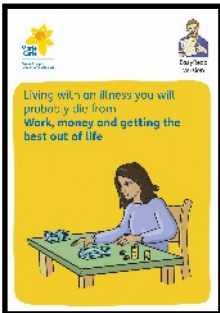
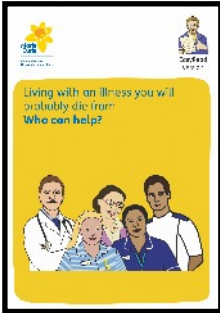
How Marie Curie can help



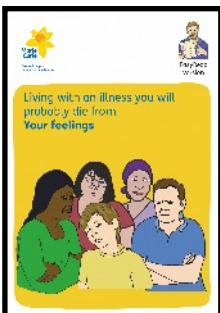
There are lots of different ways we can answer questions or support you and your family.

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

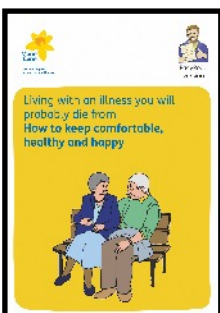
Who can help?



Work, money and getting the best out of life



Your feelings



How to keep comfortable, healthy and happy

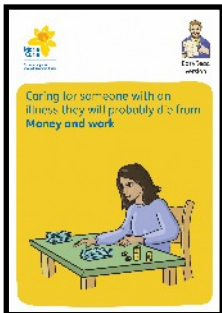
We also have booklets about caring for someone with an illness they will probably die from.



Who can help?



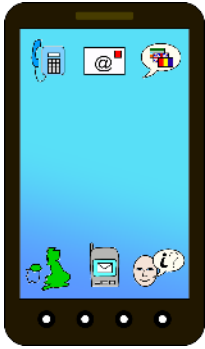
Looking after yourself



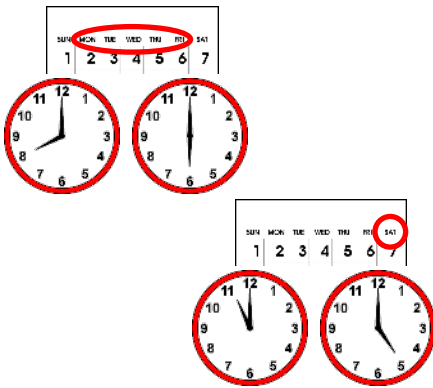
Money and work



We also have a booklet on feelings people might have when someone dies.



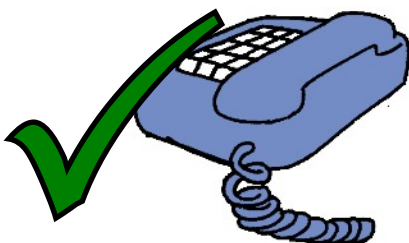
You, your family or friends can phone us to talk about what is happening and how you are feeling. You can call our Support Line on **0800 090 2309**.



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

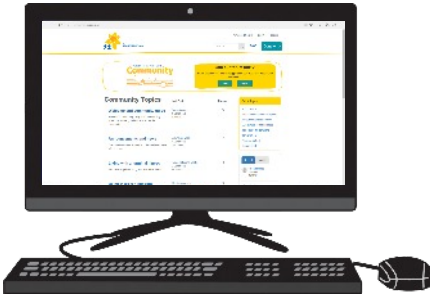


There is also information on our website: **mariecurie.org.uk/support**



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

Some people want to stay in their own home when they are dying. Sometimes, Marie Curie Nurses can help give care at home:

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 family and friends:

www.mariecurie.org.uk/help



Marie Curie Helper

Our trained volunteers can visit you for a chat or take you to appointments:

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.

How this booklet was made



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.

This booklet uses words and pictures to make the information easy to understand.



It meets the European EasyRead Standard.



The **Your Voice Counts** - making EasyRead information.



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www.inspired.pics



How you use this booklet is up to you, not Marie Curie.



You should still get information from your doctor (GP), nurses, or other professionals.



It can help to speak to your doctor or other professionals before you decide about things like your health, care and finances.

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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