



EasyRead version

Living with an illness that you will probably die from

How to keep comfortable, healthy and happy

Booklet 5



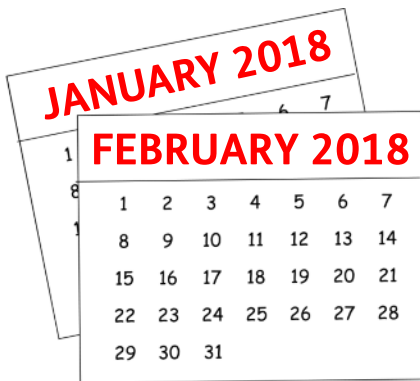
About this booklet



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.



Marie Curie is a charity. We have written this EasyRead booklet to tell you about different ways you can look after yourself when you have an illness you will probably die from.

This booklet talks about:



- keeping active

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- eating and drinking

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- coping with pain

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- coping with your feelings

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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 20.

Keeping active



Moving about, even gently, can make you feel better and more in control.



Exercise can help your body and your mind.



Because exercise makes your body work better, it can make you feel better and more relaxed.

Eating and drinking

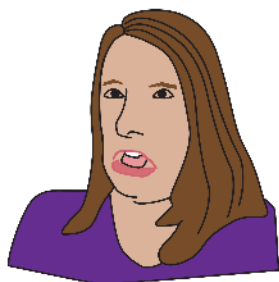


Being ill, taking medicine or having treatment can stop you eating. This happens to lots of people.



You might not feel like eating if:

- it hurts to chew or swallow



- things taste different



- you feel sick when you smell food.

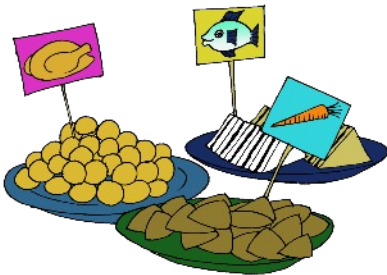
These things might help:



- have small meals or snacks when you feel like it



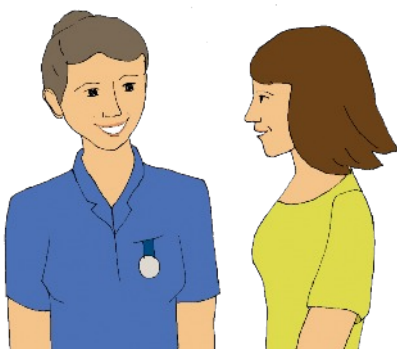
- sit comfortably



- try different types of food



- drink lots of water.



Talk to your nurse or doctor (GP) if things get worse or you want to make big changes to what you eat.

Coping with pain



Some people have pain because of their illness, treatment or an operation.



Different people can help with pain:

- doctors



- nurses



- physios (physios treat illness with things like massage or exercise)



- pharmacists (a person who knows about medicine).



They will look at the best way to manage your pain.



They might not be able to get rid of the pain.



But they might be able to keep it under control.

Coping with your feelings



Having an illness that cannot be cured can also affect the way you think about things.



You might feel upset or angry.



You might worry about things you cannot do.



Doctors know it can make pain worse if your mind is upset. They know you will need support to cope with your feelings as well as your illness.



It can help to talk about how you are feeling to a friend or someone from your family.

Other things that might help



Complementary therapies are treatments that can make you feel better.



They can work with your medicines to help with pain or sleeping.



Complementary therapies are things like:

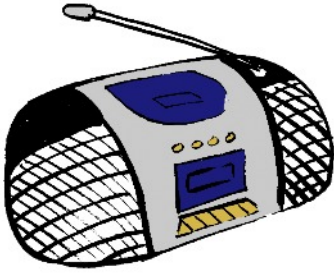
- art therapy



- massage



- yoga or other types of relaxation



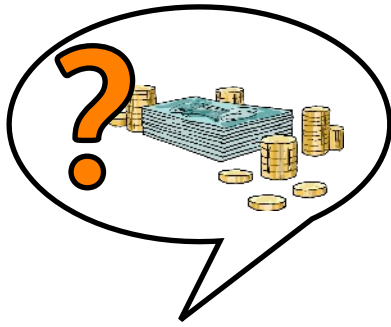
- music therapy.



Your nurse or doctor (GP) can tell you if these are free on the NHS.



The Complementary and Natural Healthcare Council has a list of therapists you pay for on their website:
www.cnhc.org.uk



Always ask how much it will cost before you see a **complementary therapist**.



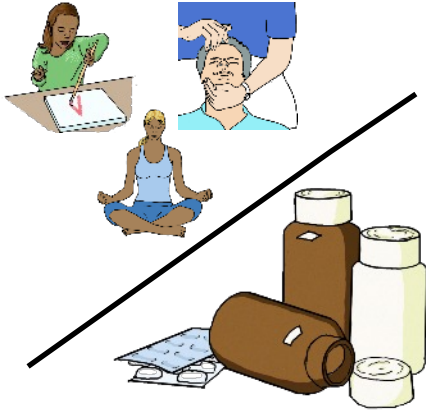
Your local **hospice** or support group might offer some therapies for free or cheaper.



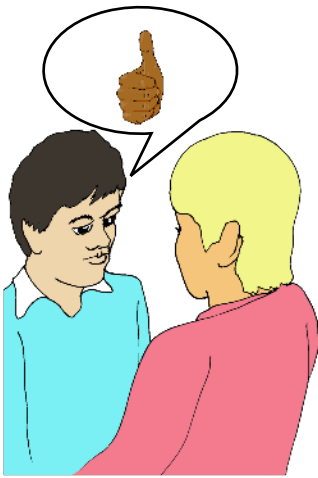
A **hospice** is a place that cares for people who have an illness that they will probably die from and supports their families.



Marie Curie has 9 hospices. You can also find your local hospice on:
www.hospiceuk.org



Alternative therapies are different. They are given instead of medicine or treatment.



Always be careful if someone says they can cure your illness with an **alternative therapy**. Good therapists do not promise this or ask you to stop having your medicine or treatment.

Sex and relationships



Your illness and treatment can change the way you feel and think.



It might be difficult to be close to someone you love. Or it can feel strange to meet someone new.



Kissing, touching each other's bodies or **sexual** intercourse might be difficult because:



- you feel tired or sick



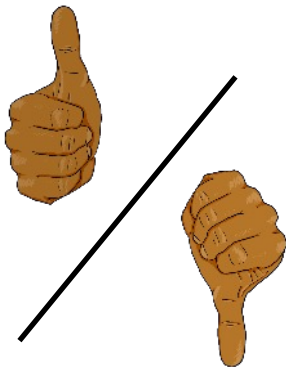
- you are embarrassed about your body



- you cannot be private.



Your illness will probably change things between you and your partner (your boyfriend, girlfriend, husband or wife).



Sometimes things might be better, sometimes things might be worse.



But you may still need to feel close or be held or touched by someone you love.



Even if it is difficult, try to talk about things with your partner.



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



If you do not talk about it you could feel lonely, upset or think people do not understand.

relate
the relationship people

Relate is a charity that can help with relationships.



Their website is:
www.relate.org.uk



Or you can call them on
0300 100 1234.

Enjoying life



You might start to think about what is really important to you.



You could decide to do the things you have always done like:

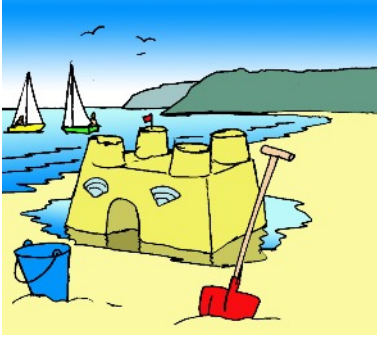
- work



- hobbies



- going out.



You might want to try something new or do things you always meant to do like:

- go somewhere new on holiday



- go to places with special memories for you



- do things to help people remember you



- make friends with someone you argued with.



Tell your family, friends, doctor or nurse what you want to do.



This will help them understand what is important to you.

How we can help

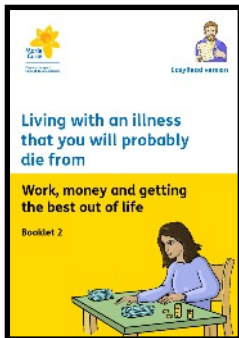


There are lots of different ways we can answer questions or support you and your family.

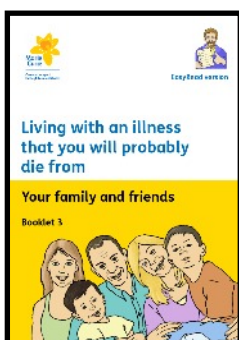
We have 4 other booklets about living with an illness you will probably die from.



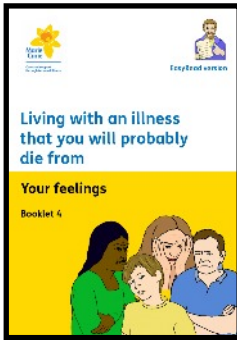
1. Who can help?



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

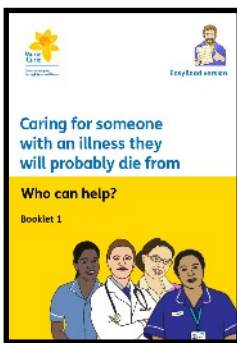


3. Your family and friends

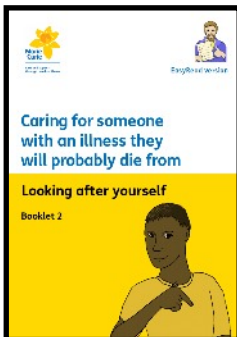


4. Your feelings

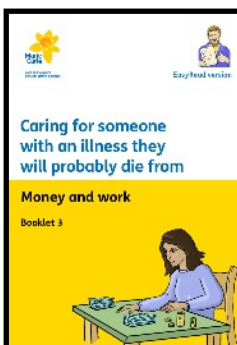
We have 3 booklets about caring for someone with an illness they will probably die from.



1. Who can help?



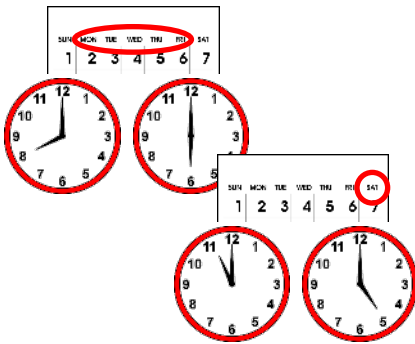
2. Looking after yourself



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.

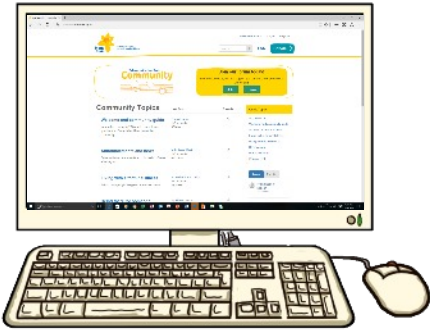


There is also information on our website: **mariecurie.org.uk/help**



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.

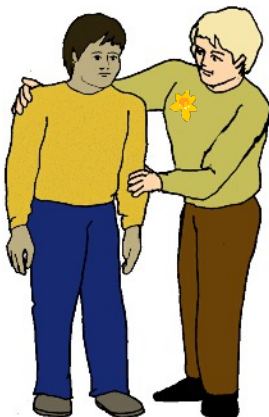
www.mariecurie.org.uk/nurses



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



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.



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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