



Care and support
through terminal illness



EasyRead version

Living with an illness that you will probably die from

Work, money and getting the best out of life

Booklet 2



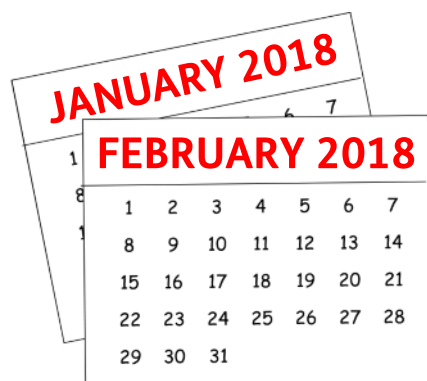
About this booklet



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 what you can do about work and money when you have an illness you will probably die from.



This booklet talks about:

- working when you are ill

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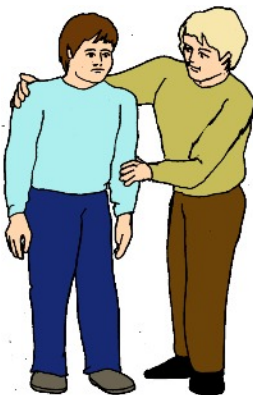
- **benefits** – money from the government to help you pay for the support and things you need

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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 21.

Work



Being ill can make you think about things differently.



If you have a job, you might like to carry on or you might want to give up.



You should do what is best for you and your health. It might help to talk to someone you trust about this, like your doctor, nurse or a family member.



Talking to the person you work for

You do not have to tell the person you work for that you are ill. But you might find it helpful to talk to them about it.



The law might see your illness as a disability. So if you do tell the person you work for that you are ill, the law says:



- they cannot treat you unfairly because you are ill



- they have to make any changes they can to help you do your job safely.

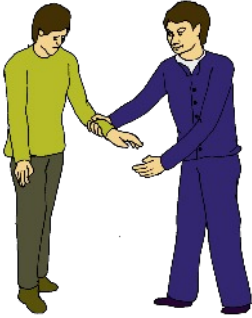


But if your illness stops you doing your job properly, you can be asked to leave.



Talking to people you work with

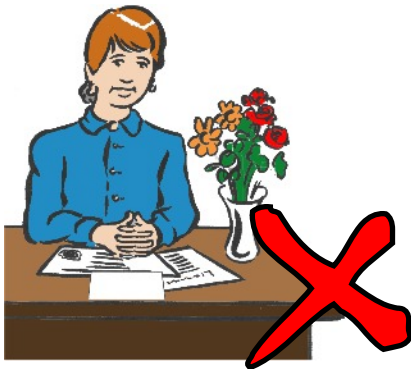
The person you work for should not tell anyone you are ill unless you say they can.



If you tell people, it might help them understand or support you better.



You might decide not to tell them straight away and wait until you need to tell them.



Stopping work

After a while you might decide to stop working.



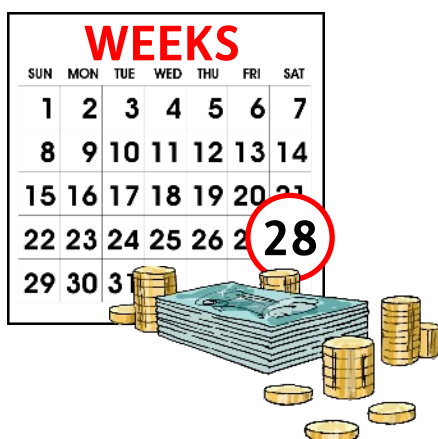
This can be hard if work is an important part of your life.



It might help to talk to your family or friends about how you feel.



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.



Sick pay

If you are too ill to work, you might get sick pay. This is paid by your employer for up to 28 weeks.

Money



When you are ill you might need money if you cannot work anymore.



You might also need to pay for support to stay independent.



There are different ways to get help with these things:

- **benefits** from the government



- money from your local council



- money from charities.



Benefits

Benefits are money from the government to help you pay for support and the things you need.



If you have an illness you will probably die from, the government might be able to give you benefits sooner to help you get the support you need more quickly.



Someone who cares for you might also be able to get a benefit called Carer's Allowance.



There are lots of different benefits. It can be really difficult to understand the rules about who can get them.

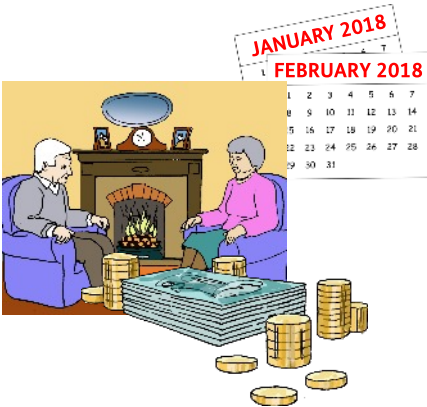


The Marie Curie Support Line, Citizens Advice, Macmillan Cancer Support and Carers UK can help you find someone to explain things.



Your pension

A **pension** is money you save up when you are working to help you when you are too old to work.

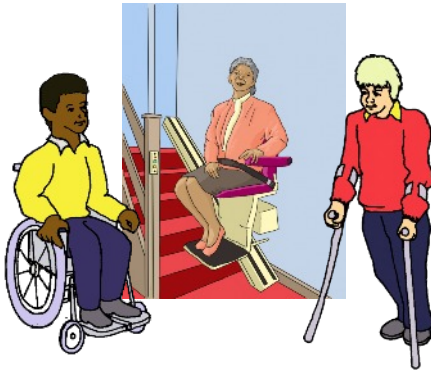


You can sometimes get this money sooner if you stop working because you are ill.

Equipment or changes to your home



You might need changes to your home to make life easier for you. Changes might be things like getting a toilet on the ground floor or making doors wider so a wheelchair can go through.



Or you might need some equipment to help you. This could be a wheelchair, crutches or a different bed.



It's important to ask for help before buying anything. A district nurse or **occupational therapist** can help.



Occupational therapists are trained to help you do everyday things like cooking or looking after yourself.



They will meet you and find out what things are difficult for you and help you get what you need.



Your doctor (GP) can help you find an occupational therapist.



It is good to try equipment out in the shop or at home to make sure it is right for you.



If you rent your house or flat you must ask your landlord before you make any changes.



Paying for equipment or changes



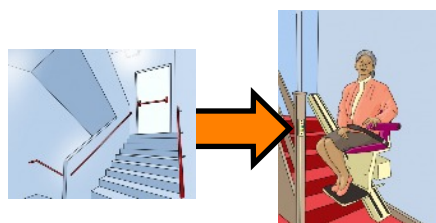
You can sometimes get free equipment from your council or borrow it from the NHS.



You might also be able to buy some equipment second hand from someone who does not need it any more.

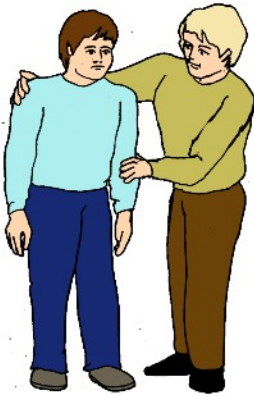


If an **occupational therapist** says you need equipment or changes to your home, your local council might pay towards some things.



They can also help you organise the changes to your home.

Help with social care



You might be able to get help if you are aged over 18 and have an illness you will probably die from. This is called **social care**.



Social care means help with things like:

- getting out of bed



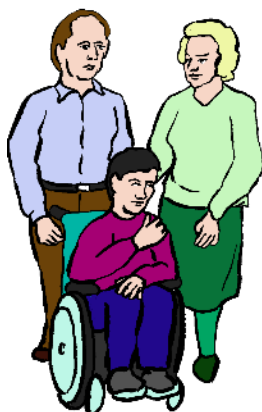
- getting dressed



- cooking or eating



- seeing your family or friends



- caring for someone.



Social services from your local council

Your local council might be able to help with social care.



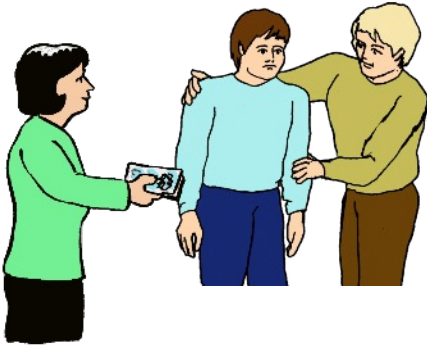
You, your family or someone who supports you with healthcare can ask a social worker to visit you.



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



This means looking at the things you need help with and deciding if you can get support.



You might have to pay towards some services.



NHS continuing healthcare

NHS continuing healthcare is for people who need a lot of help because of their health, but are not in hospital.



You might get help with things like:

- finding a place to live



- cooking and cleaning or other things you do at home



- travelling.



You or your family can ask about NHS continuing healthcare. You can ask:

- your doctor (GP) or nurse



- your local council



- a social worker.



The GOV.uk website has an EasyRead booklet about this.

<http://tinyurl.com/NHS-easyread>

Help if you live on your own



You might feel lonely and find it hard to get help and support if you live on your own.



Keeping busy can help. You could try things like reading, painting or gardening.



You might like to try a befriending scheme. This is when a volunteer visits you or calls you on the phone.



Marie Curie has a befriending scheme called Marie Curie Helpers service. Age UK is a charity that also runs these schemes.



Care and support
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To find out more about this you can ask:

- Marie Curie (see page 23 for information on how to contact us)



- your doctor (GP) or nurse

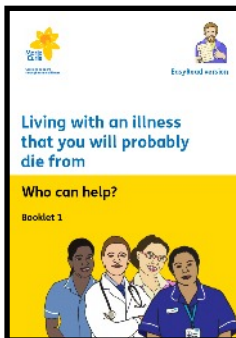


- your local community centre.

How we can help

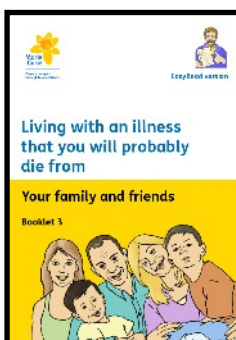


There are lots of different ways we can answer questions or support you and your family.

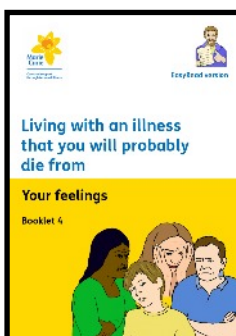


We have 4 other booklets about living with an illness you will probably die from.

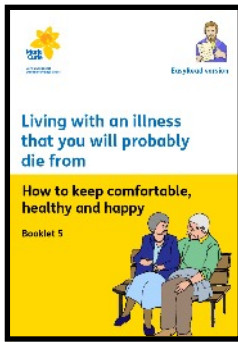
1. Who can help?



3. Your family and friends

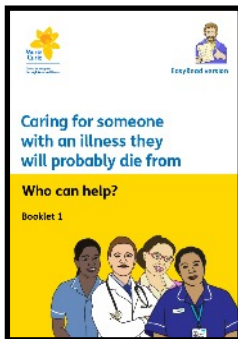


4. Your feelings



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?



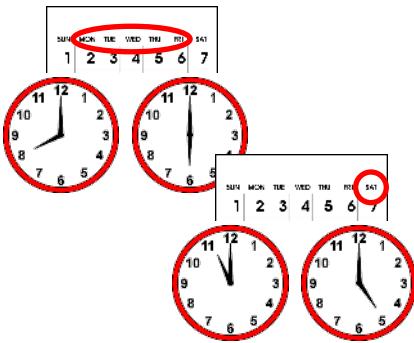
2. Looking after yourself



3. Money and work.



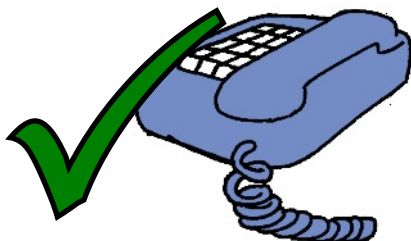
You, your family or friends can phone us to talk about what is happening and how you are feeling. You can call our Support Line on **0800 090 2309**



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

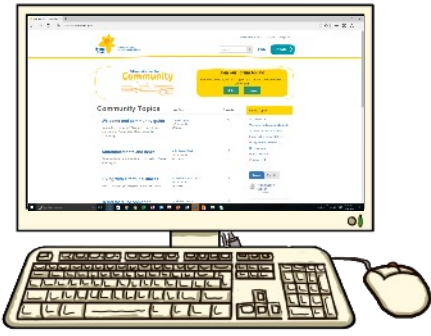


There is also information on our website: **mariecurie.org.uk/help**



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.

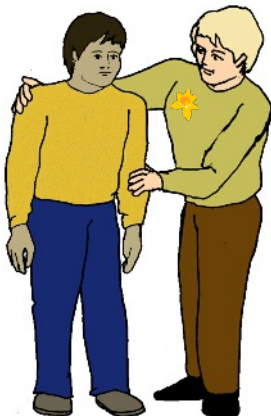
www.mariecurie.org.uk/nurses



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

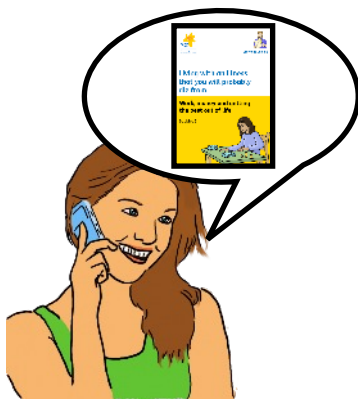


Marie Curie Helper

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



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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