

What can help you feel better when someone dies

Palliative Care, End of Life Care and Bereavement



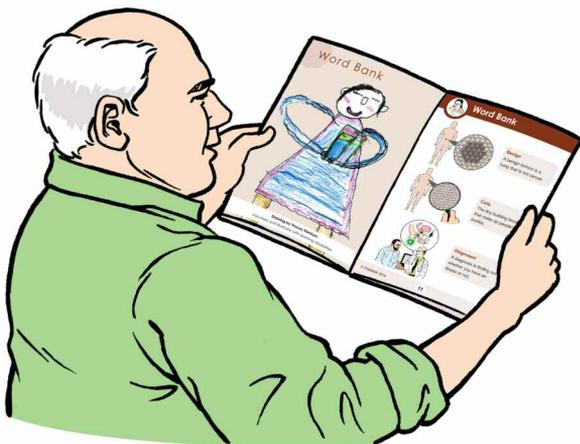
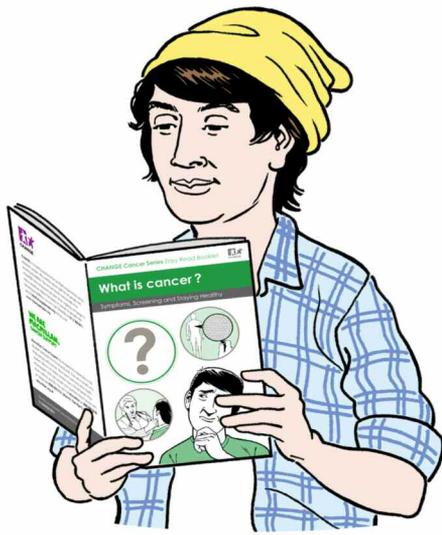
Introduction

This booklet uses easy words and pictures to help you get information about cancer.

You might want someone to help you look at the booklet so you can talk about it.

There is a Word Bank at the back of the booklet to help with hard words. Any words in **bold** you can find in the Word Bank.

This booklet can help you learn about cancer. But this is not the same as talking to your doctor. If you are worried about your health, you should talk to a doctor or nurse.

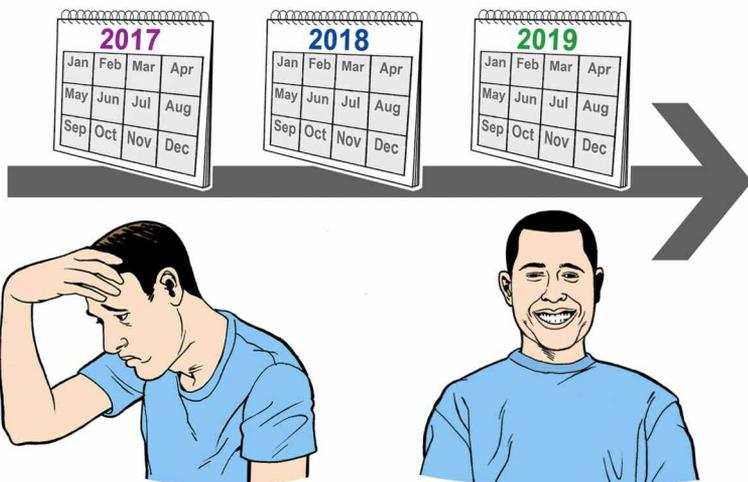




What can help you feel better when someone dies



When someone dies, you may have lots of different feelings. This is called **grief**.



Grief can affect how you feel for months or years after a person has died. It can take some time to feel better.



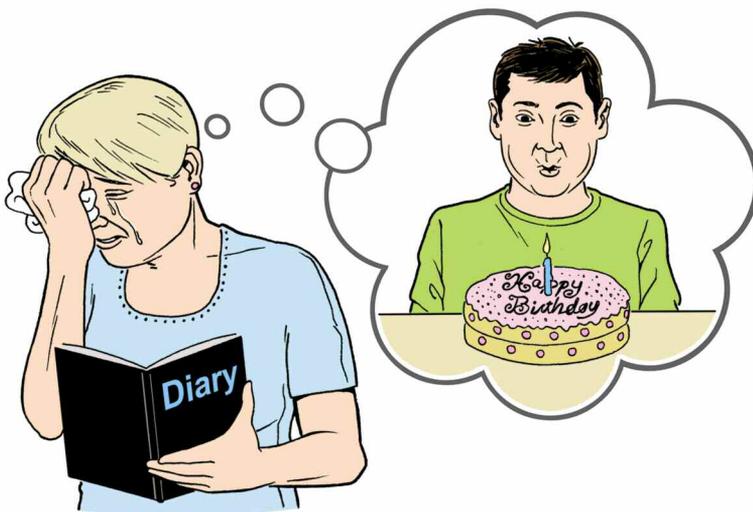
Each person is different and it is OK to ask for support for as long as you need it.



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There will be days when you feel very sad and then days when you feel a bit better.



Special days like birthdays and anniversaries can be hard because you may have happy memories but also feel more sad.



Remember there are always people who can help you. There are also things that you can do to help yourself.

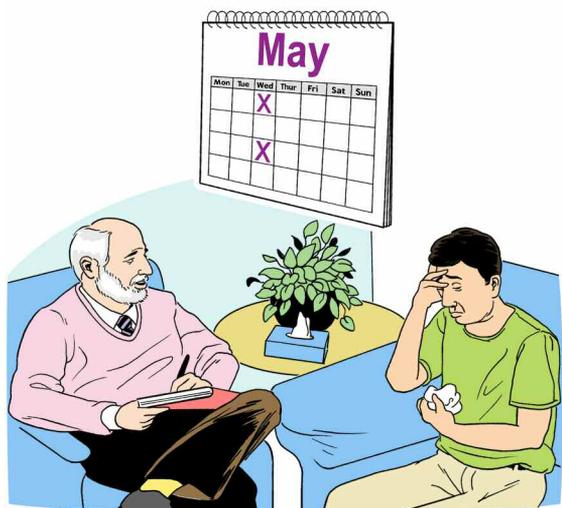


What can help you feel better when someone dies

Things that can help you are:



- **Tell other people when you are feeling sad or upset.** Talk to someone you know well about how you feel.



You may be able to see a **counsellor** for support as well.



The person who is supporting you should answer any questions you have in words that you can understand.



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- **Spend time with people who are supportive.** It can also help to talk to other people who know what it feels like to lose someone they love.



There are groups that meet to support each other. You may be able to go to one.



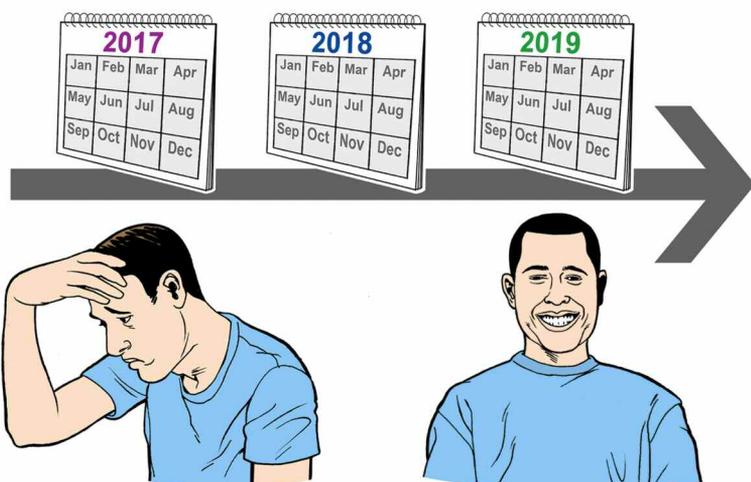
- **Try to keep your routines.** It can help to try to carry on doing the things that you usually do. But you might have to do a bit less or take more breaks.



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- **Try to get some exercise.** Have a walk in the fresh air every day if you can.



With time you should begin to feel better and less sad.



You might still miss the person who has died, but you may be able to remember the more happy times you had with them.

Word Bank

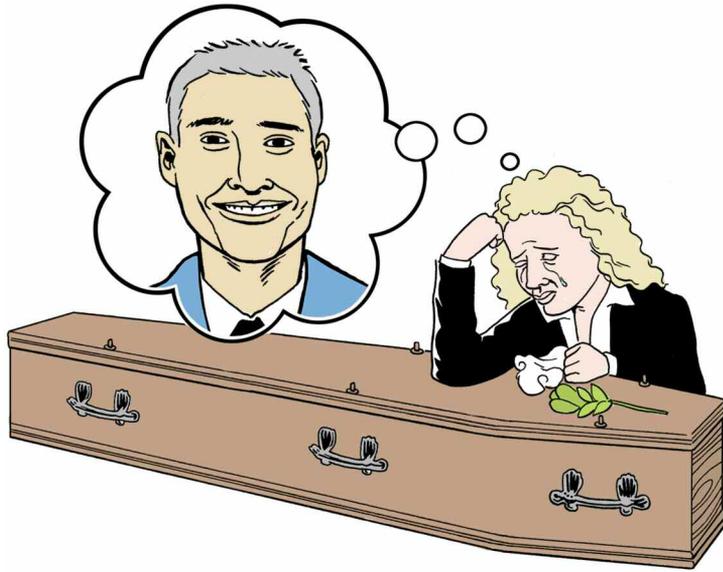


Drawing by Tracey Harrison

Volunteer and Illustrator with learning disabilities



Word Bank



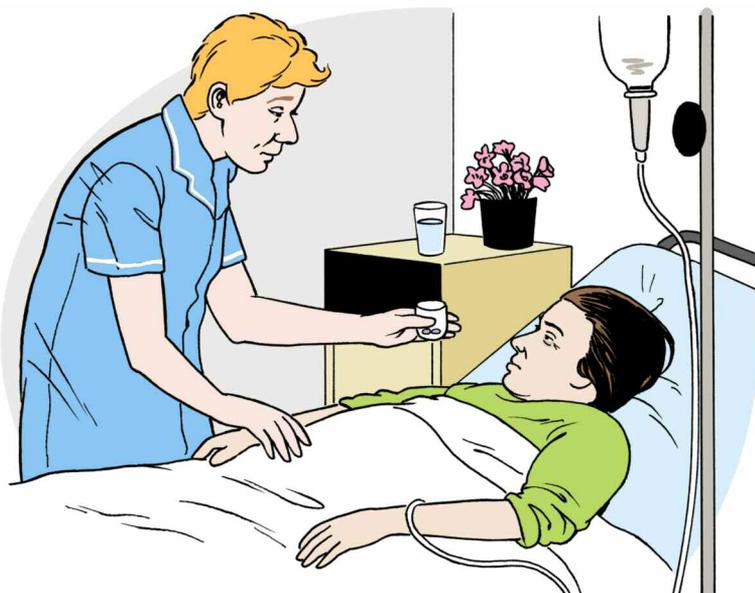
Bereavement

Bereavement is the feeling of loss and grief that someone may feel when someone they loved, or were close to, has died.



Counsellor

A counsellor is a professional who listens and gives support to people who need to talk about their feelings and problems.



End of life care

This is care and support to help a person during the last weeks and days of their life until they die.

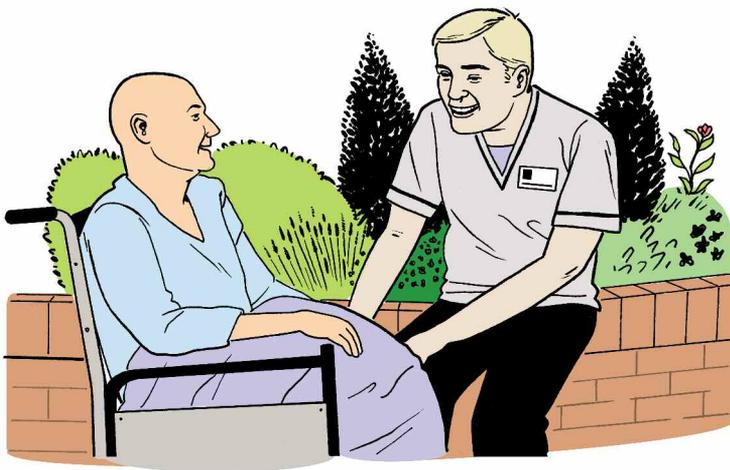


Word Bank



Grief

Grief is the feeling you have when someone has died. You may feel sad for a long time.

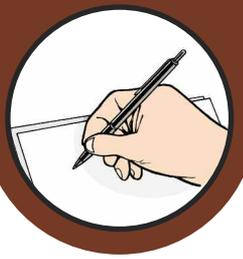


Palliative care

This is the support and care people have when their illness can't be cured. It means making the person as comfortable as possible with medicines.



It also means helping them with their feelings and any spiritual needs.



Notes

A series of horizontal dotted lines for writing notes.

Useful contacts



Drawing by Tracey Harrison

Volunteer and Illustrator with learning disabilities



Useful contacts

Helpful organisations

Cancer Research UK

A charity that is researching treatments for cancer. Its website has lots of information about cancer.

Phone: 0808 800 4040

Web: www.cancerresearchuk.org

Hospice UK

Gives information about hospices in the UK.

Phone: 020 7520 8200

Web: www.hospiceuk.org



Macmillan Cancer Support

A charity that helps people who have cancer. They give practical, medical and financial support. They try to make cancer care in the UK better.

Phone: 0808 808 00 00

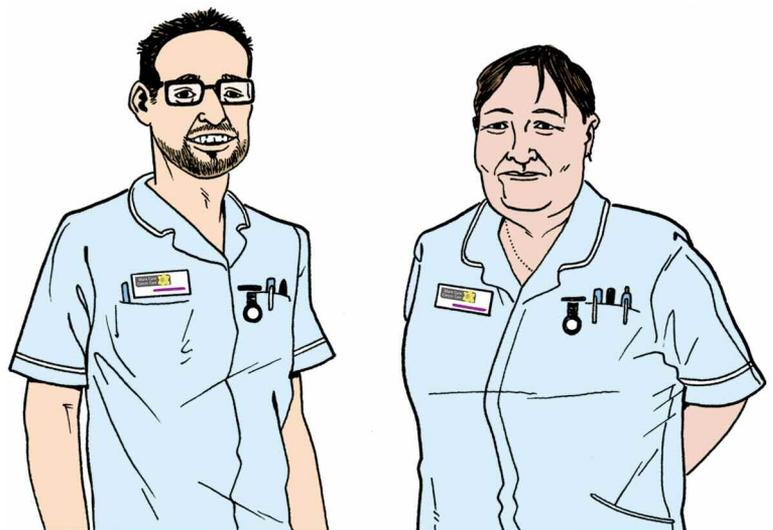
Web: www.macmillan.org.uk

Marie Curie

A charity that helps people who are dying.

Phone: 0800 090 2309

Web: www.mariecurie.org.uk





Useful contacts

NHS Contacts

These contacts give you information about your health and health services:

England and Scotland **Phone: 111**

Wales **Phone: 0845 46 47**

Northern Ireland **Web: www.hscni.net**



Palliative Care for People with Learning Disabilities Network (PCPLD Network)

A group of people sharing information to improve end of life care for people with learning disabilities.

Email: info@pcpld.org

Web: www.pcpld.org

Paul's Cancer Support Centre

Gives help, information and complementary therapies to people with cancer.

Phone: 0207 924 3924

Web: www.paulscancersupportcentre.org.uk

RESPOND

Gives therapy to people with learning disabilities after trauma or abuse. They also offer training and support to carers.

Phone: 0808 808 07 00

Web: www.respond.org.uk



Useful contacts

Samaritans

Helps anyone who is in distress or suicidal. They are open all the time - 24 hours a day.

Phone: 116 123

Web: www.samaritans.org.uk

Email: jo@samaritans.org



Written and audio material

Books Beyond Words

A series of picture books for people with learning disabilities. The books talk about cancer, health and bereavement.

Web: www.booksbeyondwords.co.uk

Phone: 020 8877 9799

Email: admin@booksbeyondwords.co.uk

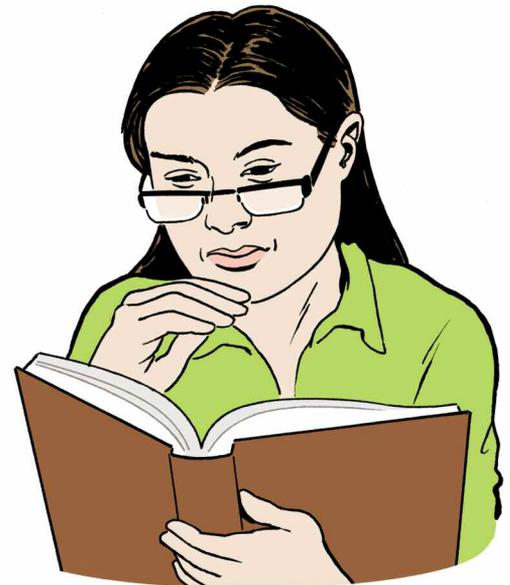
FAIR Multimedia

Publishes a range of health leaflets, audio discs and CDs for people with learning disabilities. This includes a series on cancer.

Email: fair@fairadvice.org.uk

Phone: 0131 662 1962

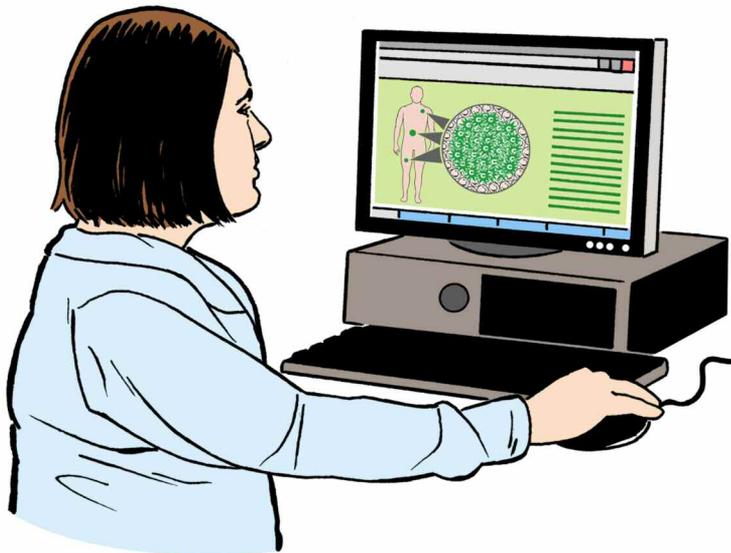
Web: www.fairadvice.org.uk/health-publications.php





Useful contacts

Online help



www.easyhealth.org.uk

Has lots of online health information that is easy to understand.

www.macmillan.org.uk

Has lots of information about cancer and where to get help. You can also talk to other people with cancer in the online community.

Videos and DVDs

Leeds Animation Workshop

Has animated films on social issues for people with learning disabilities. There is one called 'Getting Better' about going to the doctor and the health clinic.

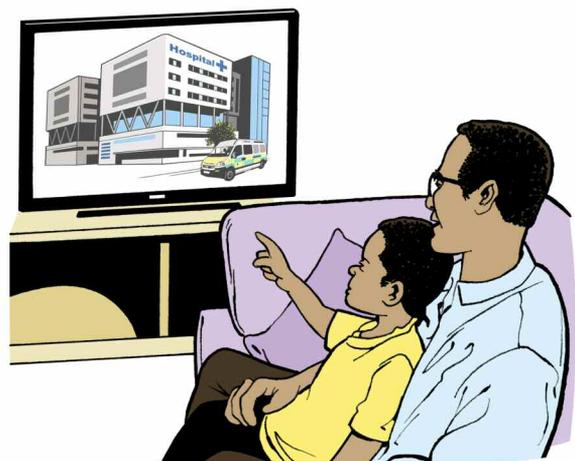
Phone: 0113 248 4997

Web: www.leedsanimation.org.uk/index.html

Speak Up Self Advocacy

Has DVDs and booklets for people with learning disabilities about health and illness.

Web: www.speakup.org.uk





CHANGE is a leading national Human Rights organisation led by disabled people. We work for equal rights for all people with learning disabilities. The cancer books and booklets that CHANGE have produced are part of an ongoing campaign to raise awareness about the issues of cancer for people with learning disabilities. You can call CHANGE on **0113 242 6619**, email **info@changepeople.org** or find us at **www.changepeople.org**

WE ARE MACMILLAN. CANCER SUPPORT

Macmillan Cancer Support has reviewed the information in this booklet and paid for it to be produced. They are a charity who help people with cancer. They have nurses and other health workers. They try to make cancer care in the UK better. They have experts who can answer your questions about cancer and how it affects your life. You can call **Macmillan** on **0808 808 00 00** or textphone **0808 808 0121 (Mon–Fri, 9am–8pm)**. Or go to **macmillan.org.uk**

This easy read booklet was produced by CHANGE

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