



# **Living with Dying**

**An EasyRead Guide**

# Introduction



This EasyRead booklet is about end of life care. You and your family and friends may find it useful.



End of life care is the care and support you get when you are in the last months of your life.

It helps you to live as well as possible until you die.



You have the right to choose where you want to be cared for and where you want to die.

This could be at home, in hospital, at a hospice or care home. It is up to you.



Wherever you decide, you should have the best quality care in the best way for you.

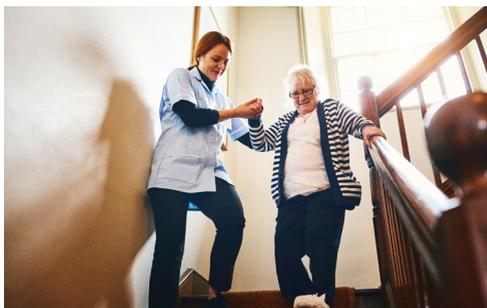
## Who provides end of life care?



Lots of different health and social care professionals might help with your end of life care. It depends on your needs.



Hospital doctors and nurses, your GP, and community nurses can help with the medical things like pain relief and helping you cope with your symptoms.



Social care staff can help with things like personal care, helping you with shopping and so on.



You might also see people from your religion or faith such as a minister, priest or imam. If you are being cared for at home or in a care home, your GP will be in charge of your care.

## Coping with your feelings



You might feel lots of different things when you hear bad news about your illness.



You might feel numb at first and not be able to take it in, or you might be calm.

There is no right or wrong way to feel.



Ask your doctor about any support that could help you.



It could be information about your illness or support groups and counselling services.



You might find it helps to talk to someone about how you are feeling.

You could talk to your family and friends or someone who isn't as close to you like a counsellor.



Take one day at a time and try to do some things that you enjoy like reading, gardening, or arts and crafts.



Complementary therapies, like massages and aromatherapy can help you feel better. Make sure you tell them about your illness as some therapies can affect them.



Let your friends and family help you with things. Tell them what support you need.

It could be driving you to appointments, taking you shopping or making you some meals.

## Managing your pain and other symptoms



Getting help with your pain and symptoms is an important part of your end of life care.



Sometimes the treatment you are having can give you extra symptoms too.



Some of them might be feeling and being sick, constipation (not being able to go for a poo), not wanting to eat and being in pain.



Your doctor and nurses will help you manage your symptoms and try to make you feel as comfortable as possible.

## Talking to your family and friends



It can be difficult talking about dying with your family and friends.

It is important though to tell them about your feelings and wishes.



You might want to tell them you love them, or that they mean a lot to you.



If you find it too upsetting you could write a letter, make a video or fill a memory box with things you've done together.



You should tell them about what you want to happen with your future care, your funeral or things you would like to give to people.

We hope that you have found this booklet useful.  
You can find more information about end of life care at:  
[www.nhs.uk/conditions/end-of-life-care](http://www.nhs.uk/conditions/end-of-life-care)

For more information please contact:

**btm**

the home of accessible information



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