



**Marie  
Curie**



EasyRead  
version

Living with an illness you will  
probably die from  
**Who can help?**



## About this booklet

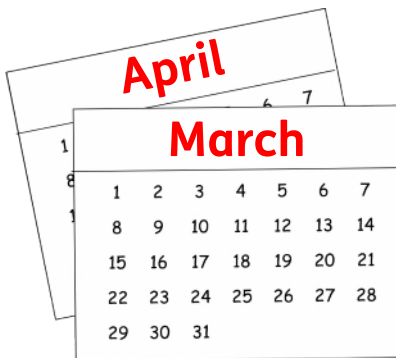
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Sometimes people have an illness that cannot be cured and which they will probably die from.



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 tell you about all the different people who can help you and care for you.



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:

- your doctor (GP) and community services

page 4



- palliative care teams

page 8



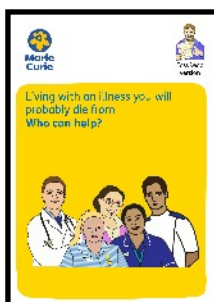
- how Marie Curie can help

page 10



- how you can help us

page 14



- how this booklet was made

page 15



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



There is a list of these booklets on page 10.

# Your doctor (GP) and the community team

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Your doctor (GP) and their team look after your health when you are living at home.



The team includes:

- your doctor (GP)



- practice nurses working at your doctors' surgery



- district nurses or community nurses.

## Your doctor (GP)



Your doctor (GP) can work with other people with special skills to help you get the best care.



Your doctor (GP) can:

- make sure you get the right medicines



- tell you about information, services and support



- talk to the district nurse about caring for you at home



- tell you about **hospices**.



## Other people who can help

**Practice nurses** work at your doctors' surgery and give medical care to people.



A **district nurse** or **community nurse** can give you care at home and help you get support from other services.



**Social workers** usually work for your local council, health and social care trust, or for a hospice. They can help you get support for things which are not health care. This can help you live independently at home.



**Physiotherapists** help with your illness, injuries or moving around, using things like massage or exercise.



**Occupational therapists** look at daily tasks you struggle to do, and help you find an easier way to do them.



If you need help, you or someone who supports you can ask a social worker or occupational therapist to visit you.



They will do an **assessment**.



They will ask you about things you need help with, like getting dressed or having a bath or shower. They can then decide if you and the person who cares for you can get support.



Your doctor or nurses may tell you about **hospices**. A hospice is a place that cares for people who have an illness they will probably die from. It also supports their families and friends.



## Palliative care teams

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Palliative care teams can support you if you have an illness you will probably die from.



They can help you cope with any pain and worry you have. The team will include doctors, nurses, or other people with special skills that can help with your health and feelings.



They will find out what support you and your family need and care for you at home, in hospital, in a hospice or in a care home.



They will also support your family and the people who look after you.

## Healthcare passports



Some people have a **healthcare passport**. The people looking after you might use the healthcare passport to help care for you.



This is a booklet about you. It will include any medicines you take, what you like and don't like, and how you like to be spoken to.



You, your carer, or family can write in the passport.



If you have to go into hospital, the doctors and nurses may use the passport so they know how to care for you.

# How Marie Curie can help



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

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



Work, money and getting the best out of life



Your family and friends



Your feelings



How to keep comfortable, healthy and happy

We also have booklets about looking after someone with an illness they will probably die from:



Who can help?



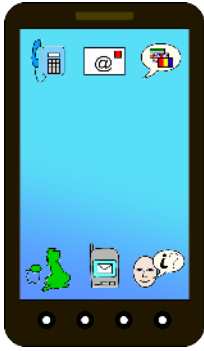
Looking after yourself



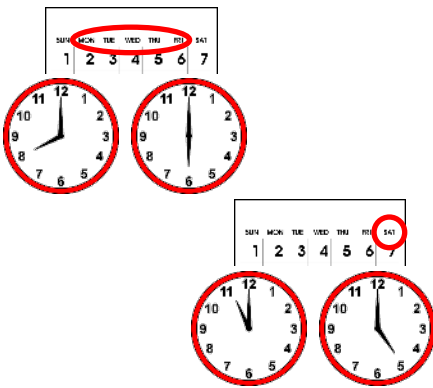
Money and work



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.

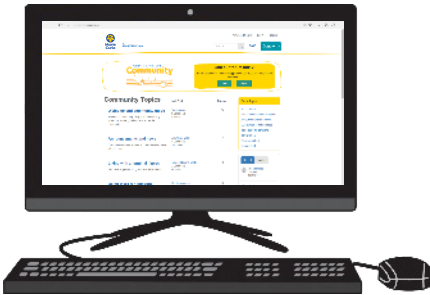


There is also information on our website: [www.mariecurie.org.uk/support](http://www.mariecurie.org.uk/support)



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](http://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 a Marie Curie Nurse can give care at home:

[www.mariecurie.org.uk/nurses](http://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 can support their family and friends: [www.mariecurie.org.uk/help](http://www.mariecurie.org.uk/help)

## Marie Curie Companion



Our trained volunteers may be able to visit you for a chat or take you to appointments:

[www.mariecurie.org.uk/helper](http://www.mariecurie.org.uk/helper)

## How you can help us

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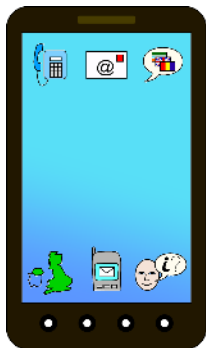
Please tell us what you think about this booklet.



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](mailto:review@mariecurie.org.uk)**



or call our Support Line on  
**0800 090 2309.**

## How this booklet was made

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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](http://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

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**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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