

How you might feel if you are dying



Version 1- October 2017



This factsheet will help you to understand how you feel.

It will also explain what you and other people can do to help you feel more comfortable.

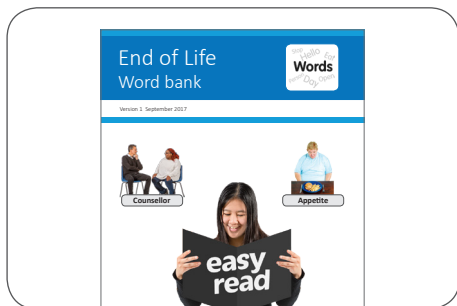
Information about reading this booklet.



This booklet uses easy words and pictures to help you get the information you need.



You may want someone to read through the booklet with you to help you understand it.



The Word Bank may help you to understand the most difficult words.

Ask for advice as well as reading this booklet.



If you are worried about your health you should always get advice from your doctor and nurses.

There are times when people get ill.

People who have an illness often get well again.



The doctors and nurses give them advice, medicine and other treatment.

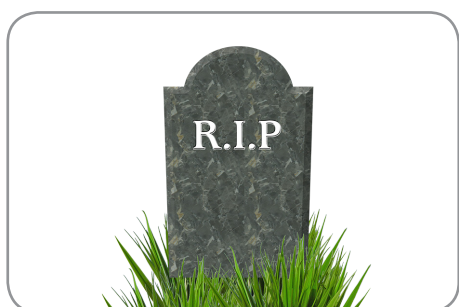


This helps the person get well again.

Some people who have an illness do not get well again.



The doctors and nurses can't do any more to make the illness better.



This means that they will die.

Palliative care and End of Life care

What is Palliative care?



Palliative care is for people who have an illness they may die from.

Palliative care helps people to live life as well as possible. It helps people to enjoy things and to feel comfortable.

What is End of Life care?



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

Talking about your illness



It may help to talk to someone who can explain more about your illness.

You may have questions you want to ask.



The doctor and nurses can explain more about your illness.



They can explain things to your family and support staff as well.



They can give you leaflets to explain more about your illness.

Talking about your feelings

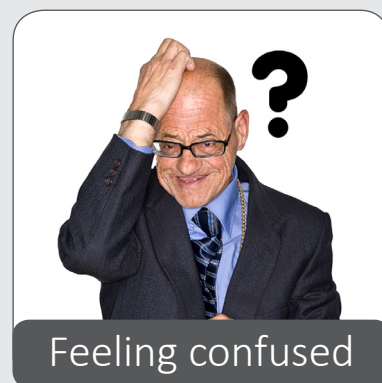
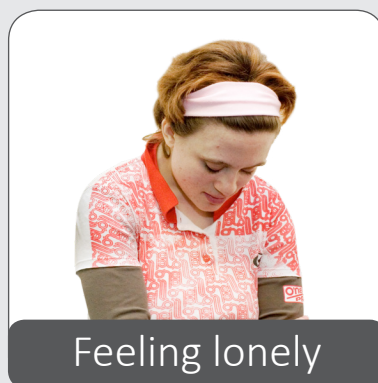
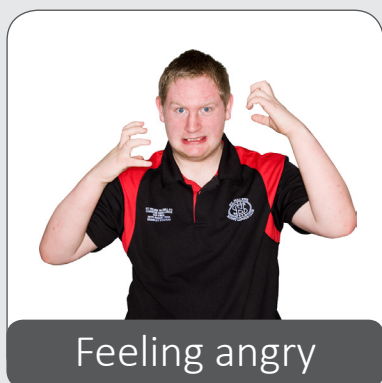
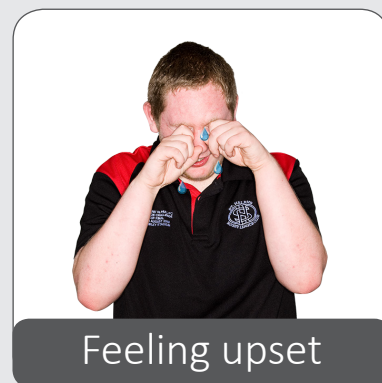
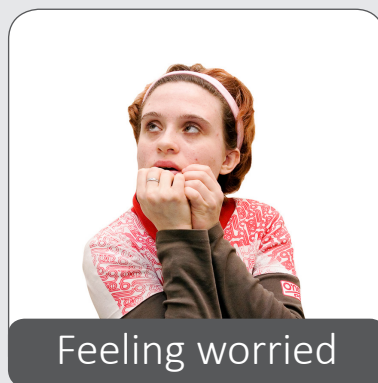


It may help to talk to someone about your feelings.

This can make you feel happier.

You may have lots of different feelings. This is okay.

These are some of the feelings you may have at different times:



Choosing who to talk to about your feelings



You can choose who you want to talk to about your feelings.

You may choose to talk to different people. This is okay.



You may choose to talk to your family.



You may choose to talk to your friends.

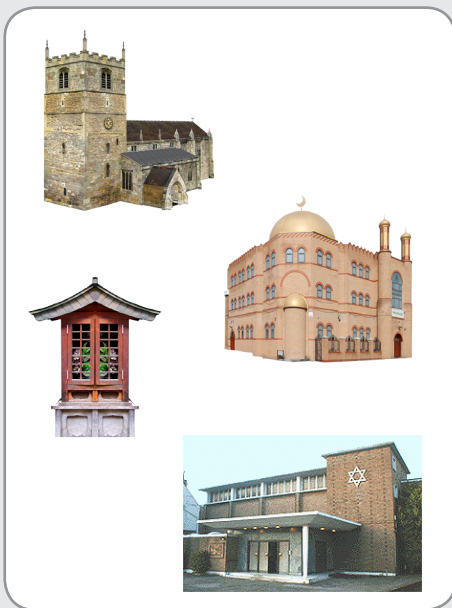


You may choose to talk to your partner.

Choosing who to talk to about your feelings



You may choose to talk to your support worker.



You may choose to talk to someone from your:

- church
- mosque
- temple
- synagogue



You may choose to talk to a counsellor. A counsellor is trained to talk to people about feelings.



You may choose to talk to someone from the Learning Disability Team.

Sometimes it can be hard to talk about your feelings

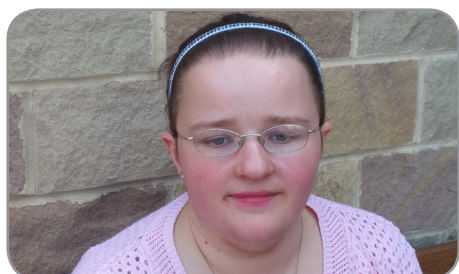
You may not want to talk to people all the time.



Sometimes it can help just to sit quietly with someone.



Sometimes a hug from someone you are close to can help.



Sometimes spending some time on your own can help.

Credits

This factsheet was developed in partnership by St. Benedict's Hospice, Northumberland, Tyne and Wear NHS Foundation Trust and South Tyneside NHS Foundation Trust.

Designed by The Clear Communication People Ltd. using Photosymbols and other stock photography.



St. Benedict's Hospice
& Centre for Specialist
Palliative Care

Northumberland, Tyne and Wear **NHS**
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South Tyneside **NHS**
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