

Being cared for at home

A guide for people with terminal illness,
carers, family and friends



**Marie
Curie**



* Calls are free from landlines and mobiles. Your call may be recorded for training and monitoring purposes.

Introduction

This booklet is for people living with a terminal illness and those close to them. You may find it particularly useful if you are a carer. It explains what care at home may be available and who to contact for more support.

If you have any questions about your care or individual circumstances, speak to your GP, doctor or nurse. You can find more information and support on our website at mariecurie.org.uk/support or by contacting the free Marie Curie Support Line on **0800 090 2309***.

Are you looking for information about getting or giving personal care at home? Our free booklet **Caring for someone at home** covers tasks such as helping someone wash, looking after your skin and mouth, and symptom management. You can order it at mariecurie.org.uk/publications or by calling **0800 090 2309***.

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A quick guide to care at home

- Care at home means having medical, practical and emotional support given in your own home.
- Medical and nursing care at home is usually free, but you may have to pay for personal care – for example, support with washing or dressing.
- Care at home can be given by different health and social care professionals. **Your GP is the first person to speak to about being cared for at home.**
- The level of care and support that can be offered at home can vary in different areas of the UK. This means that not everything we talk about in this booklet may be available for you.
- If you're unsure who to talk to about care at home, you can call our free Support Line on **0800 090 2309***. They can help direct you to the right people.



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What does care at home mean?

Care at home means having medical, practical and emotional support given in your own home.

You may want to be at home as your health gets worse or towards the end of your life. Being close to the people you know, having privacy, and being in familiar surroundings can be important and comforting.

Wherever possible, your healthcare professionals will try to support your wish to be at home, and provide care to help you achieve this.

If you're in hospital or a hospice but would prefer to be at home, tell the doctors and nurses looking after you. They can talk with you about whether this is possible and the support you'll need.

What types of care can you have at home?

You should receive care that is centred around what you need and what you want. This can vary depending on your needs and the care available in your local area.

Ask your healthcare team about what type of care you might need now and in the future, and what is available.

There are two main types of care offered at home:

Medical and nursing care

This may include help with treating symptoms and emotional support. Palliative care, which helps people with a terminal illness have the best possible quality of life, and end of life care are part of medical and nursing care for people with a terminal illness.

Personal care

This may include help with things like washing, dressing, eating and going to the toilet.



Our free booklet, **Caring for someone at home**, has more information about how to provide and get support with different types of personal care. You can order it at mariecurie.org.uk/publications or by calling our free Support Line on **0800 090 2309***.

How much does care at home cost?

Medical and nursing care is free in the UK.

Personal care usually means help with personal hygiene, including washing, dressing or going to the toilet.

Social care usually means practical help with things like everyday tasks, getting around, and looking after yourself or someone else. The cost of social and personal care depends on where you live:

- In England, Wales and Northern Ireland, personal care is means-tested. This means that whether you pay towards your care depends on how much you have in savings.
- In Scotland, personal care is free. This free care covers things like help with washing or going to the toilet, and preparing and eating food.

Your local council or trust may pay for social and personal care directly or they might give you money to pay for personal care. Read our step-by-step guide on accessing personal and social care on page 12.

Planning your care

The healthcare professionals looking after you should discuss your treatment, care and support with you. This might be your GP, hospital doctor or nurse. If you want or need to start that conversation, your GP is the best person to talk to.

Tell them if you'd like them to share information about your condition with a carer, family member or friend. Unless you tell your healthcare professional that you want other people to know, they'll only discuss your condition with you.

Your care plan

Your healthcare professionals should write a written or digital care plan that explains:

- your wishes for future care – for example, staying at home or moving to a hospice, nursing home, or hospital
- any treatment and care you've already had
- any plans for future treatment or care.

You can ask for a copy of the care plan from your team.

You and your healthcare team can look at the care plan regularly. You can ask to change it at any time.

Giving your consent

Healthcare professionals involved with your care need to be sure that you consent (agree) to any treatment or procedure. Before they start, they must explain what they will do, any risks involved and why they are doing it. It is your right to refuse any treatment or procedure offered.

My key contacts

You can use this section to remember the contact details for the health or social care professionals involved in your care. We describe who these might include on pages 10 to 27.

My GP

Name: _____

Address: _____

Telephone: _____

Notes: _____

My district nurse or community nursing team

Name: _____

Telephone: _____

Notes: _____

My pharmacist

Name: _____

Address: _____

Telephone: _____

Notes: _____

My social worker

Name: _____

Address: _____

Telephone: _____

Notes: _____

Who to contact in the evening, at night or at weekends

Name: _____

Telephone: _____

Notes: _____

Other contact details

Name: _____

Telephone: _____

Notes: _____

Who do I contact about care at home?

The health and social care professionals involved in your care at home will usually be based in the community. This means they work outside of a hospital or hospice. These health and social care professionals should be involved as early as possible after a diagnosis. If the doctors or nurses who diagnosed you have not put you in touch with anyone, it is best to speak to your GP first.

You may hear the health and social care professionals who help to care for you called a **palliative care team**, **palliative care multi-disciplinary team**, or **MDT**.

In this section, we've split the health and social care professionals by the question or concern they usually cover. Sometimes health and social care professionals will be able to support you with multiple questions or concerns, so this is not an exhaustive list.



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1. I need help understanding and organising support or services

GP

Your GP will usually be the main contact for your care. Your GP may be involved with:

- prescribing medication
- helping to manage any symptoms
- talking about wishes and needs
- giving or signposting to information about a terminal illness
- suggesting local and national support services that are available
- working with a district nurse, and the rest of the palliative care team, to make sure the right care is given
- telling you about local hospices.

District nurses or community nurses

District nurses and community nurses co-ordinate lots of services, but the availability of these may vary from area to area. These can include healthcare assistants, care workers, Marie Curie Nurses, specialist nurses such as Macmillan nurses, or other care agencies. After discussing it with you, the district or community nurse will prepare a personal care plan and refer you to services which may be helpful.

District or community nurses may be involved with:

- organising care at home
- ordering equipment, such as a commode or an adjustable bed
- arranging for other services to help with your care, such as a physiotherapist or a Marie Curie Nurse
- providing information about local services, including support groups, hospices, interpreting services and financial support.

They may also be involved with some medical care, such as managing symptoms or changing dressings. If you are a carer, district nurses can help to organise respite care, so you can have a break from caring.

Getting a district or community nurse

To ask for care or support from a district or community nurse, speak to your GP. Once you have a district or community nurse, they may give you a direct number to contact.

Social care

Social care is practical help with things like everyday tasks, getting around, and looking after yourself or someone else. It's provided by your local council. Or if you live in Northern Ireland, it's provided by your Health and Social Care Trust.

The type of social care you get depends on your needs. It might include having professional carers in your home, getting equipment for your home, or being cared for in a care home. Social care can help with everyday tasks such as:

- getting out of bed
- getting dressed
- going to the toilet and showering
- cooking and eating
- seeing friends and family
- using public transport
- keeping fit and active.

Getting a social care assessment

These are the steps to get social care:

1. Contact your local council, or Health and Social Care Trust, and request a needs assessment.
2. They will assess your needs and give you a plan to meet these needs.

Who do I contact about care at home?

3. The council or trust will work out if you need to pay towards the cost of your care. If you do, they will tell you how much you need to contribute. Whether you have to pay will depend on where you live, your financial situation and your needs.
4. You'll either organise your own social care, with support from your local council, Health and Social Care Trust, or another organisation, or they will manage it for you.



Find out more by visiting mariecurie.org.uk/socialcare or calling the free Marie Curie Support Line on **0800 090 2309***.

Palliative care social workers

Some social workers are specialists in palliative care. They are sometimes called palliative care social workers. As well as practical support, they can:

- give advice and guidance on social care to you and your family members, friends or carers
- offer emotional support around a terminal diagnosis and refer you to a counsellor, if needed
- support you with advance care planning and future wishes.

If you are looking after someone at home – Carer’s assessment

A carer’s assessment is an opportunity to discuss what support or services you need with the local social services. If possible, both you and the person you are caring for should be assessed so that you can get the right amount of support. If there is more than one person providing regular care to the person, you can both have an assessment.

In Scotland, a carer’s assessment is sometimes called an adult carer support plan or young carer statement.

To get an assessment, contact:

- the social services department in your local council in England and Wales
- your local council in Scotland
- the social services department in your Health and Social Care Trust in Northern Ireland.



Visit mariecurie.org.uk/carer-assessments or call the free Marie Curie Support Line on **0800 090 2309*** to find out more.

2. I need support with symptoms or another medical concern

Clinical nurse specialists

You may have a clinical nurse specialist (CNS) as part of your palliative care team. They can help by:

- making sure you and the people close to you have the information you need about your diagnosis
- guiding you through any complex information or questions
- offering practical and emotional support to you and those close to you
- putting you in touch with different services, including palliative care services, that may be helpful.

Marie Curie Nurses

If you're being cared for at home, you might get help from a Marie Curie Nurse. They can:

- give you advice on the medication you've been prescribed – including giving injections
- assess your needs and plan what kind of help you should receive
- sometimes offer overnight visits.

Marie Curie Nurses are not available in every area of the UK.

Getting a Marie Curie Nurse

To ask for care or support from a Marie Curie Nurse, you should contact your district nurse or GP.

Your GP or district nurse will consider whether a Marie Curie Nurse or Marie Curie Healthcare Assistant is right for you and may be able to refer you if you need their help.

Pharmacists

Pharmacists are based in the community. They can support you by:

- giving out (dispensing) medication
- working with the rest of your palliative care team to help you get the right support.

Palliative care pharmacists

Some pharmacies have palliative care pharmacists. These pharmacists can offer more specialised support, such as advising on the management of any symptoms and suggesting local palliative care services. You could ask your GP about palliative care pharmacists in your area.

Physiotherapists

A physiotherapist aims to help with any movement or mobility problems following your diagnosis. These may be caused by the terminal illness or any symptoms you're having. A physiotherapist can teach you some gentle exercises to manage or ease any issues.

You can ask the GP or district nurse for a referral to physiotherapy.

Hospices

Hospices provide free nursing and medical care for anyone with a terminal illness, as well as emotional, psychological, spiritual and practical support. They also offer emotional support for carers and other people close to someone with a terminal diagnosis. This care is usually offered in the hospice, but some hospices also offer care in your home.

You may feel worried about using a hospice, as some people connect it to dying. But a hospice supports people at any stage of terminal illness.

Find your local hospice

There are Marie Curie Hospices in Belfast, Bradford, Cardiff and the Vale (Penarth), Edinburgh, Glasgow, Hampstead (London), Liverpool, Newcastle and the West Midlands (Solihull).

Visit mariecurie.org.uk/hospices for more information about Marie Curie Hospices or call our free Support Line on **0800 090 2309***.

If you do not live near a Marie Curie Hospice, you may still have a hospice near you where you can get this type of care and support. You can find out about local hospices by:

- speaking to your GP or district nurse
- searching Hospice UK's database at hospiceuk.org or calling them on **020 7520 8200**.

Complementary therapies

Complementary therapies are often used alongside usual treatment and care. They could help you feel more relaxed or better able to cope with your illness or treatment. Complementary therapies include massage, aromatherapy and reflexology.

If you want to try a complementary therapy, discuss it with your healthcare team first. They'll be able to tell you whether it's safe for you to have a therapy or if there are any medical reasons why it's not a good idea.

It's important to check that your complementary therapist is qualified. Make sure they're aware of your illness and any treatments you've had or are having. Your healthcare team may be able to tell you about local complementary therapy practitioners – these services are sometimes free through a hospice.

You can also contact the Complementary and Natural Healthcare Council on **020 3668 0406** or visit cnhc.org.uk



Find out more about complementary therapies at mariecurie.org.uk/complementarytherapies

3. I need help with washing, dressing, eating or other personal tasks

Healthcare assistants and care workers

Healthcare assistants are trained professionals who can help you with:

- washing
- dressing
- moving around
- taking your medication.

Sometimes healthcare assistants will be able to offer support overnight.

Getting support from healthcare assistants

Healthcare assistants are sometimes employed by your local council, or by a private agency or company.

Marie Curie has trained healthcare assistants in some areas of the UK. If you think you would benefit from one, you can contact your district nurse or GP. They will consider whether a Marie Curie Healthcare Assistant is right for you and may be able to refer you.

You can order our free booklet **Caring for someone at home**, which talks about how to provide and get support with personal tasks, at mariecurie.org.uk/publications or by calling our Support Line on **0800 090 2309***.

4. I need equipment or home adaptations

Occupational therapists

Occupational therapists focus on your ability to do everyday tasks. They can do an assessment of your current situation, including whether:

- your home or place you are staying needs any adaptations
- any equipment, such as a wheelchair, would be useful for you.

They can then arrange for this to be put in place. This might be through the NHS or another route.

Getting an occupational therapist

If you think an occupational therapist would be able to support you, you can:

- ask the GP for a referral **or**
- ask the district nurse for a referral **or**
- contact your local council or Health and Social Care Trust to ask about getting one.

British Red Cross

The British Red Cross offers some equipment on short-term loan, such as toilet aids and wheelchairs.

If a healthcare professional has not requested a loan on your behalf, or on behalf of the person you're caring for, you can speak to the British Red Cross directly by visiting [redcross.org.uk](https://www.redcross.org.uk) or phoning **0344 871 1111**.

Pharmacies or online companies

Some other items you may find useful include drinking straws, non-spill beakers, a urine bottle and a bedpan. These can usually be bought from some pharmacies and online companies.

 For more information on adaptations and care needs, visit mariecurie.org.uk/careneeds, or call the free Marie Curie Support Line on **0800 090 2309***.



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5. I need emotional support

Support groups

There are support groups for people with terminal illnesses or particular health conditions, as well as for carers. Members usually include people who have personal experience of a similar situation. At the support group, people may talk about the challenges they have and how they cope with things.

Find a local support group

To find a local support group you could:

- ask your district nurse or GP **or**
- contact your local council **or**
- contact organisations who support people with specific illnesses (see pages 31 to 32) **or**
- call the free Marie Curie Support Line on **0800 090 2309***.

If you'd prefer not, or are not able, to go to a support group, online communities like the Marie Curie Community at community.mariecurie.org.uk can be a good place to share your experiences and speak to people in a similar situation.

Counselling

A trained counsellor or psychologist can help you understand and work through your feelings. Counselling is sometimes free at hospices, hospitals or GP surgeries.

Find a counsellor

If counselling is something you want to try, ask a member of your healthcare team. They can let you know what's available locally and can help you decide which treatment is best for you.

You may also want to contact a private counsellor – someone that you pay directly. To find a counsellor near you, contact the British Association for Counselling and Psychotherapy by visiting bacp.co.uk or calling **01455 883300**.

Spiritual support

Some people find that they start questioning the meaning of their life or worry about things from their past. You may wish to contact a local religious leader or spiritual adviser for support. They're usually happy to help, even if you have not been actively involved with a religious group.

If you are in contact with a Marie Curie Hospice or another local hospice, the hospice chaplain or spiritual co-ordinator can offer advice and recommend a local person for you to contact.

Marie Curie Companion Service

In some areas, we provide Marie Curie Companion volunteers – they're specially trained volunteers who visit people in their homes to give companionship and support for a few hours each week. To find out if this service is available in your local area, visit mariecurie.org.uk/helper

6. I need support with benefits or finances

The financial impact of a terminal illness can be an added burden – both to the person who is ill and to the people caring for them. There are different grants and benefits that may be available depending on:

- your personal circumstances and
- where you live in the UK.

 You can get more information by visiting mariecurie.org.uk/benefits, calling our free Support Line on **0800 090 2309***, or going to page 35 to see more organisations who can help with benefits and finances.



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7. I need help with planning for the future

Advance care planning

Advance care planning is about discussing and planning the care you would prefer, as well as anything that may be important to you as your illness progresses. You might do this with healthcare professionals, as well as carers, friends and family.

If you record your wishes in writing, you should ask for a copy to be added to your medical records and care plan. Even if you do not have anything in writing, you can ask for your wishes to be added to your records.

If you change your mind, you can ask for your medical records and care plan to be updated. In England, you may be able to have your wishes added to your Summary Care Record. This means that health and social care professionals in different settings can see what care you'd prefer.

If you're unable to communicate your wishes, your doctor will speak to anyone who is named in your health or welfare Power of Attorney. If there's no Power of Attorney, they may ask your close family and friends what you might want.

Your doctor has to use their medical judgment and act in your best interests, whoever they talk to.



For more information about advance care planning, visit mariecurie.org.uk/planningahead, order our free **Planning ahead** booklet, call the free Marie Curie Support Line on **0800 090 2309***, or speak to your healthcare professionals.

Marie Curie Will writing support service

Making a Will lets you decide who your estate should go to after you die. Your estate includes money, possessions and property. If you do not write a Will, your estate will be divided up according to the law. It could mean that more of your estate than necessary may be liable for inheritance tax.



To learn more about making a Will, visit mariecurie.org.uk/wills

Funeral planning

If you feel able to think about this now, it may help the people close to you after you've died. When people have just been bereaved, they may not have the time or ability to explore all available options. If you discuss your wishes for your funeral with your family or friends, they'll be clearer about what you want and may feel more prepared.



For more information about funeral planning visit mariecurie.org.uk/funeral, or order our free booklet **When someone dies** at mariecurie.org.uk/publications or by calling **0800 090 2309***.

8. I need information about the end of life

The health and social care professionals supporting you and your loved ones can help to answer questions about the end of life. This might include common changes or symptoms, how to make someone comfortable, and practical things to think about.



For more information about the end of life, visit mariecurie.org.uk/what-to-expect, or order our booklet **When someone dies** at mariecurie.org.uk/publications or by calling **0800 090 2309***. The booklet includes information about practicalities like registering a death, arranging a funeral, and dealing with someone's estate.

9. I need support with something else

If you need support with something we have not mentioned here, as a first step speak to:

- your GP **or**
- the district nurse, if you have one **or**
- the social worker, if you have one.

They should be able to assess the support you need and help you access it.

Getting personal care at home

We use the words 'personal care' to describe things such as help with washing, dressing, walking, eating or drinking, and sometimes taking medication. These may be some of the everyday tasks you need support with.

We have another free booklet, **Caring for someone at home**, that talks through how to give different types of personal care, as well as ways to manage symptoms. It's written for carers, family members and friends, but may also be useful for you to read.

 You can order our booklet **Caring for someone at home** at mariecurie.org.uk/publications or by calling our free Support Line on **0800 090 2309***.



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How Marie Curie can help

We're here for everyone affected by terminal illness, death and bereavement, to help them get the care and support they need.

Marie Curie Support Line

0800 090 2309*

If you have a question, or simply need to talk, you can call us for free. We're here to help with information and support on all aspects of life with terminal illness, dying and bereavement. Open between 8am to 6pm from Monday to Friday, and 11am to 5pm on Saturday.

Or use our online chat at mariecurie.org.uk/support

Marie Curie Check in and Chat Service

If you have a terminal illness, or are close to someone who does, we can provide ongoing support from the same person each week. You can access up to 12 sessions from a trained volunteer, who can offer a listening ear and a safe space to talk.

mariecurie.org.uk/check-in-and-chat

Marie Curie Telephone Bereavement Service

If someone you know died from a terminal illness, you can get ongoing bereavement support over the phone from the same volunteer. You can access up to six sessions of 45 minutes. We can help if your bereavement was expected, happened recently or was some time ago.

mariecurie.org.uk/bereavement

Marie Curie Online Community

Our Online Community is a space for you to share thoughts, feelings and experiences. It's moderated by the Marie Curie Support Line team, who can also help answer your questions.

community.mariecurie.org.uk

Marie Curie Information

If you found this booklet useful, we have more free information available online or to order as a printed resource.

mariecurie.org.uk/support or mariecurie.org.uk/publications

Marie Curie Hospices

If you or a loved one are living with a terminal illness, our hospices offer the reassurance of round-the-clock, expert care and support – whether you're staying with us or visiting for the day.

mariecurie.org.uk/hospices

Marie Curie Nursing Services

Marie Curie Nurses and Healthcare Assistants can help you if you're living with a terminal illness and want to be cared for in your own home.

mariecurie.org.uk/nurses

Marie Curie Companions

Marie Curie's trained Companion volunteers can visit you regularly to have a chat over a cup of tea, help you get to an appointment or just listen when you need a friendly ear.

mariecurie.org.uk/helper

Useful organisations

Health organisations

Alzheimer's Society

0333 150 3456

alzheimers.org.uk

Provides information and support for people affected by dementia.

Complementary & Natural Healthcare Council

020 3668 0406

cnhc.org.uk

The Complementary & Natural Healthcare Council has a database where you can find a registered complementary therapist near you.

Macmillan Cancer Support

0808 808 00 00

macmillan.org.uk

Provides practical, medical and financial support for people affected by cancer.

MND Association

0808 802 6262

mndassociation.org

Provides information and support for people affected by motor neurone disease (MND) in England, Wales and Northern Ireland.

MND Scotland

0141 332 3903

mndscotland.org.uk

Provides information and support for people affected by motor neurone disease (MND) in Scotland.

Being cared for at home

MS Society

0808 800 8000

mssociety.org.uk

Provides information and support for people affected by multiple sclerosis (MS).

Parkinson's UK

0808 800 0303

parkinsons.org.uk

Provides information and support for people affected by Parkinson's.

NHS services

England

111

nhs.uk

Wales

0845 46 47 or 111

nhsdirect.wales.nhs.uk

Scotland

111

nhsinform.scot

Northern Ireland

hscni.net

Hospices and care centres

Hospice UK

020 7520 8200

hospiceuk.org

Hospice UK provides general information on hospice care in the UK and overseas, and information to help you find your nearest local hospice.

Sue Ryder

0808 164 4572

sueryder.org

Sue Ryder runs hospices and care centres in the UK for people with many different disabilities and diseases. Services include long-term care, respite care, symptom control, rehabilitation, day care and home care.

Emotional support

British Association for Counselling and Psychotherapy (BACP)

01455 883 300

bacp.co.uk

BACP provides information about choosing a counsellor and details of counsellors near you.

Mind

0300 123 3393

mind.org.uk

Provides information and support for a range of mental health problems.

Samaritans

116 123

[samaritans.org](https://www.samaritans.org)

Samaritans provides confidential, emotional support 24 hours a day, for people who are experiencing feelings of distress or despair.

Home adaptation and equipment

British Red Cross

0344 871 1111

[redcross.org.uk](https://www.redcross.org.uk)

The British Red Cross loans equipment, such as wheelchairs and commodes. They also support people who are leaving hospital and moving home.

Support for carers

Carers UK

0808 808 7777

[carersuk.org](https://www.carersuk.org)

Carers UK provides information and support to people caring for relatives and friends, including advice and leaflets on rights and entitlements.

Carers Trust

0300 772 9600

[carers.org](https://www.carers.org)

Carers Trust offers information, advice and support for carers, including care in the home by support workers who help carers to have a break.

GOV.UK

GOV.UK

GOV.UK provides information for people caring for someone at home. You can find information about subjects such as support services, useful organisations, how to get someone's needs assessed and looking after yourself. You can also find an overview of the benefits you may be able to get when caring for someone.

Help with money

Age UK

0800 678 1602

ageuk.org.uk

Age UK provides information and advice on a range of financial matters, including expert support with claiming benefits.

Citizens Advice

03444 111 444 (England)

03444 77 20 20 (Wales)

0808 800 9060 (Scotland)

0800 028 1881 (Northern Ireland)

citizensadvice.org.uk

Citizens Advice provides support with claiming benefits, including on the phone and in local branches.

GOV.UK

GOV.UK

GOV.UK provides information about the benefits you may be able to get if you're living with a terminal illness or caring for someone.

Macmillan Cancer Support

0808 808 00 00

[macmillan.org.uk](https://www.macmillan.org.uk)

Macmillan Cancer Support provides support on managing finances to people affected by cancer.

Turn2us

[turn2us.org.uk](https://www.turn2us.org.uk)

Turn2us provides online financial support and information, including a benefits calculator and a grant search.

About this information

This booklet was produced by Marie Curie's Information and Support team. It has been developed with people affected by terminal illness, and health and social care professionals.

If you'd like the list of sources used to create this information, please email review@mariecurie.org.uk or call the free Marie Curie Support Line on **0800 090 2309***.

Notice

The information in this publication is provided for the benefit and personal use of people with a terminal illness, their families and carers.

This information is provided as general guidance for information purposes only. It should not be considered as medical or clinical advice, or used as a substitute for personalised or specific advice from a qualified medical practitioner. In respect of legal, financial or other matters covered by this information, you should also consider seeking specific professional advice about your personal circumstances.

While we try to ensure that this information is accurate, we do not accept any liability arising from its use. Please refer to our website for our full terms and conditions.

Did you find this information useful?

If you have feedback about this booklet, please email us at review@mariecurie.org.uk or call the free Marie Curie Support Line on **0800 090 2309***.

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We're here for everyone affected by dying, death and bereavement in the UK.

Marie Curie Support Line

0800 090 2309*

Got a question? Call our free Support Line to speak to someone who can help, including specially trained nurses. Check the opening hours at

mariecurie.org.uk/support



Ongoing support from Marie Curie

If you have a terminal illness, someone close to you does, or you're bereaved, we can offer regular emotional support over the phone. To find out more, call

0800 090 2309*, visit mariecurie.org.uk/check-in-and-chat or visit mariecurie.org.uk/bereavement

We also have an Online Community where you can share thoughts, feelings and experiences at community.mariecurie.org.uk

We can't do it without you

Our Information and Support services are entirely funded by your generous donations. Thanks to you, we can continue to offer people the free information and support they need, when they need it.

To donate, visit mariecurie.org.uk/donate

* Calls are free from landlines and mobiles. Your call may be recorded for training and monitoring purposes.

