Grief and loss 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.
Grief and loss when someone dies

This booklet is to help you if someone you loved or were close to has died.

Dying is when someone’s body stops working. Their heart stops and their breathing stops.

When someone has died they won’t move or talk or do anything anymore.
People die for different reasons. Sometimes people die because they had an illness that the doctors couldn’t make better.

Some people die because they have an accident.

Sometimes people die because they are old.
When someone dies it can be hard for the people who loved them. This is called grief.

Grief can make people feel lots of different feelings. It is OK to have lots of different feelings.

You may need support to help you with your feelings.
It is OK to talk about how you feel if you want to.

The person who is supporting you should be able to listen to you and answer any questions. They can help you with the different feelings you may have.

It is also OK if you do not want to talk about your feelings.
Grief and loss when someone dies

You may need some time to think about what has happened.

You can ask at any time for support or someone to talk to when you feel ready.
Word Bank

Drawing by Tracey Harrison
Volunteer and Illustrator with learning disabilities
**Word Bank**

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

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

**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.
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.
Useful contacts

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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](http://www.cancerresearchuk.org)

**Hospice UK**
Gives information about hospices in the UK.

Phone: **020 7520 8200**
Web: [www.hospiceuk.org](http://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](http://www.macmillan.org.uk)

**Marie Curie**
A charity that helps people who are dying.

Phone: **0800 090 2309**
Web: [www.mariecurie.org.uk](http://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
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

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.
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

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