

In partnership with

**MACMILLAN**  
CANCER SUPPORT

easy  
read

# Making decisions about the future if you are dying





# About this easy read booklet



This booklet is about making decisions about the future when you are dying.



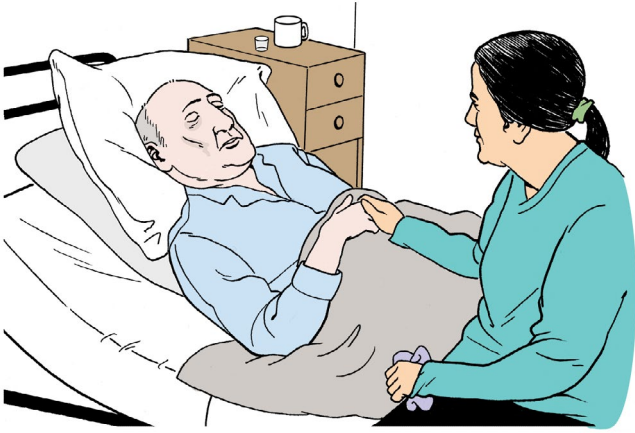
You can learn about the different decisions you could make and what happens if you can not make decisions for yourself.



If you are worried about your health, you should talk to a doctor or nurse.



# Making decisions about the future if you are dying



When people are dying they are sometimes too ill to make decisions anymore or let other people know what they want.



While you are still well enough, you can think about what you want for the future and make decisions now.



These can be written down so that other people know what you want. This is called an **Advance Care Plan**. People must try to do the things that are written in your Advance Care Plan.





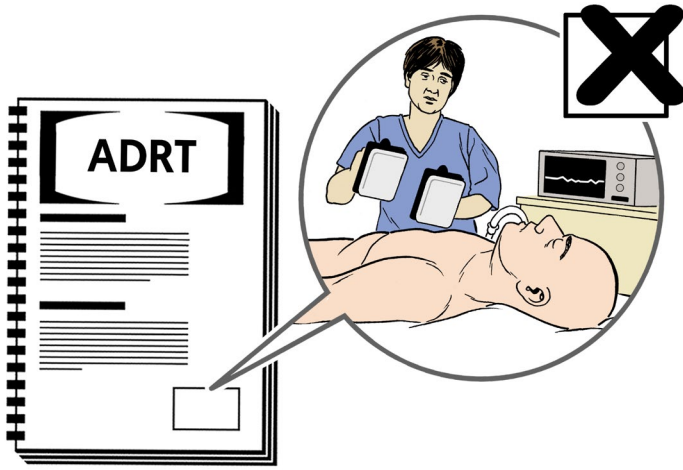
You can say what you want and do not want to happen. This might include things like:



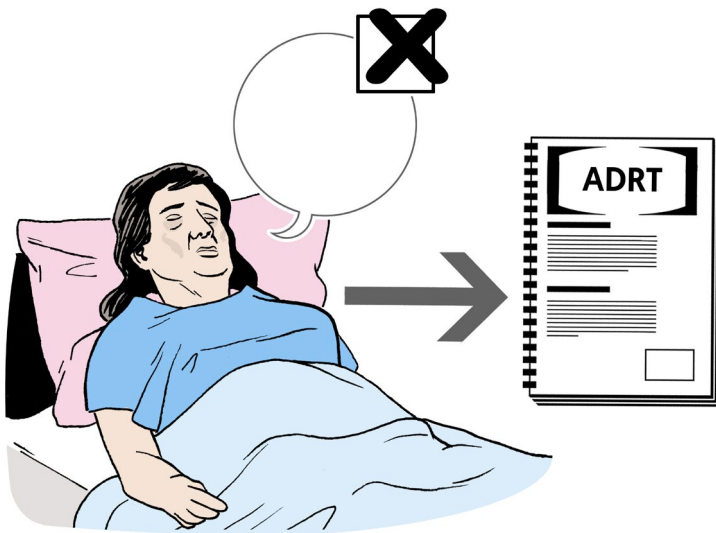
- You do not want to be taken into hospital in the last days or hours of your life.



- You can decide now about your future treatment. For example, you may not want the doctor or nurse to give you treatment if you are very ill and your heart or breathing has stopped.



If there are medical treatments you do not want to have, these can be written down in an **Advance Decision to Refuse Treatment (ADRT)**. Then you will not have these treatments.



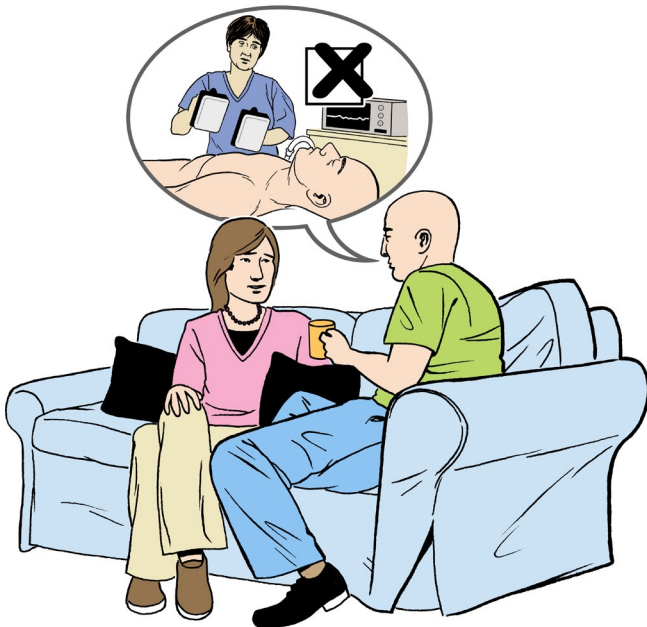
An **Advance Decision to Refuse Treatment (ADRT)** is a paper that tells people about treatments you do not want to have. It means people will know what you want if you are ever too ill to tell them.



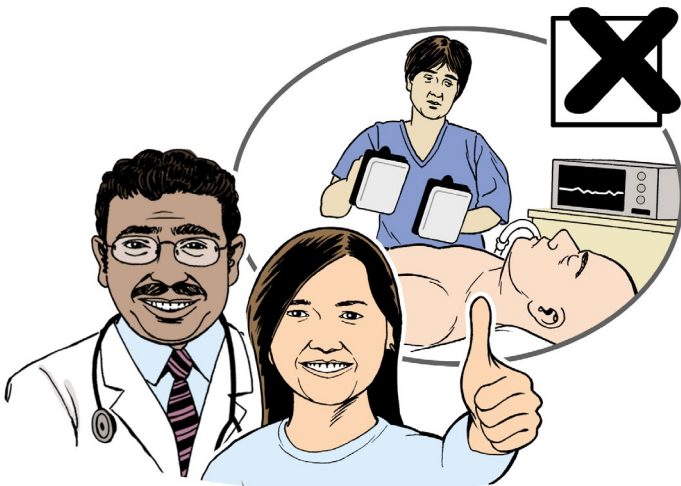
It is important to get help with deciding what you want to happen if you get very ill and if there are any treatments you do not want to have.



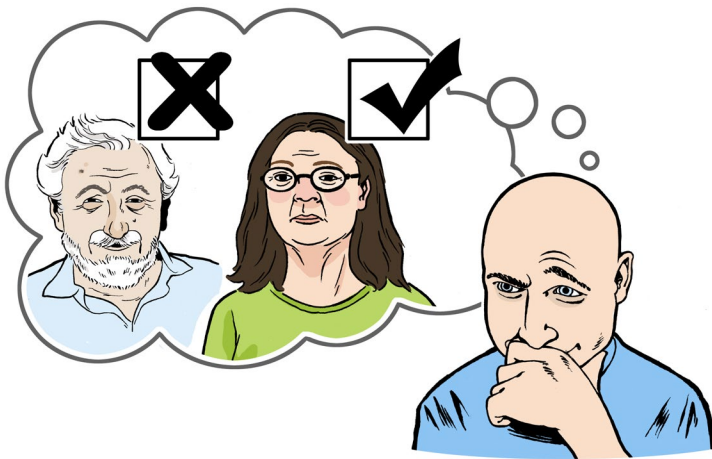
Talk to your doctor or nurse if you want to make an ADRT. They can make sure you get the help you need to do this.



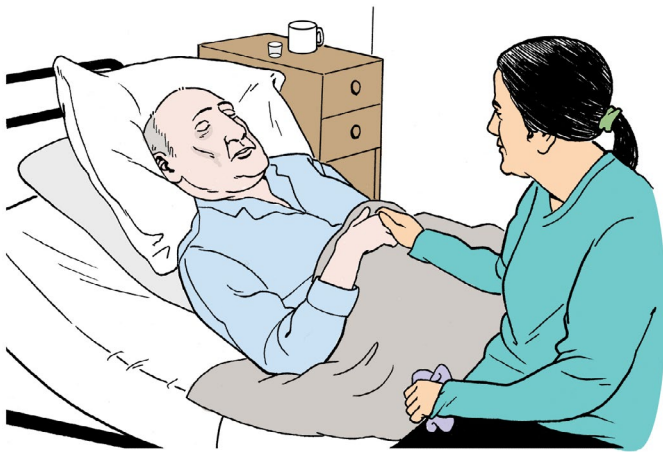
It is also important to talk to the people who care about you. This might be your family or close friends.



Then people will know what you want to happen and how they can help you.



- You can decide who you want to be there with you when you are dying.



When people are dying, they usually only want certain special people to be with them. This might be your partner, your family, your carer or a friend that you are close to.

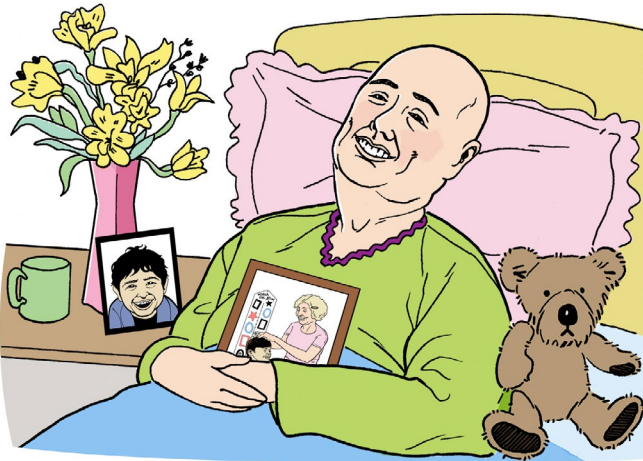


It is not always possible for all the people you want to be there, but if people know what you want then they will try to make that happen.





There may also be people that you do not want to be there. It is important to tell someone this.



You might want your favourite things to be near you.



If you have a pet, you might want to see them. Ask your doctor or nurse if your pet can come to the hospital.





- You might want people to help you look nice and dress you in clothes you like. You may not be able to do this for yourself.



These are just examples of things you might want. Your own list of wishes may be different.



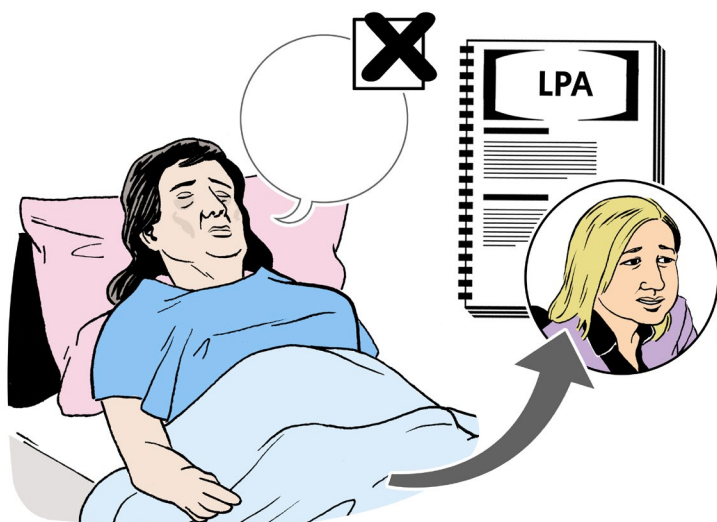
If you get too ill to make decisions about your treatment, you might want someone else to make these decisions for you. Or you might want two or three people to make the decisions together.



These should be people who care about you and know what decisions you have already made.



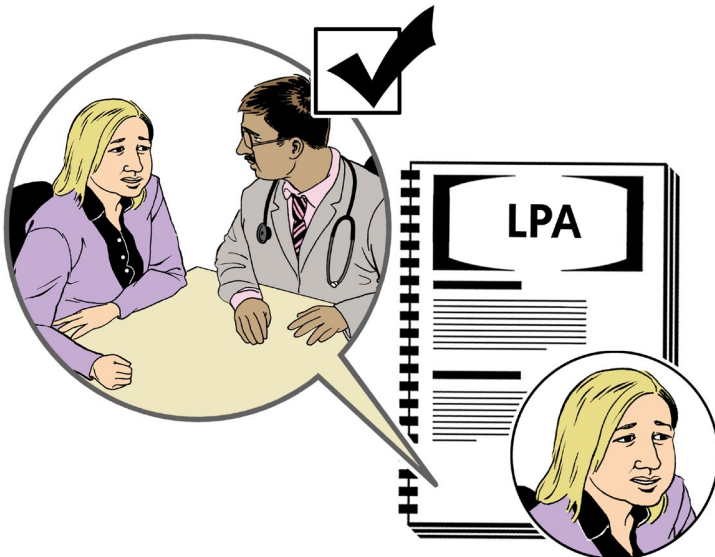
If you know who you want to make decisions for you, their name can be written down in a **Lasting Power of Attorney (LPA)**.



**Lasting Power of Attorney (LPA)** is a paper that tells people who can make decisions for you if you are too ill to make decisions yourself. This person is your attorney.



These can be decisions about your health treatment, or decisions about your money and your things.



If someone's name is written down in an **LPA**, your doctors and nurses must talk to them about your care. Together, they will make decisions for what they think is best for you.



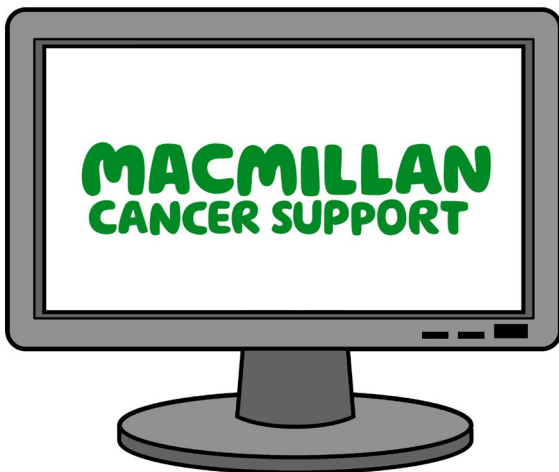


# How Macmillan can help you

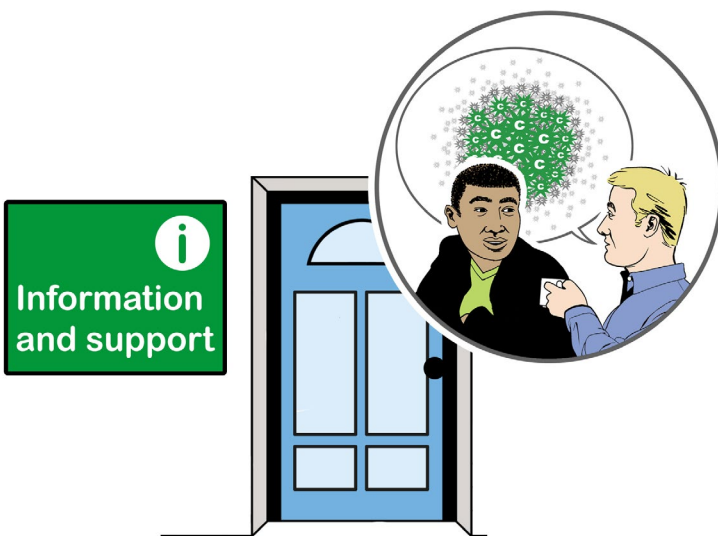


You can get support from:

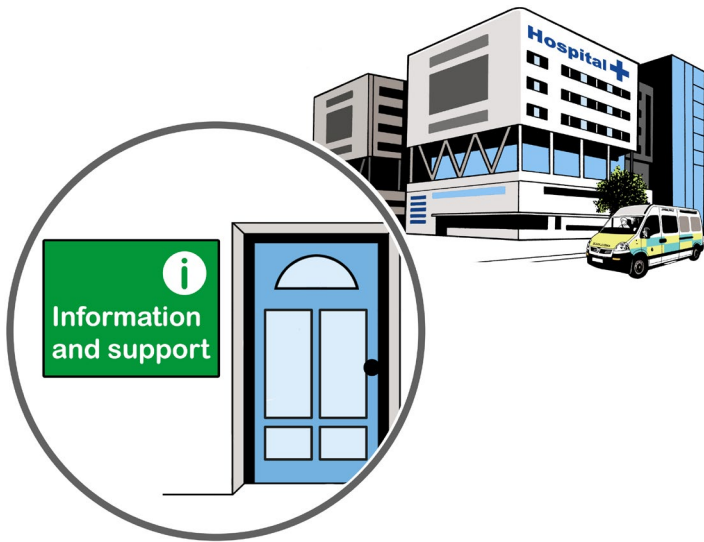
- The Macmillan Support Line. Call **0808 808 00 00** 7 days a week, 8am to 8pm.



- The Macmillan website. Visit [macmillan.org.uk](http://macmillan.org.uk) for lots of information about cancer and living with cancer.



- Information centres. At an information centre, you can talk to a cancer support specialist and get written information.



Find your nearest centre at [macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres) or call us. Your hospital might have a centre.



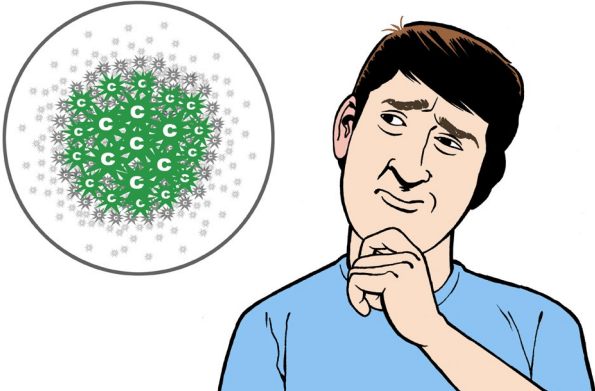
- Local support groups. Find a group near you at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us.



- The Macmillan Online Community. You can talk to other people in similar situations at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)



# More easy read booklets



Order more easy read booklets from [macmillan.org.uk/easyread](http://macmillan.org.uk/easyread)

There are booklets on lots of topics:

## About Macmillan

- How Macmillan Cancer Support can help you

## About cancer

- Lung cancer
- What is cancer?

## Signs and symptoms

- Breast care for women
- Cervical screening
- How to check your balls [testicles]
- Screening for cancer
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer





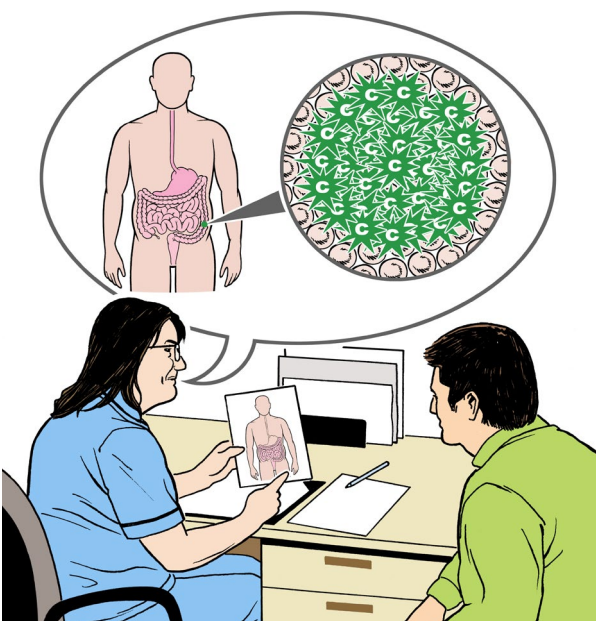
## Living a healthy life

- Be safe in the sun
- Drink less alcohol
- Eat a healthy diet
- Exercise
- Have safe sex
- Stop smoking



## Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Having an x-ray



## Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor



## Treatment for cancer

- Chemotherapy
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer



## Living with cancer

- 7 steps to equal healthcare
- After treatment for cancer
- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- Talking about cancer and your feelings
- Things that are important to me
- Work and cancer
- Your feelings and cancer
- Your sex life and cancer
- Your social life and cancer



## End of life

- Changes that can happen at the end of life
- Choosing where to die
- Getting ready to die
- If you are dying from cancer
- Making decisions about the future if you are dying
- Spirituality and religion at the end of life
- The end of life
- Thinking about your funeral
- Who can help if you are dying



## After someone dies

- Going to a funeral when someone dies
- Grief and loss when someone dies
- How you may feel when someone dies
- What can help you feel better when someone dies

To order easy read booklets like this one go to the website [macmillan.org.uk/easyread](http://macmillan.org.uk/easyread) or call us on **0808 808 00 00**



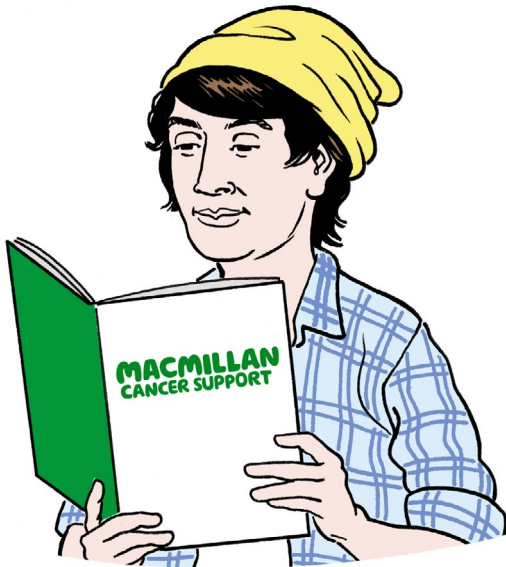


# More information and resources



## Macmillan website

There is lots of information about cancer at [macmillan.org.uk](http://macmillan.org.uk)



## Booklets about cancer

You can order booklets about cancer from [be.macmillan.org.uk](http://be.macmillan.org.uk)



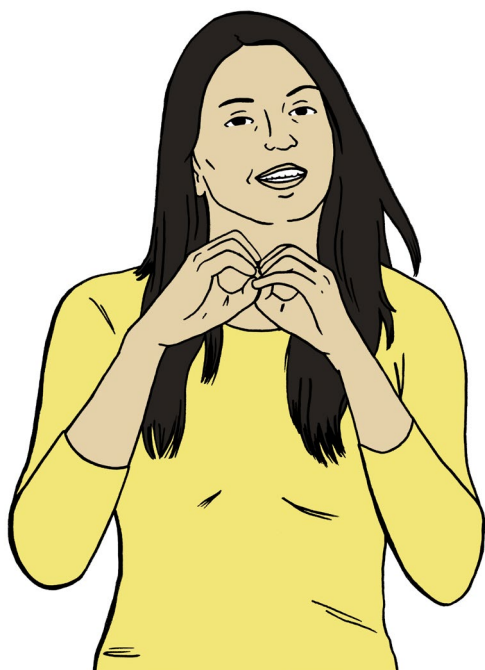
## Videos

You can watch videos about cancer at [macmillan.org.uk/videos](http://macmillan.org.uk/videos)



### Audio

You can listen to information about cancer and order CDs from [macmillan.org.uk/audio](https://www.macmillan.org.uk/audio)



### British Sign Language (BSL)

You can watch information in BSL at [macmillan.org.uk/bsl](https://www.macmillan.org.uk/bsl)



### eBooks

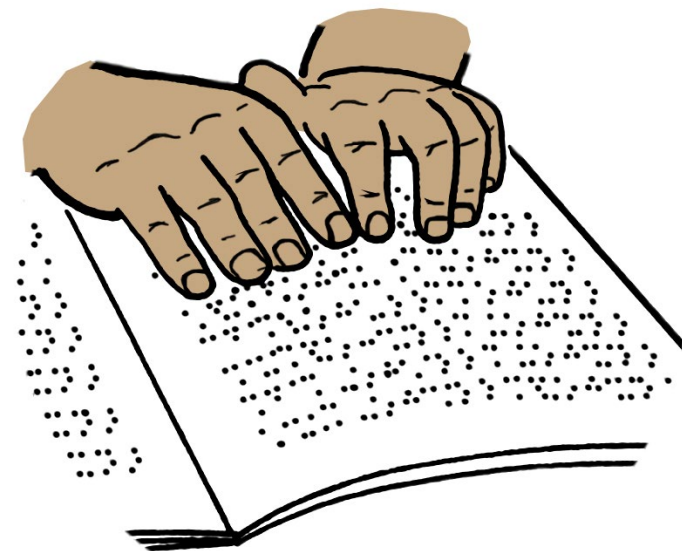
You can get eBooks about cancer from [be.macmillan.org.uk](https://www.be.macmillan.org.uk)



## Large print

Tell us if you need information in large print.

Email: [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)



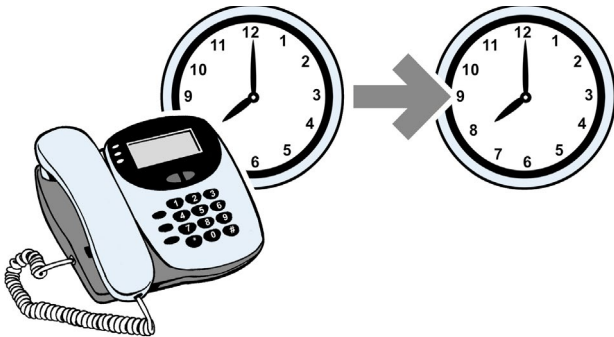
## Braille

Tell us if you need information in Braille.

Email: [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)

This booklet is about cancer.

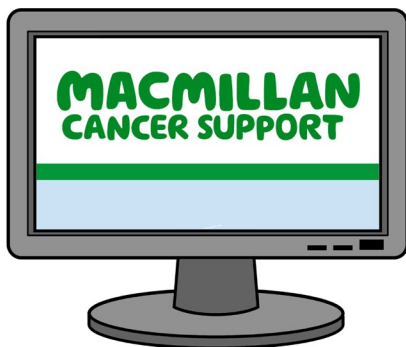
It is for anyone who has a learning disability or who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:  
**0808 808 00 00**  
7 days a week from 8am to 8pm.



- If you use a textphone, you can call the Macmillan Support Line using the Next Generation Text (NGT) service by dialling  
**18001 0808 808 00 00**



- Or go to the website  
**[macmillan.org.uk](http://macmillan.org.uk)**

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