

Easy read information

Someone I know is going to die

This leaflet tells you about some things that can be helpful if someone you know is going to die.

It also tells you how you can get support. This leaflet can be read with support.

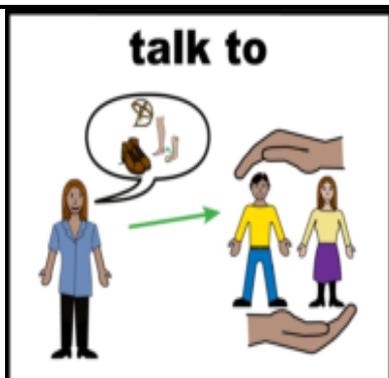


How can I help myself?



You might want to spend time with the person before they die.

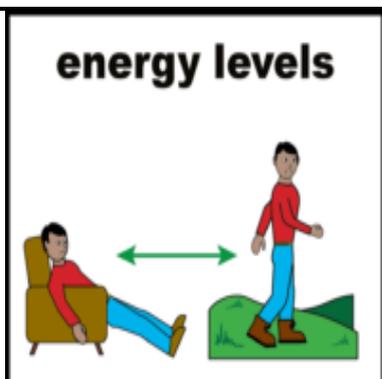
Spending time with them will give you time to say goodbye and understand what is happening.



You may want time to talk about anything special or important to you both.



You might want to start preparing for important things that will happen.

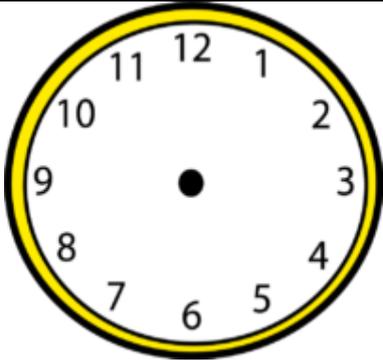


Knowing that someone you know is going to die can take up a lot of energy because it is often very upsetting.



Sometimes there can be extra pressures to cope with.

The extra pressures could be changes to where you live or in your daily life.



It may help if you wait before you make big changes in your life.

How can I get support?



You might want to talk to someone you trust about how you are feeling. They may be able to help you cope.



Here are the names of the people (or person) I can talk to:

Useful resources



Beyond Words Books

These books tell stories of important and often difficult life themes, including death and bereavement, in pictures.

www.booksbeyondwords.co.uk/



Dealing with a Bereavement

The Mencap website has some useful resources for families, carers and people with learning disabilities dealing with bereavement.

It also has an easy-read guide to using GriefChat, a free service where you can talk to a specially trained bereavement counsellor online.

www.mencap.org.uk/advice-and-support/dealing-bereavement



Macmillan Cancer Information and Support

You can access easy read booklets using simple language and pictures from the Macmillan Cancer Support Website

www.be.macmillan.org.uk/be/s-428-easy-read-titles.aspx



If you want to talk to someone about cancer and your feelings, you can call Macmillan on **0808 808 00 00**



Respond Helpline

Support people with learning disabilities, their carers, and professionals around any issue of trauma, including bereavement. Helpline: **0808 808 0700**



Cruse Bereavement Care

The national organisation for bereaved people.
Contact Cruse Bereavement Care, Cruse House, 126 Sheen Road, Surrey TW9 1UR.
Helpline: **0808 808 1677**



Local support organisation(s):



Our website

For information about our trust services, or general information on conditions and treatments and organisations offering support, please see our website:

<http://www.tewv.nhs.uk>

This leaflet is one in a series of three:

- Leaflet 1: Someone I know is going to die.
- Leaflet 2: Someone I know has died.
- Leaflet 3: Someone I know has died and they are going to have a funeral.

If you are unhappy about our services...



Please tell a member of staff.



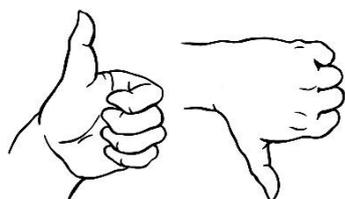
Freephone 0800 052 0219 or



Email tewv.pals@nhs.net.

Feedback

We'd like to know if you thought this information was



- good or bad
- if anything was missing you wanted to know
- if there was anything you didn't understand.

Let a member of your care team know.

Find this information

Staff: Trustwide shared drive > Patient and Carer Information > Trustwide > LD Trustwide information

Patients and carers: Go to our website www.tewv.nhs.uk and search: Someone I know is going to die.

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