

Spirituality and religion at the end of life

Palliative Care, End of Life Care and Bereavement



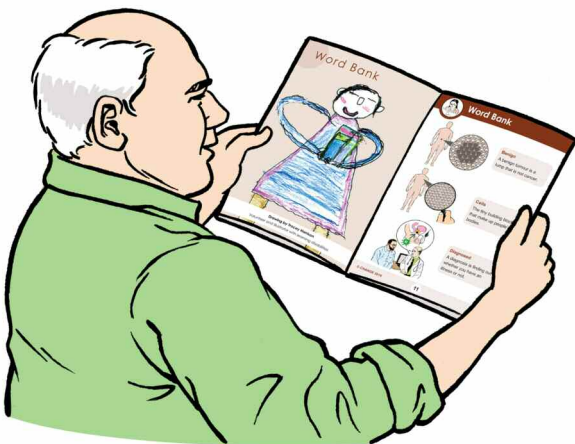
Introduction

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.

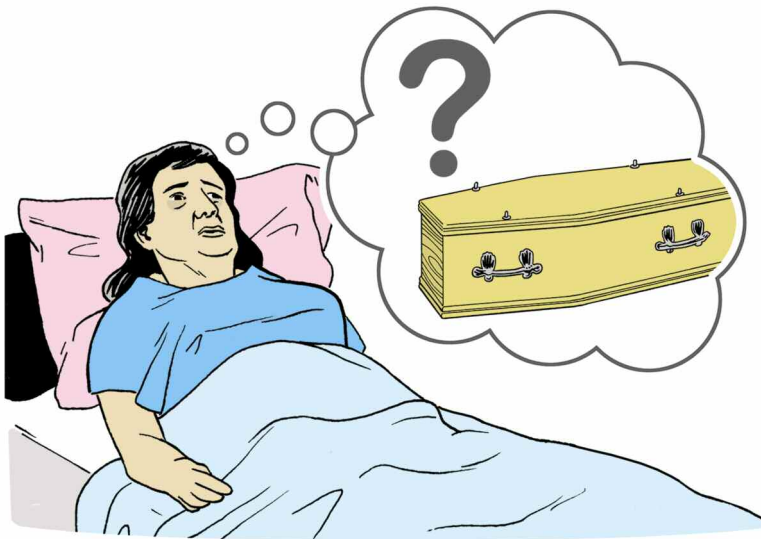
There is a Word Bank at the back of the booklet to help with hard words. Any words in **bold** you can find in the Word Bank.

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.





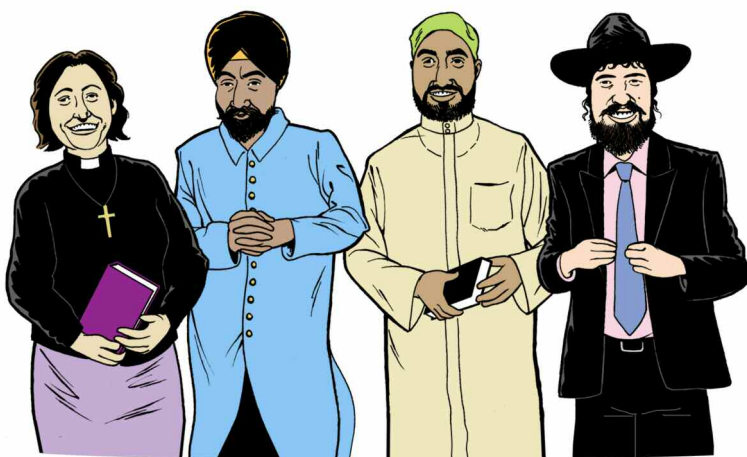
Spirituality and religion at the end of life



When people come to the end of their lives they sometimes think about what will happen after they die. No one really knows what happens after we die.



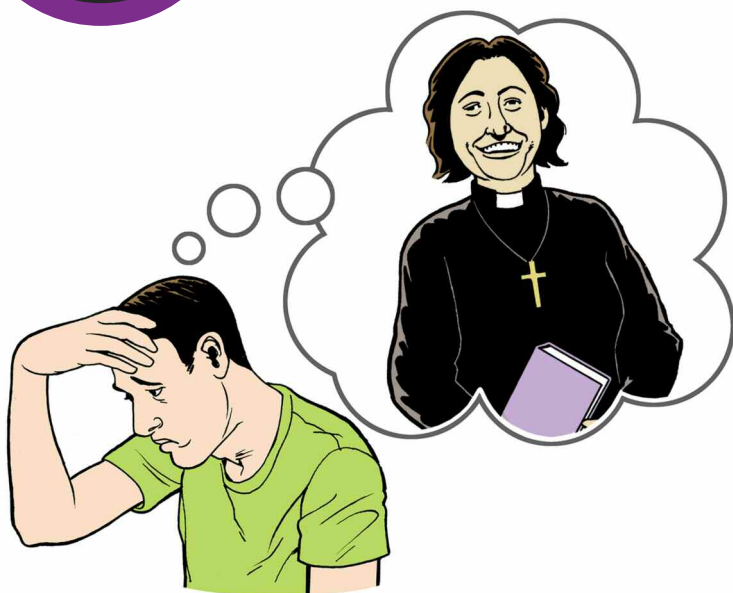
Religion and spirituality are beliefs and ideas that people have to help them understand life and death. Each person may have different ideas about spirituality or religion.



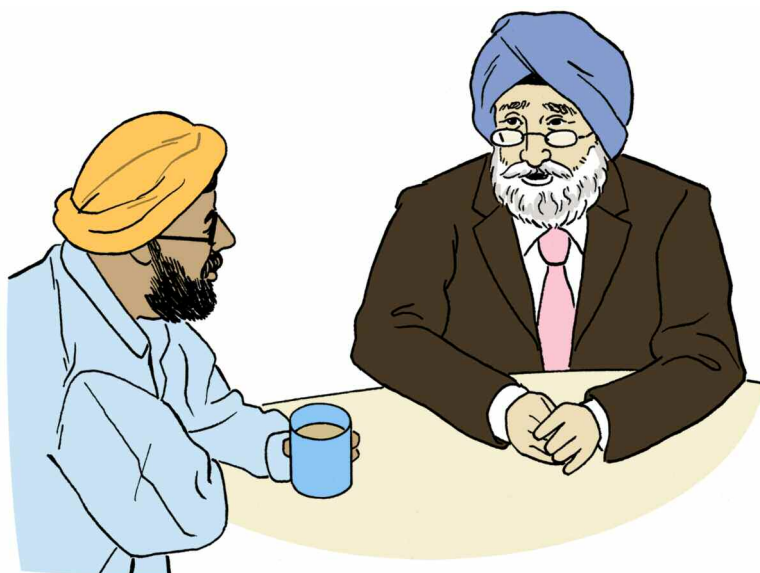
Different faiths and religions each have their own ideas of what happens when people die.



Spirituality and religion at the end of life



If you have a religion then you might find it helpful to talk to someone from your religion for support.



People like priests or spiritual advisors can support people at difficult times in their lives.



You may have your own spiritual ideas that give you personal comfort.



Spirituality and religion at the end of life



Some people find that doing things like walking in nature makes them feel more spiritual.



Some people find that listening to music makes them feel more spiritual.

Word Bank

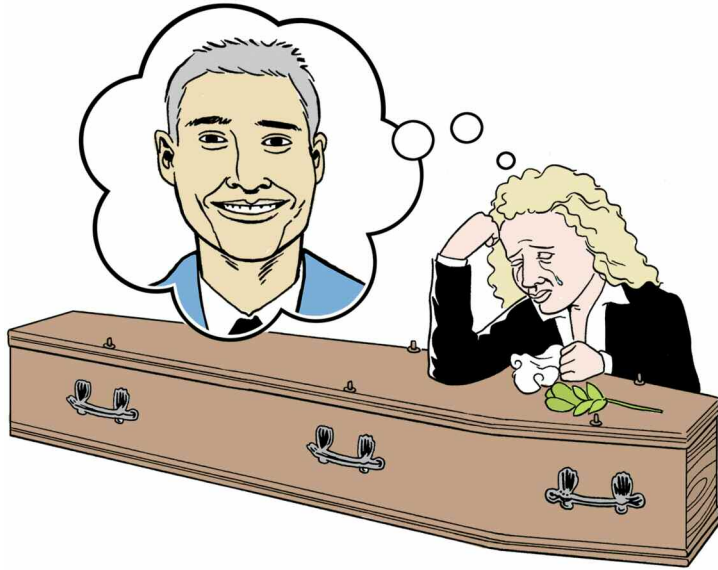


Drawing by Tracey Harrison

Volunteer and Illustrator with learning disabilities

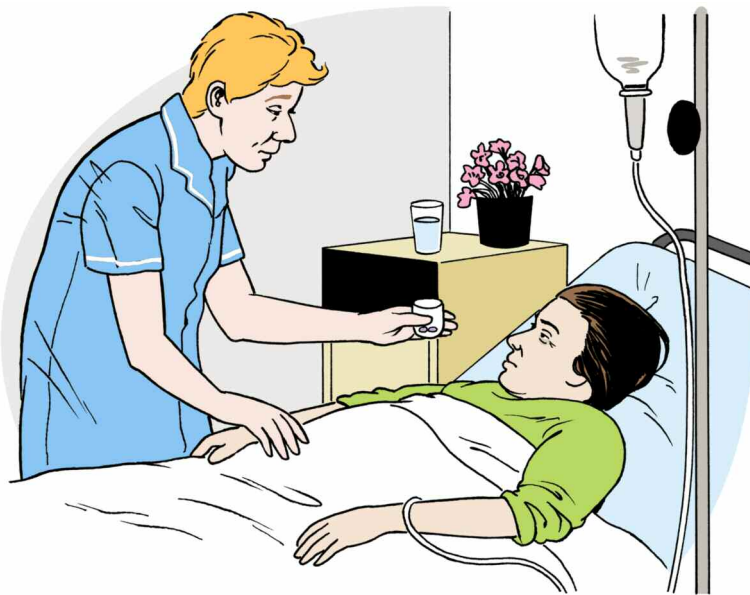


Word Bank



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.



Religion and spirituality

Spirituality and religion are beliefs and ideas that people have to help them give meaning to life and understand death.



Word Bank

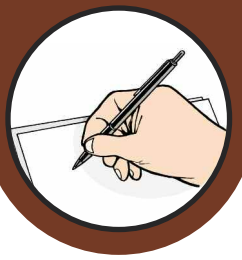


Palliative care

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.



Notes

A series of horizontal dotted lines for writing notes.

Useful contacts



Drawing by Tracey Harrison

Volunteer and Illustrator with learning disabilities



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

Hospice UK

Gives information about hospices in the UK.

Phone: 020 7520 8200

Web: 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

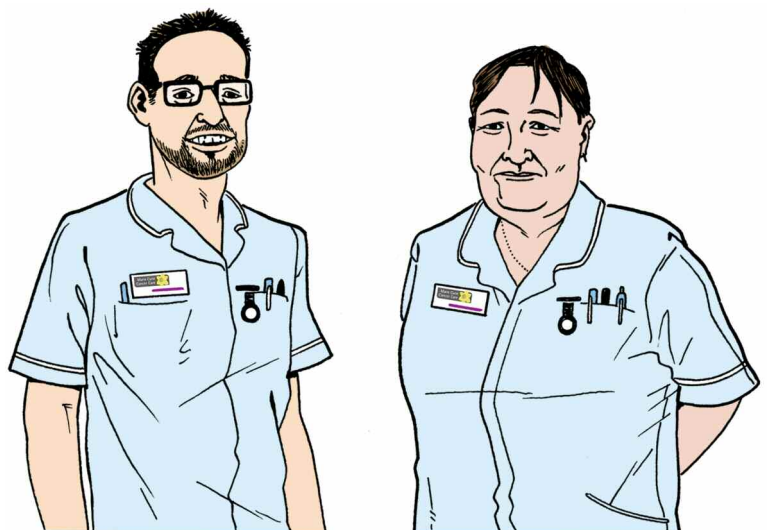
Web: www.macmillan.org.uk

Marie Curie

A charity that helps people who are dying.

Phone: 0800 090 2309

Web: 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

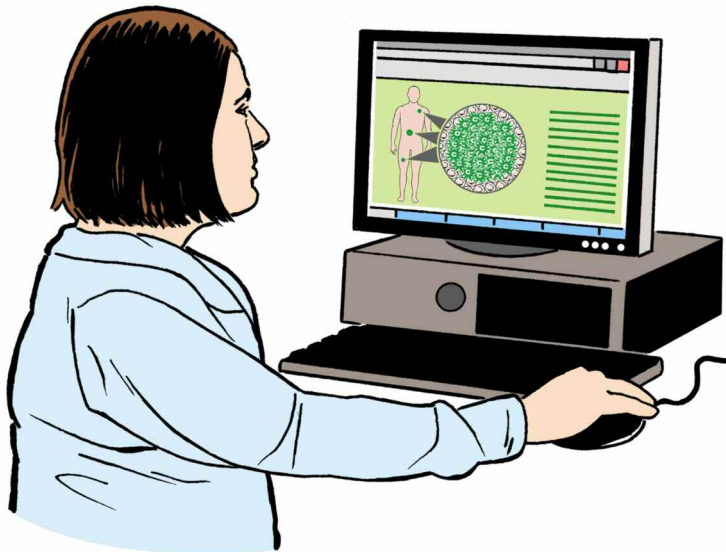
Web: www.fairadvice.org.uk/health-publications.php





Useful contacts

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.

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.

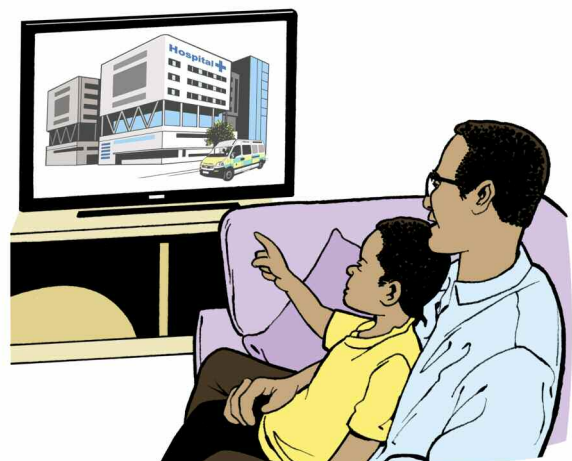
Phone: 0113 248 4997

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





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**

This easy read booklet was produced by CHANGE

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