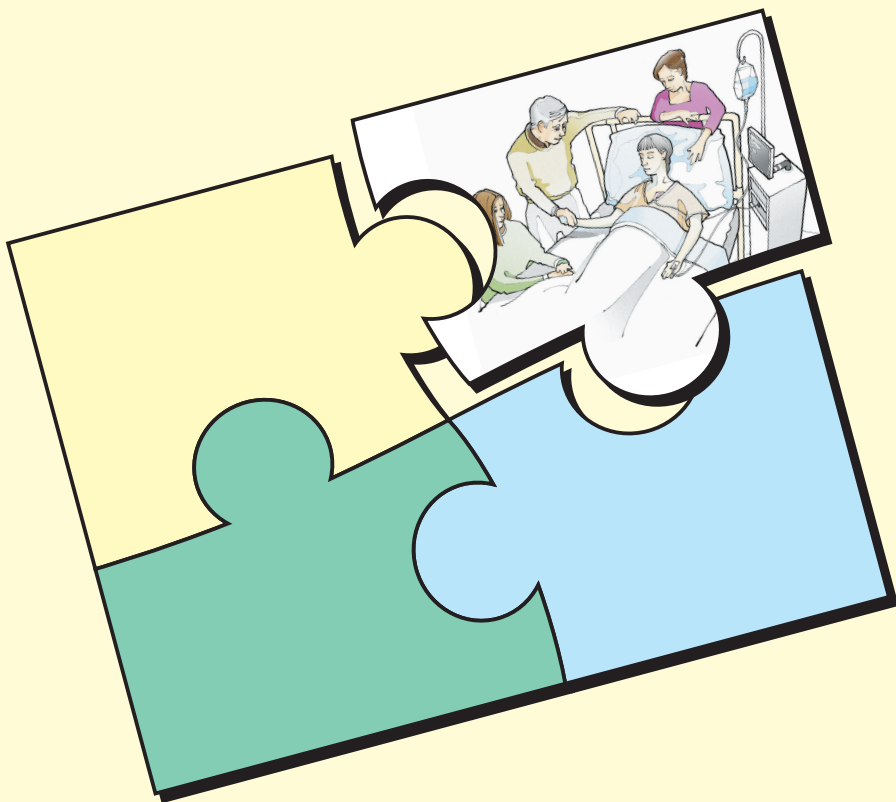


# Living with an illness that I will die from

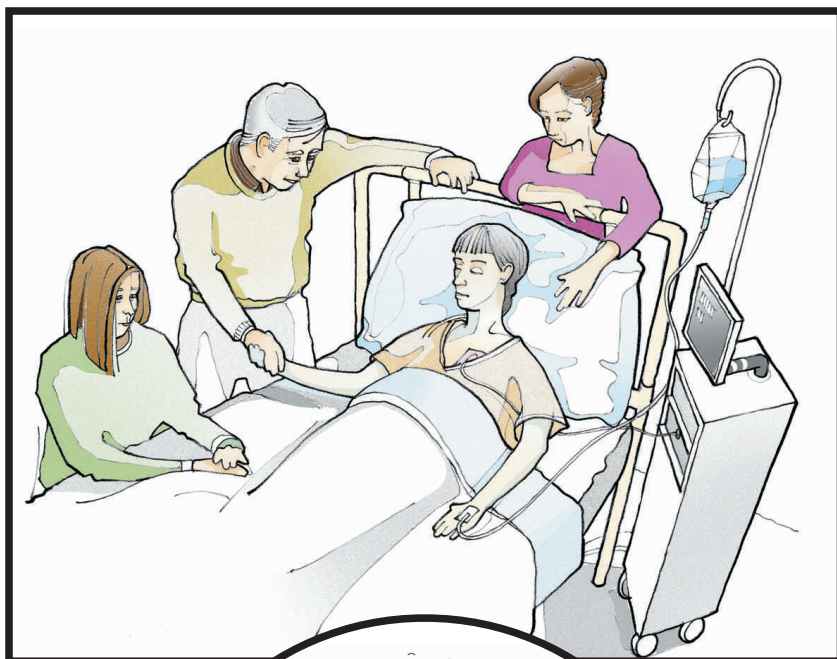
*"The puzzle of palliative care"*

(Phillip)



## 4. Being Prepared...

*being prepared...*



**You can ask hard questions, such as when will I die?**

**You can get help and support from doctors, nurses, carers, family, friends, support groups, or your religious leader.**

**You can get help and support at home, in hospitals, hospices, at the Doctors, the Church, the Day Centre and Respite Unit.**

**Being ill is never easy. The people around you don't always know how to cope or what to say to you.**

**You can think about how you want to say goodbye to good friends and people you care about.**

**You can decide and plan your funeral.**

**You can use the time you have left to do the important things you really want to do.**

**You can talk to someone who understands how you feel.**

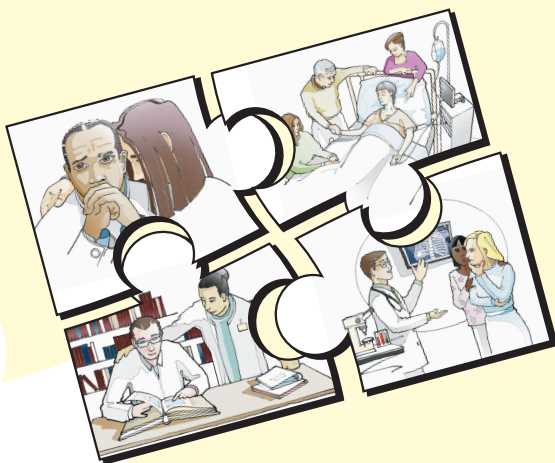
**The most important person in all of this is you.**

**This can frighten you, but there are people who can help you to cope.**

**You can always talk to your family, friends or a doctor.**



These leaflets are to help those people who have an illness that they will die from. An illness that the doctor cannot cure. They should be used in conjunction with the other supportive leaflets, one for carers and one for professionals. These leaflets should be used in conjunction with appropriate guidance and support from those caring for the individual.



P.C.L.D.- a multi-agency forum established to improve the quality of palliative care and support for people with learning disabilities in North Staffordshire.

For more information contact: Dr. Sue Read, Senior Lecturer, Keele University, email: [s.c.read@nur.keele.ac.uk](mailto:s.c.read@nur.keele.ac.uk)