In partnership with

MACMILLAN CANCER SUPPORT

easy read

All about me

notes for my healthcare team





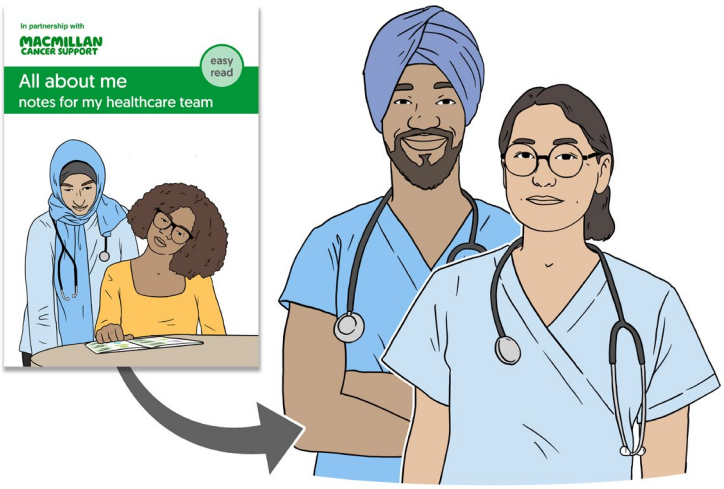
About this easy read booklet



It is helpful to tell your doctors and nurses what is important to you. This will help them give you the best care.



Use this booklet to write about the things you want your doctor or nurse to know.



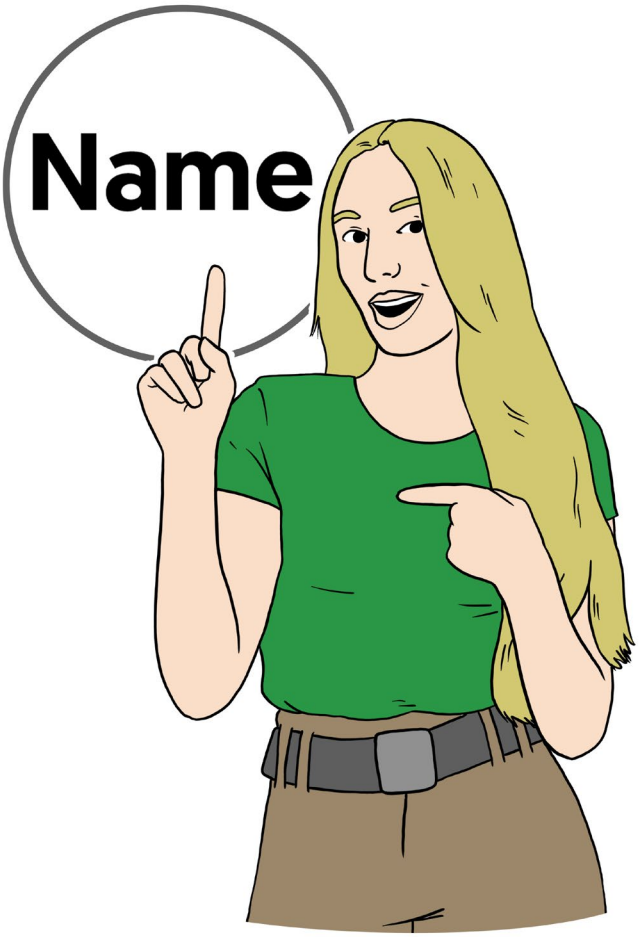
When you have written in this booklet you can keep it. You can take it with you when you see your doctor or nurse.



It is a good idea to have someone with you when you write in this booklet. This should be someone who knows you well and can help you.



About me



My full name:

The name I like to be called:



The best way to communicate with me



Do you like people to:

- talk to you
- write things down
- draw pictures
- use a talking tablet
- use pictures
- use sign language
- do something else.



How I feel at the doctors or at hospital



Do you feel:

- happy
- unhappy
- worried
- **overwhelmed**, this means feeling like everything is too much.



Things that make me feel unhappy or nervous



This could be things like:

- being in busy places
- needles
- seeing doctors
- having to wait a long time
- bright lights
- lots of noise.



Things that help me feel calm



This could be things like:

- knowing what is going to happen to you
- having fewer people around you
- having someone with you that you trust
- listening to your music.



My life so far



Write about any important times and dates in your life. Think about your interests and things you like doing and write these down too.



The most important people to me



Think about the people who are important to you.

They might be a:

- family member
- friend
- religious leader.

Name	Who they are to me	How to contact them



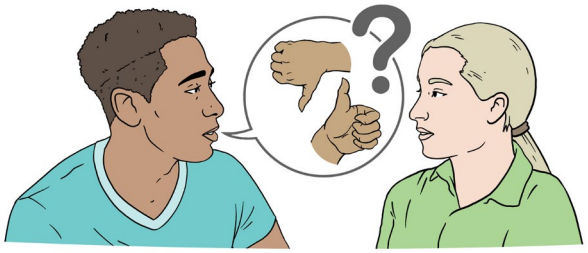
What I would like you to know



Your doctors and nurses want to look after you in the way that is best for you. Write down any other things you would like them to know.



People who help me make important decisions



This could be a family member, carer, friend, social worker or **advocate.**



An **advocate** is someone who helps you tell people what you want and need.

Name	Who they are to me	How to contact them



How Macmillan can help you



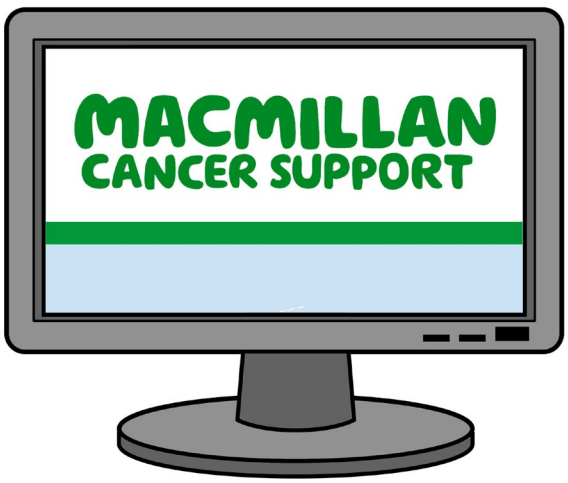
You can get support from:

The Macmillan Support Line

Call **0808 808 00 00** 7 days a week, 8am to 8pm.

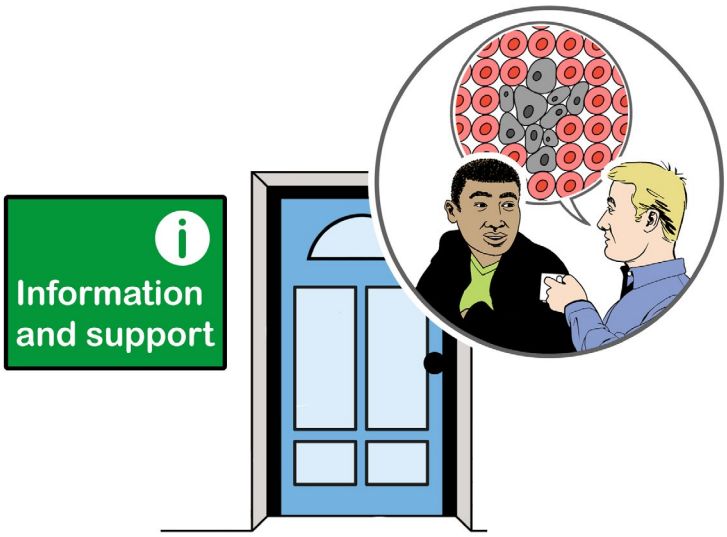


You can speak to us in your language, including British Sign Language (BSL). Just tell us what you need when you start the call.



The Macmillan website

Visit **macmillan.org.uk** for information about cancer. You can also use our web chat to ask questions at **macmillan.org.uk/talktous**



Information centres

You can talk to a cancer support specialist and get written information. Find your nearest centre at **macmillan.org.uk/informationcentres** or call us.



Local support groups

Find a group near you at **macmillan.org.uk/supportgroups** or call us.



Macmillan Online Community

You can talk to other people in similar situations at **macmillan.org.uk/community**



Macmillan can give you information in different ways:

Booklets about cancer

You can order booklets about cancer from **be.macmillan.org.uk**



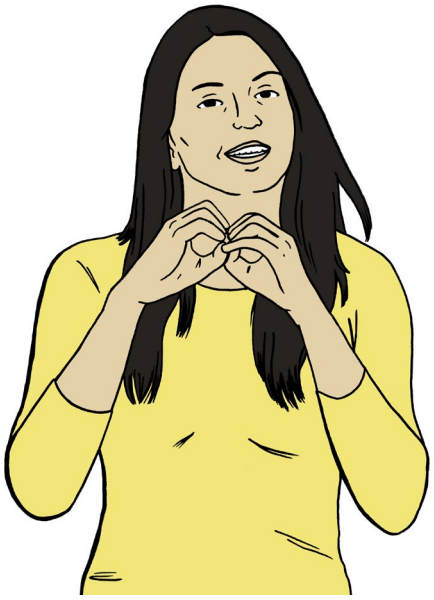
Videos

You can watch videos about cancer at **macmillan.org.uk/videos**



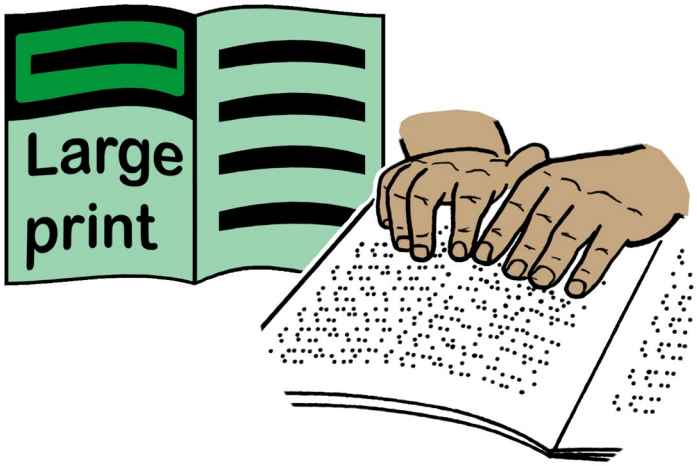
Audio

You can listen to information about cancer and order CDs from **macmillan.org.uk/audio**



British Sign Language (BSL)

You can watch information in BSL at **macmillan.org.uk/bsl**



Large print or Braille

Tell us if you need information in large print or Braille.
Email: **informationproduction team@macmillan.org.uk**



Translations

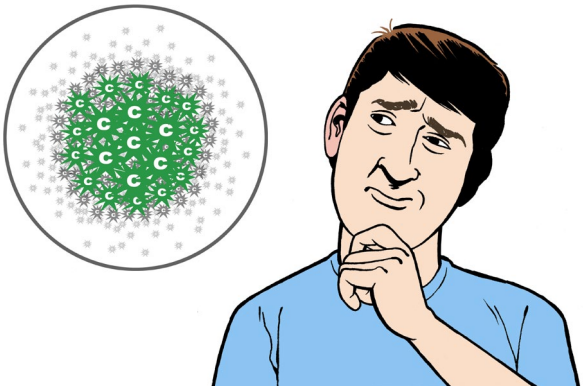
Tell us if you need information in another language.
Email: **informationproduction team@macmillan.org.uk**



More easy read booklets









Order more easy read booklets from **macmillan.org.uk/easyread**

There are booklets on lots of topics:

About Macmillan

- How Macmillan Cancer Support can help you
- Holistic Needs Assessment (HNA)

About cancer

- Lung cancer
- What is cancer?

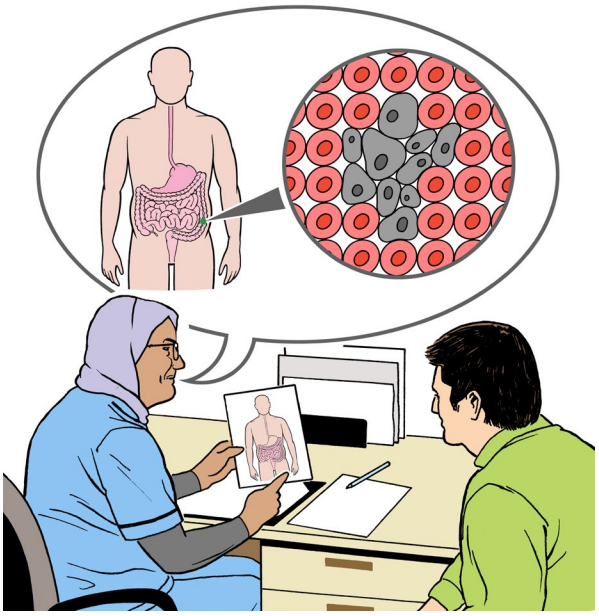
Signs and symptoms

- Breast care and screening
- Cervical screening (smear test)
- How to check your balls (testicles)
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer



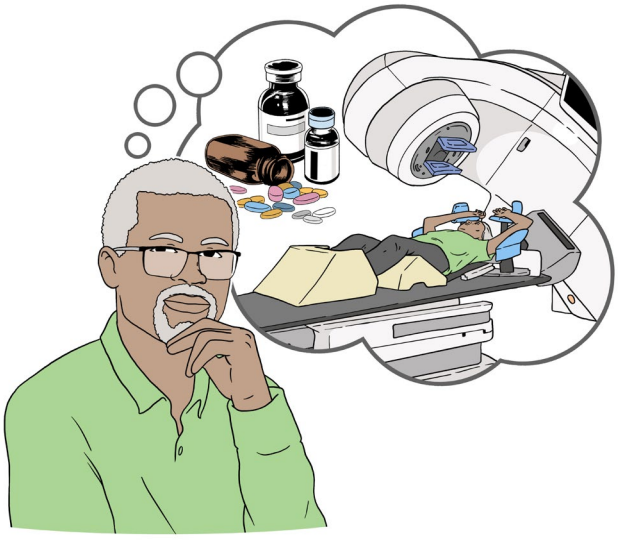
Tests for cancer

- 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



Deciding on your treatment

- All about me – notes for my healthcare team
- Deciding about treatment
- How to get equal healthcare
- If you are unhappy with your care



Treatment for cancer

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



Living a healthy life

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



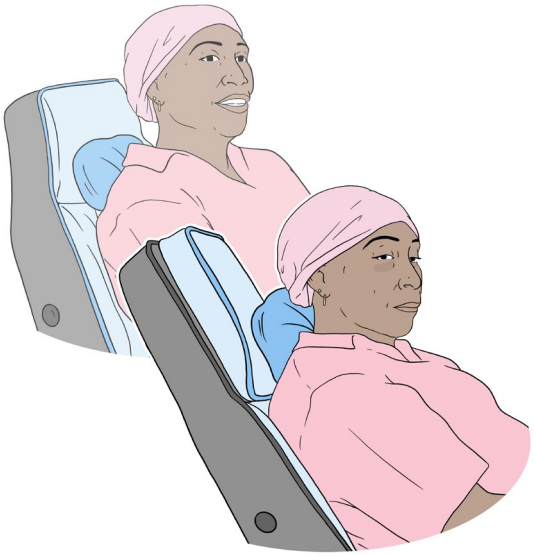
Living with cancer

- Cancer and covid
- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- LGBTQ+ people and cancer
- Talking about cancer and your feelings



Living with cancer

- Things that are important to me
- What happens after cancer treatment ends
- Work 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
- Things you can do when getting ready to die
- Thinking about your funeral
- Who can help if you are dying
- Your feelings when you are dying



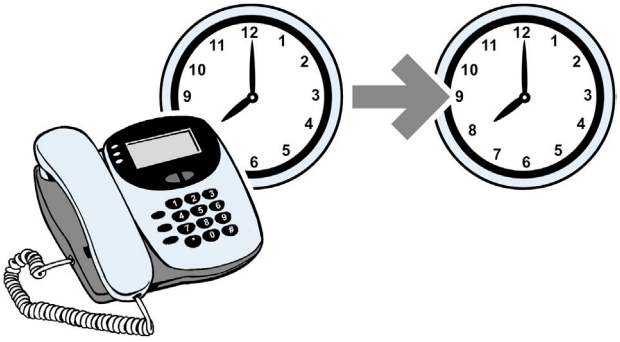
After someone dies

- Going to a funeral when someone dies
- Your feelings when someone dies and what can help

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

This booklet is all about you, and what you want your healthcare team to know about you.

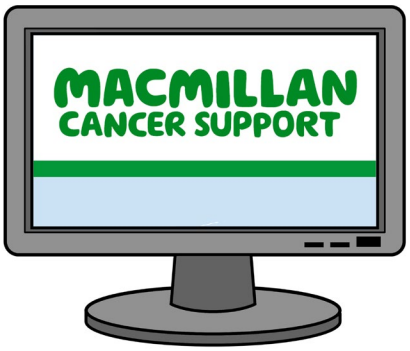
It is for anyone who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



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



- If you use a textphone, you can call: **18001 0808 808 00 00**



- Or go to the website
  macmillan.org.uk

Trusted Information Creator
Patient Information Forum

This easy read booklet has been produced by Macmillan Cancer Support working with CHANGE.

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CHANGE

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