

Bereavement Support

Most people experience grief when they lose something or someone important to them. If these feelings are affecting your life, there are many places that can offer support.

Cruse Bereavement Support



Call our Helpline

Our volunteers are trained in all types of bereavement and can help you make sense of how you're feeling right now

0808 808 1677



palliative, neurological and bereavement support

Online Bereavement Counselling

www.sueryder.org/online-bereavement-counselling

Text-Based Support

<https://sueryder.grief.coach>

MACMILLAN
CANCER SUPPORT

0808 808 00 00



Call us for free from landlines and mobiles within the UK, lines open 8am - 8pm



Marie Curie

Care and support through terminal illness

Find out more about the ongoing support you or someone you know could receive from the Marie Curie Bereavement Service or start the process to be matched with a bereavement volunteer.

Call us for free on 0800 090 2309*

*Calls are free. Lines are open 8am-6pm Monday to Friday and 11am-5pm on Saturday, and are closed on Sunday. This service is available for adults aged 18 or above.



Make sure that you are **#InAGoodPlace** when you die.

Home Care

Who can help if you are looked after at home?

Your GP:

Your GP has overall responsibility for your care when you are at home. They can prescribe any drugs you need and arrange help from other professionals. They could also arrange for you to go into hospital or a hospice if needed.

Community or district nurses

Community or district nurses can make regular home visits to help with:

- nursing care, such as changing dressings and giving medicines
- giving advice and support on pressure area care and toilet problems, such as incontinence and constipation
- showing your carers how to move you and look after your personal care needs, such as washing and toilet needs
- arranging for a social carer or healthcare assistant to help you with personal care
- arranging practical aids, such as pressure-relieving mattresses or commodes.

Marie Curie Nurses

In some parts of the UK, you can get support from a Marie Curie nurse or healthcare assistant. A nurse can advise you about medication. A healthcare assistant can help with practical tasks such as washing and dressing.

Your GP or district nurse can tell you if Marie Curie nurses are in your area.

Social Services

Social services can help if you find some parts of your daily life difficult. Social care can include getting help with tasks such as washing, dressing, cleaning and cooking. There are different ways to access social care, including self-referral. You can find more information on the Ealing Council website, or call **020 8825 8000**.

You usually have to pay towards the cost of services. This depends on your financial situation. If you have a lot of care needs, you may be eligible for funding for your care.

Dying Matters Week

Dying Matters

8th - 12th May 2023

Encouraging communities across the country to talk about death, dying and grief.



Services Available in Ealing

Where you die depends on your medical condition, social circumstances and local services available.

You may choose from:

- Home
- Hospice
- Care Home
- Hospital

Home

Staying at home may help you feel more in control as it allows you to be in a familiar place.

You may need extra help if you are being looked after at home. But caring can be hard work for the people looking after you, both physically and emotionally.

Your district nurse, specialist nurse or GP can tell you how to get help from health and social care professionals and voluntary organisations.

Hospice

Hospices specialise in caring for people who have a terminal illness and may be close to the end of their life.

They have doctors and specialist palliative care nurses who are experts in controlling symptoms such as pain. They also provide emotional support. Many hospices have nurses and healthcare assistants who can visit and help care for people at home. Hospices are very different to hospitals. They are smaller and quieter, and aim to provide care to suit each person's situation.

Care Home

If you might need care for several months, you may prefer to be looked after in a residential or nursing care home. Your Local Council or Adult Social Services can explain the different types of care homes to you. You usually need to contribute towards the costs of staying in a care home. This depends on your financial situation.

Hospital

If you have been in and out of hospital over the last few months, you may want to go back there when you need full-time nursing care. Many people die in hospital and if you have very complex medical conditions, this may be the best place for you to be, although it may not be the most peaceful.

If you are in hospital, a palliative care team may be able to see you and be involved in your care. They can help manage your symptoms and offer you and your family emotional support.

Things to do before you die

1. Make a will

Writing a will allows you to plan what happens to your money and possessions after you die. You can also let people know about your funeral wishes. If you die without a will, your possessions will be allocated according to set rules, rather than according to your wishes. You can get started writing a will yourself with booklets and packs available from banks, shops and supermarkets



2. Make a Funeral Plan

There are lots of different funeral options available. You can even make arrangements well in advance with the help of a funeral director. This makes things easier for your family, by making your choices clear.



3. Future Care Planning and Support

There may come a time when you cannot make decisions or communicate easily for yourself. You may want to make choices about your future care and treatment now and let people know what is important to you. This is sometimes called advance care planning and includes;

- your wishes for your care
- advance decisions to refuse treatment
- power of attorney.



4. Sort out your finances and debts

When thinking about the future, you or your family may have concerns about income, additional costs and managing your finances.

4a. Sorting Out Debts

Everything you leave when you die is called your estate. This is made up of everything you own, minus everything you owe. This includes money, property and belongings. It also includes your share of anything you own jointly with someone else.

Anything you owe is taken off the value of your estate. This includes any unpaid debts.

4b. Asking someone else to manage your affairs

Power of attorney gives one or more persons the power to manage your finances if you are unable to. Setting this up before you become unable to make decisions for yourself will give you more control over what happens in the future. There are other ways someone you trust can help if you are not able to manage your financial affairs yourself such as setting up a joint bank account or third-party mandate. Whichever option you choose, you should ask someone you trust completely. You should also make sure they are happy to do it. If you are not sure about what might be best for your situation, Macmillan's financial guides can help. You can call them free on 0808 808 00 00. Citizens Advice also offer a helpline. You can call 0800 144 8848.



5. Make your thoughts on organ donation known

The law has changed so that more people can benefit from donated organs. If you want to find out more, contact NHS Blood and Transplant: www.organdonation.nhs.uk



6. Manage your digital legacy

Given how much of our lives is on the internet now, it pays to take some time to understand the end of life policies and processes available for each of the digital sites or assets we use or own.



7. Make sure your loved ones know your plans

Consider talking through your plans with those close to you and give them the opportunity for input, especially if they are to carry out your wishes. If you have important documents or notes about your care, inheritance or funeral, keep them in a safe place and let loved ones know where they are.

