

# Going to a funeral when someone dies

Palliative Care, End of Life Care and Bereavement



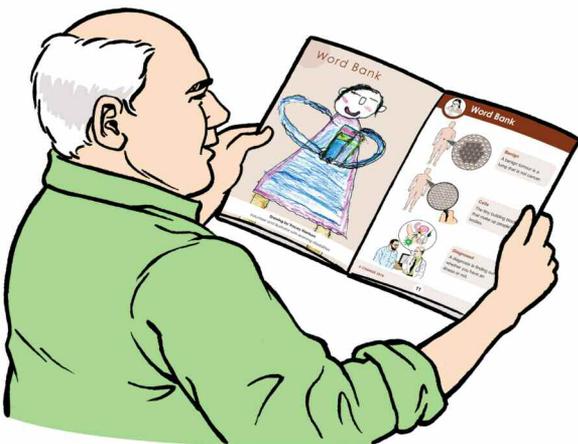
# Introduction

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.

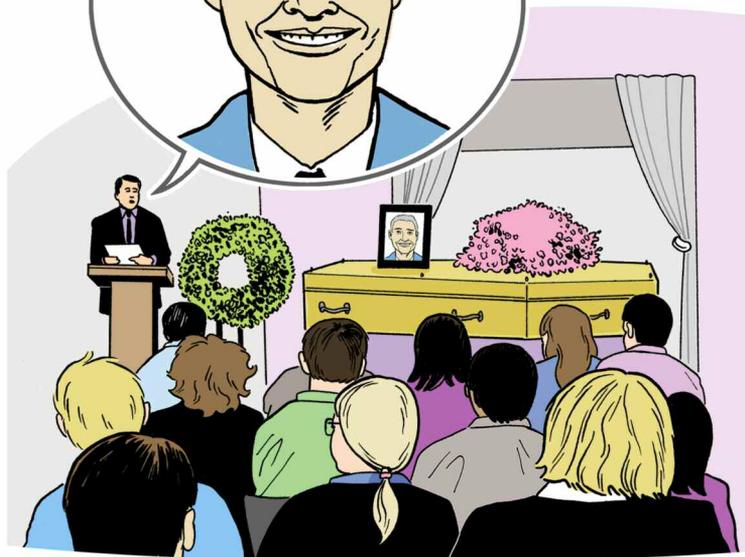




# Going to a funeral when someone dies



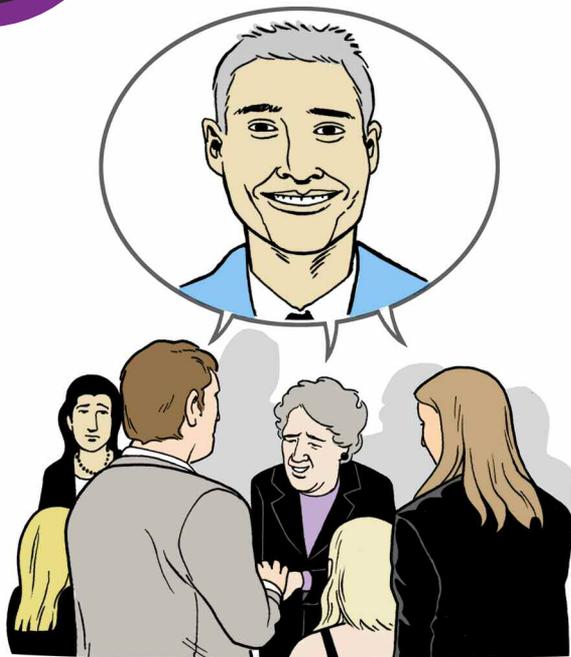
When someone dies the people who loved and cared for them will arrange a **funeral**.



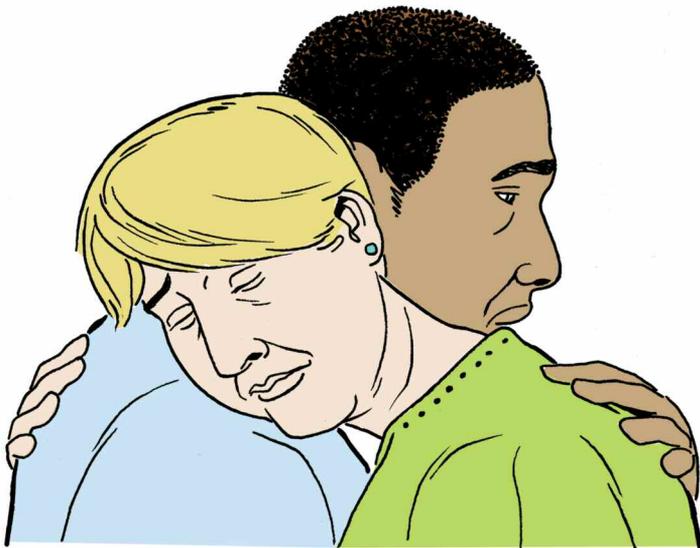
A funeral is a celebration of a person's life.



# Going to a funeral when someone dies



A funeral is a time for family and friends to get together to remember all the good things about the person they loved.



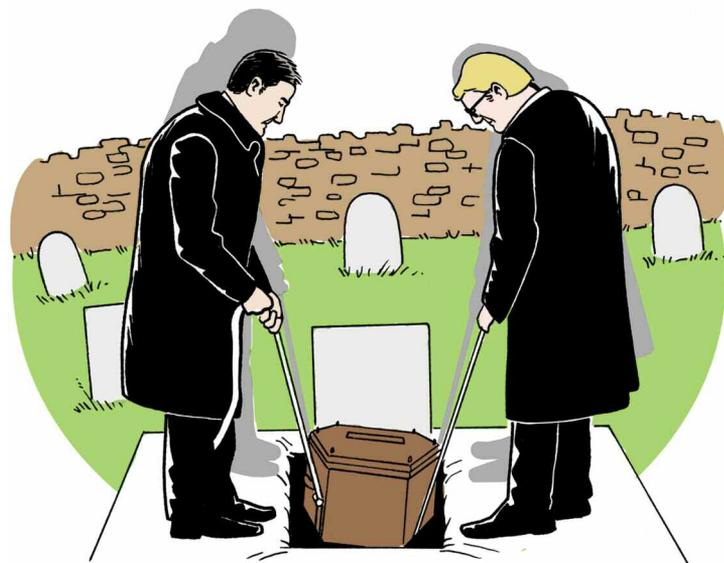
At a funeral people can share their sadness about the person being gone.



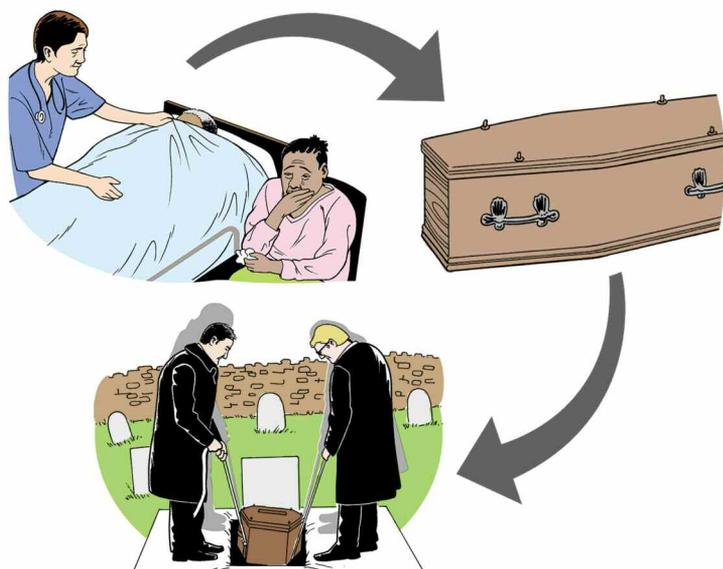
A funeral is also what happens to a person's body after they have died.



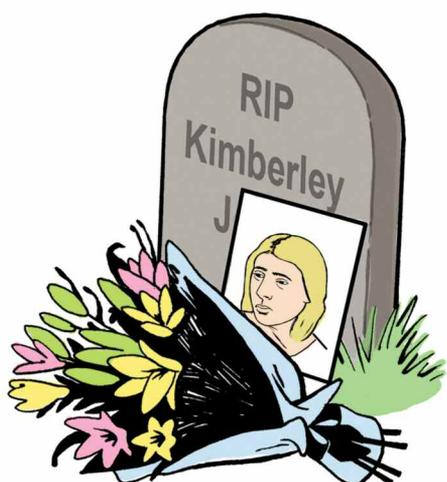
# Going to a funeral when someone dies



Some people choose to have their body buried.



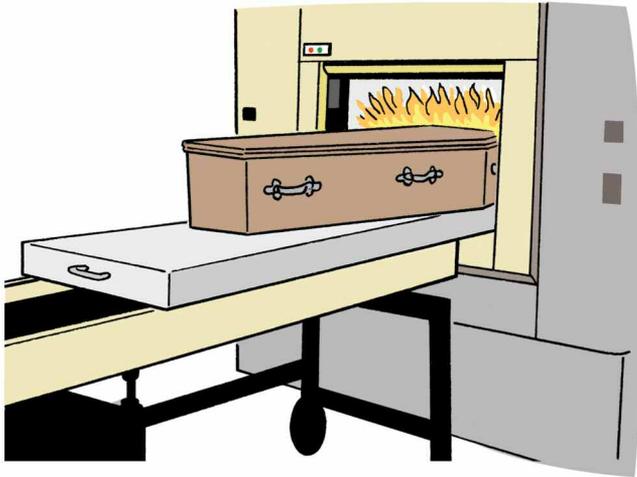
This means their body will be put in a special box called a **coffin**. It is then put into the ground in a place called a grave.



The grave will usually have a stone with the person's name on it.



# Going to a funeral when someone dies



Other people choose to have their body **cremated**. This means that their body will be put in a coffin and then put in a very hot fire until it becomes ashes.



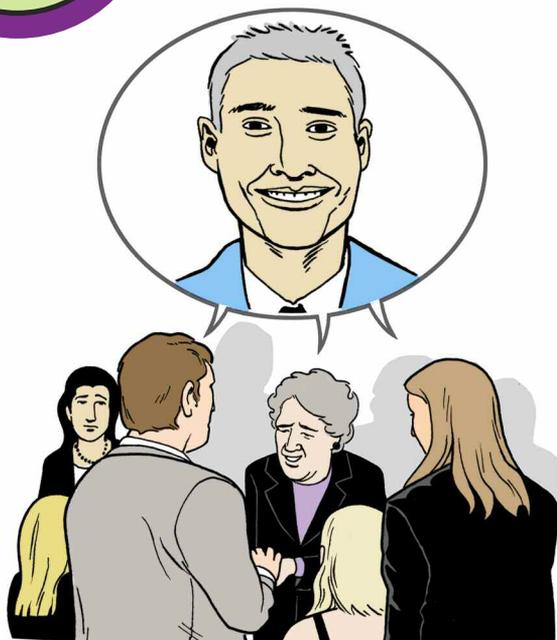
People sometimes want their friends and family to spread their ashes in a place that was special to them.



You should have been told when the funeral is. Then you can decide whether you want to go or not.



# Going to a funeral when someone dies



Some people say it helps them to go to a funeral because they can share their feelings with other people and share saying goodbye to the person they loved.



But it is also OK if you do not want to go to the funeral.



Whether you go to the funeral or not you may want to remember the person in your own way.

# Going to a funeral when someone dies



Some people like to look at things that remind them of the person who has died. This could be a photo album or a memory box with special things in.



Listening to music can also be a reminder of the person who has died.



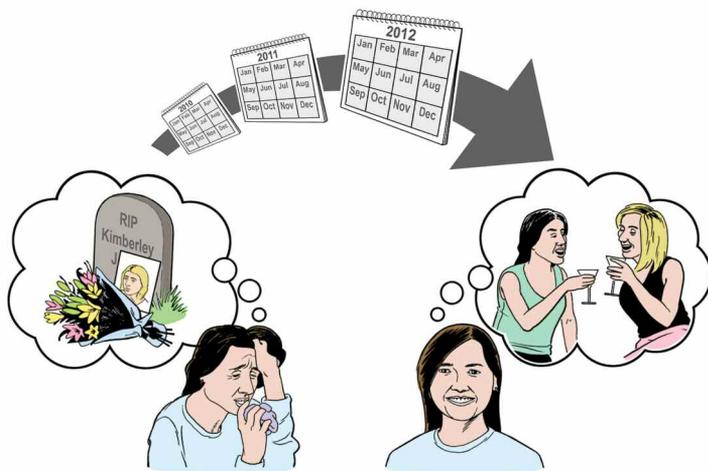
Some people like to visit the grave of the person who died or go to a place that has special memories of the person who died.



# Going to a funeral when someone dies



Remember it is normal to miss the person you loved and be upset that they are no longer here.



Over time your sadness will be less and you will have more happy memories.

# Word Bank

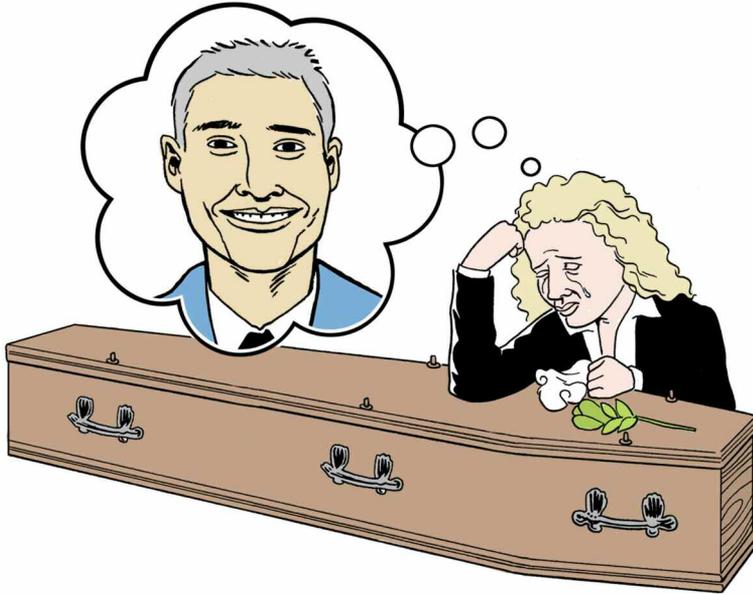


**Drawing by Tracey Harrison**

Volunteer and Illustrator with learning disabilities

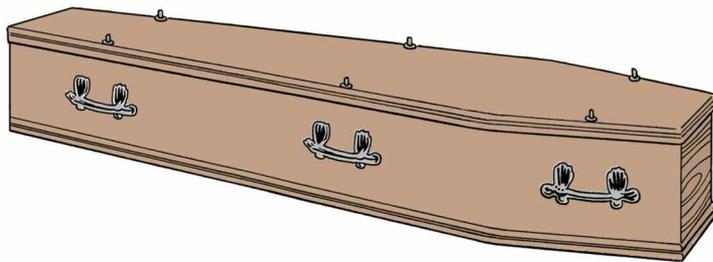


# Word Bank



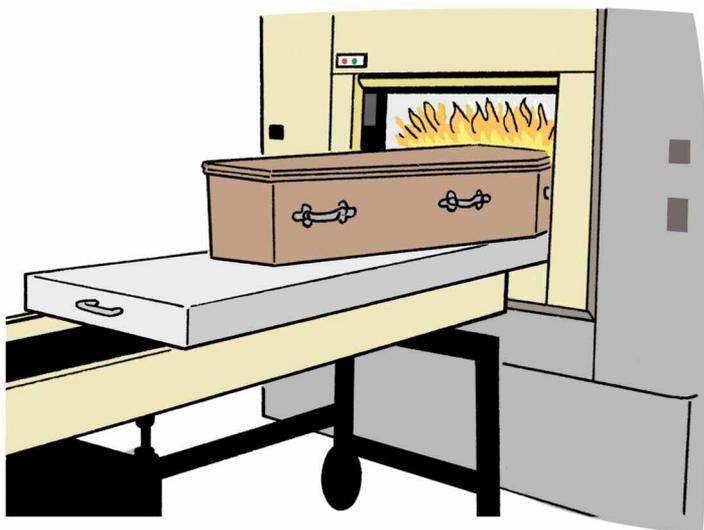
## **Bereavement**

Bereavement is the feeling of loss and grief that someone may feel when someone they loved, or were close to, has died.



## **Coffin**

A coffin is a box that someone's body is put into after they die. The coffin will be at the funeral.

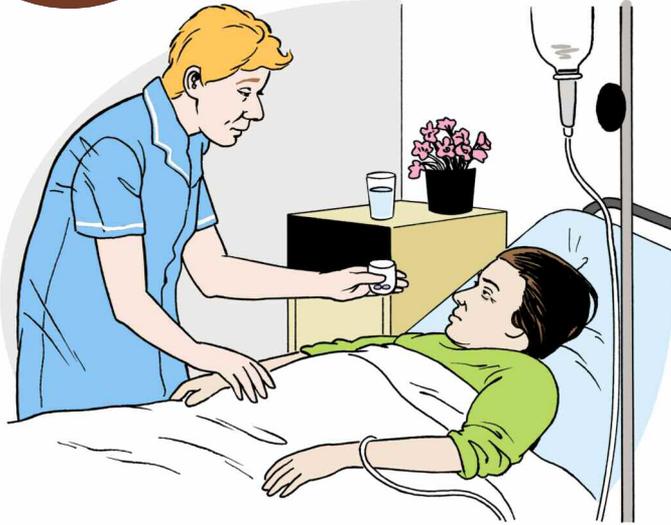


## **Cremated**

After someone dies, their body is put in a coffin and then put in a very hot fire until it becomes ashes.

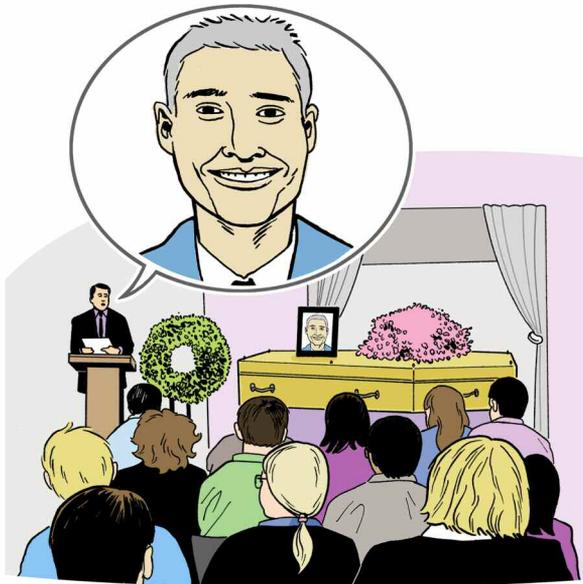


# Word Bank



## 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.



## Funeral

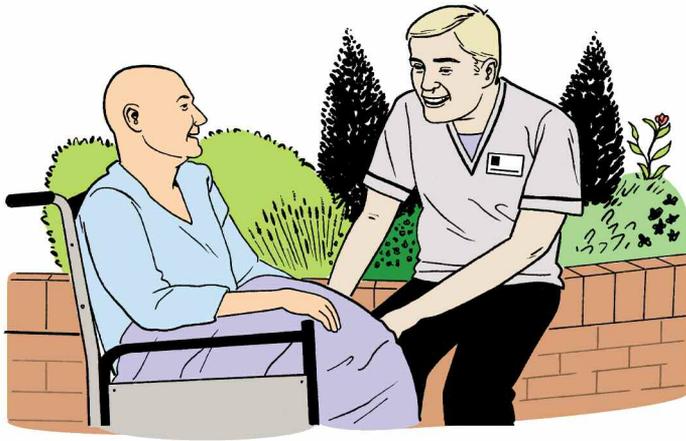
A funeral is a celebration of a person's life. It is a time for family and friends to get together to remember all the good things about the person they loved.



At a funeral people can share their sadness about the person being gone. A funeral is also the time when a person's body is buried or cremated.



# 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](http://www.cancerresearchuk.org)**

### Hospice UK

Gives information about hospices in the UK.

**Phone: 020 7520 8200**

**Web: [www.hospiceuk.org](http://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**

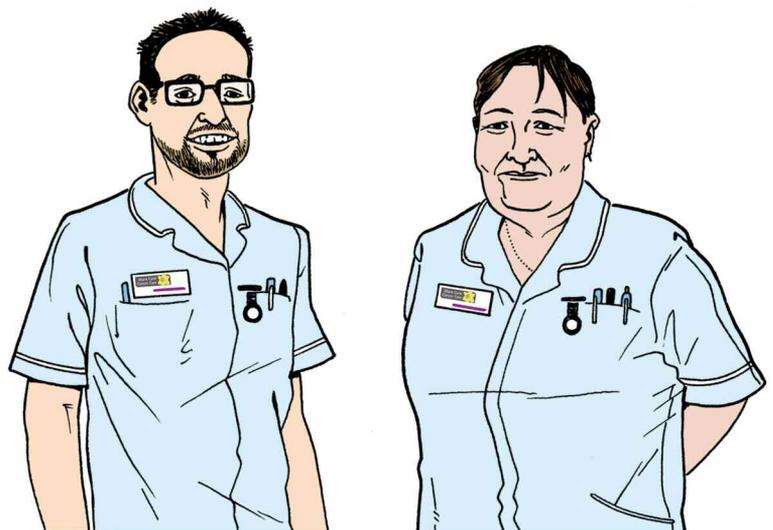
**Web: [www.macmillan.org.uk](http://www.macmillan.org.uk)**

### Marie Curie

A charity that helps people who are dying.

**Phone: 0800 090 2309**

**Web: [www.mariecurie.org.uk](http://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](http://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](mailto:info@pcpld.org)**

**Web: [www.pcpld.org](http://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](http://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](http://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](http://www.samaritans.org.uk)**

**Email: [jo@samaritans.org](mailto: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](http://www.booksbeyondwords.co.uk)**

**Phone: 020 8877 9799**

**Email: [admin@booksbeyondwords.co.uk](mailto:admin@booksbeyondwords.co.uk)**

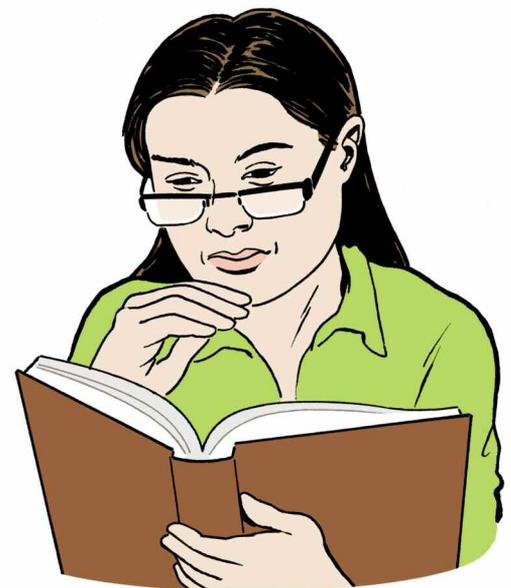
### **FAIR Multimedia**

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](mailto:fair@fairadvice.org.uk)**

**Phone: 0131 662 1962**

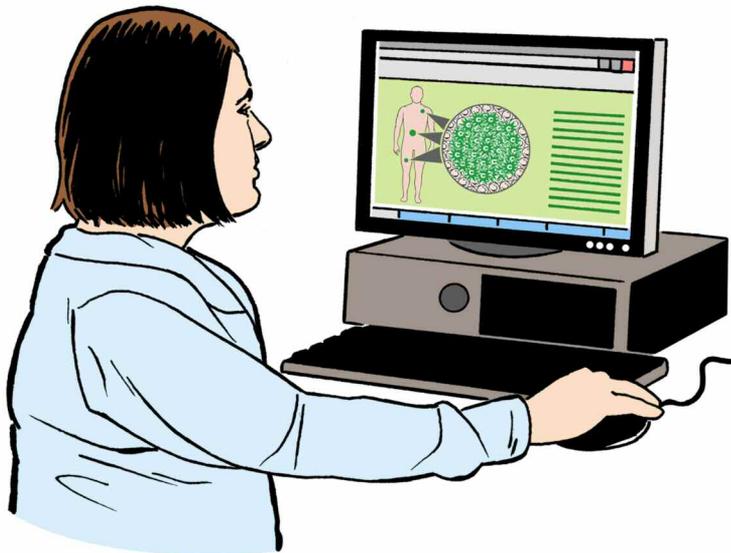
**Web: [www.fairadvice.org.uk/health-publications.php](http://www.fairadvice.org.uk/health-publications.php)**





# Useful contacts

## Online help



### [www.easyhealth.org.uk](http://www.easyhealth.org.uk)

Has lots of online health information that is easy to understand.

### [www.macmillan.org.uk](http://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.

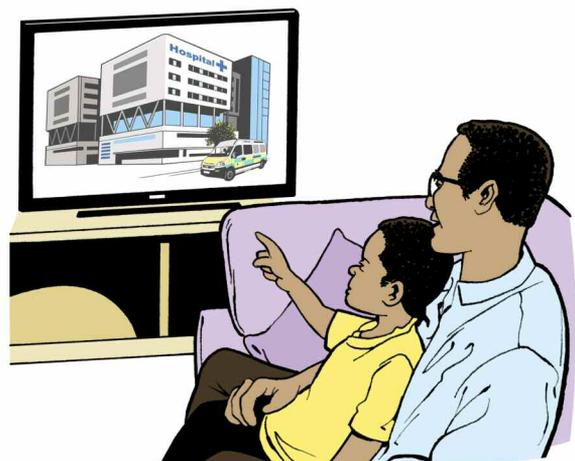
**Phone: 0113 248 4997**

**Web: [www.leedsanimation.org.uk/index.html](http://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](http://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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