Marie Curie

Care and support through terminal illness

EasyRead version

When someone dies
Feelings you might have

About this booklet

Sometimes people have an illness that cannot be cured and which they die from.

This is often called a **terminal illness**.

When someone dies, you might have lots of different feelings, sometimes all at once. They may be confusing and hard to cope with.

Marie Curie

Care and support through terminal illness

Marie Curie is a charity. We have written this EasyRead booklet to tell you about the feelings you might have when someone dies and who might be able to help you with these feelings.

You may want to read this booklet with someone you feel comfortable with. You can talk about what this booklet says together.

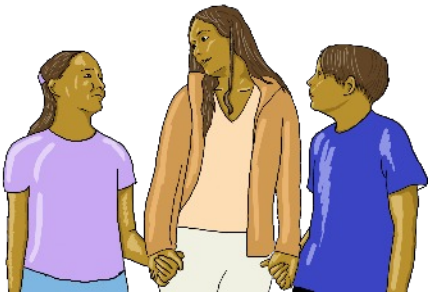
This booklet talks about:

- what is death? **page 4**

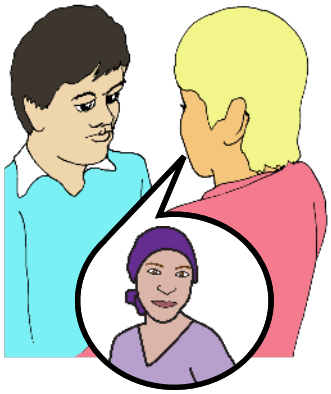
- how you might feel when someone dies **page 5**

- things that might happen to your body **page 8**

- remembering the person who died **page 10**



- people who can give you support **page 12**



- talking about the person who died **page 15**

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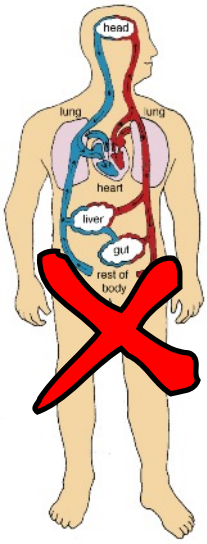
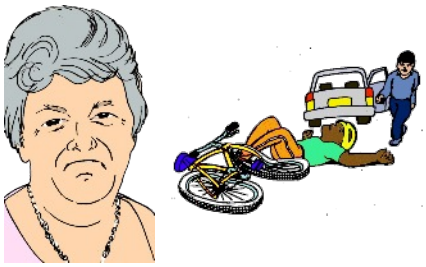
- how you can help us **page 20**

- how this booklet was made **page 21**

What is death?



Death happens when a person's body stops working.



People die for many different reasons. They might die when they get old, because they've had an accident, or because of an illness.

When someone dies, they can't be brought back to life.

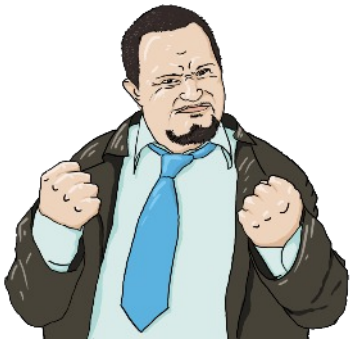
How you might feel when someone dies

When someone dies, you might have lots of feelings. The feelings you have could change.

The feelings you have after someone has died are sometimes called grief.

You may feel sad or unhappy because lots of things in your life have changed since the person died.

It's OK if you want to cry. Crying can make you feel better. It's important not to hide how you are feeling.



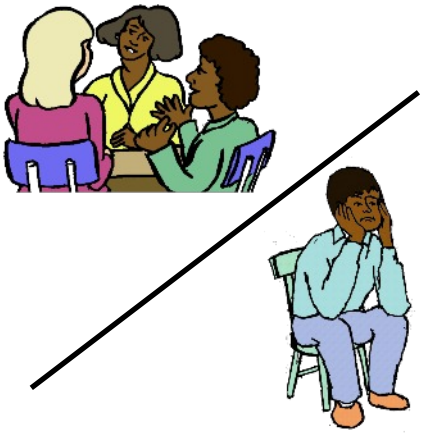
You might feel angry. You might be angry at things that happened or angry because you feel like the person left you behind.

You might feel annoyed and be in a bad mood more often than normal.

You might be worried. If the person who died looked after you, you may worry about who will look after you now.

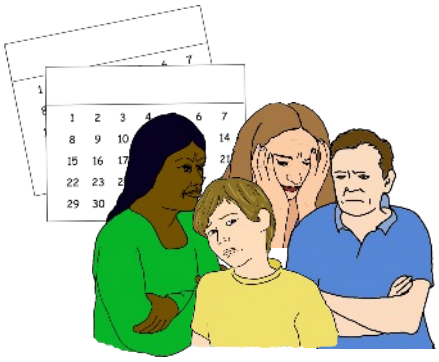
You may feel lonely. You might miss the things you did with the person or miss the things you talked about together.

It can be hard to understand why someone died. It might feel confusing.



You might want to spend more time on your own. Or, you might want to spend more time with other people.

All these feelings are normal.



Some feelings might last for a short time and some might last for a long time. Most of them will go away after a while.

Other people may have different feelings to you. Everyone reacts in a different way. There is no right or wrong way to feel or react when someone dies.

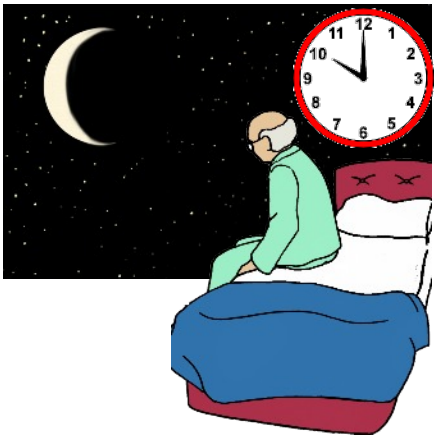
Things that might happen to your body

Your body might feel differently to normal.

You might sleep more than you usually do.

Or you might have lots of energy and find it hard to sit still.

You may find it harder to get to sleep, or harder to wake up in the morning.



Try going to bed at the same time each night, and try keeping to your normal sleeping routine.

If problems with your sleep carry on, your doctor (GP) may be able to help.

You might eat less or more than you usually do.

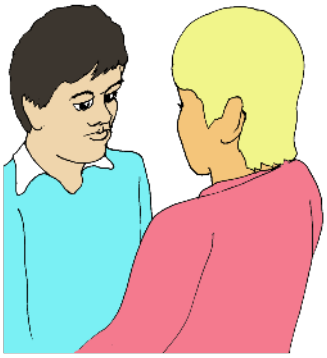
Try to eat as healthily as you can. Try eating plenty of fruits, vegetables, and foods with protein in them. This will give you more energy and might make you feel better.

Remembering the person who died

Funerals

You might want to go to the funeral of the person who died.

A funeral happens after someone has died. At a funeral, people might sing songs, talk about and remember the person who died.



Funerals can be sad. You could speak to your carer, friends or family about what may happen at a funeral.

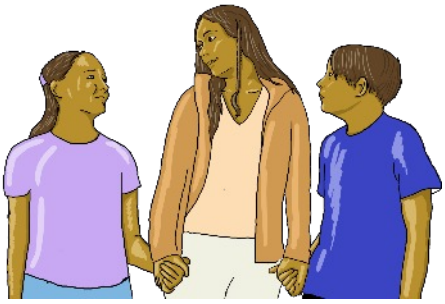
Other things you can do to remember the person who died

You can do other things to help remember the person who died. You might want to hold or look at a special object that belonged to them.

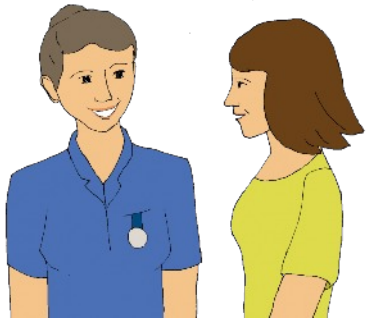
You might want to do an activity, like plant a tree to remember the person who died, or visit a place you used to go to together.

You could look at photos of the person.

People who can give you support



Your friends and family might be able to support you. You could speak to them about how you are feeling. This might make you feel better.



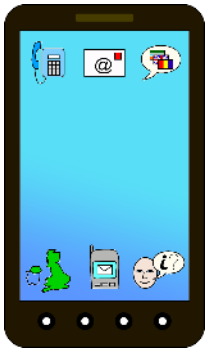
You could also talk to your doctor (GP), your nurse, or the person's doctor or nurse.

Your GP can also help you find a **counsellor**.

Counsellors are specially trained to help you talk about your feelings.

Speaking to a counsellor might make you feel better. They can help you to understand your feelings.

Marie Curie has a Support Line with people who can listen and talk to you about your feelings.



You can call the Marie Curie Support Line on **0800 090 2309**.

Cruse Bereavement Care

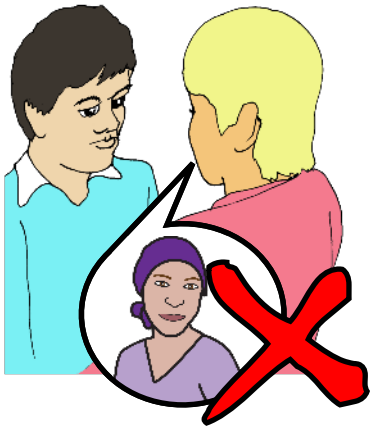
There are lots of charities and organisations that can offer support. The charity **Cruse Bereavement Care** can help you when someone has died.

Their website is: **www.cruse.org.uk**
This website is not EasyRead.

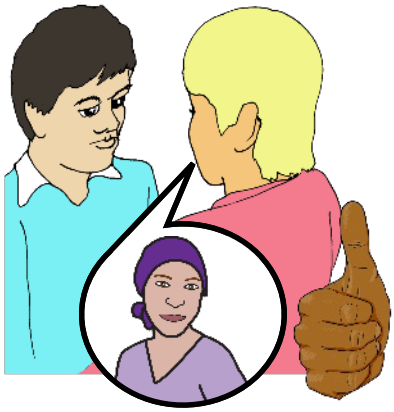
If you live in Scotland, you can contact **Cruse Bereavement Care Scotland**. Their website is:
www.crusescotland.org.uk
This website is not EasyRead.

Talking about the person who has died

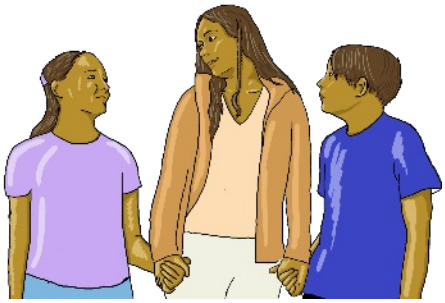
You might find it hard to talk about the person who has died.



You don't have to talk about them if you don't want to.

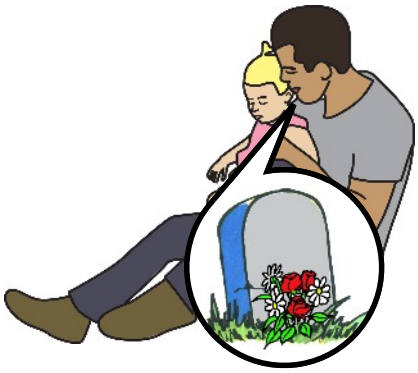


But it may help you feel better if you do talk about them.



Speaking to family members or friends could make you feel better. They may also help you to understand how the person died.

You can also talk about how you are feeling online with other people who have similar feelings. You can speak to others online on the Marie Curie Community: **www.community.mariecurie.org.uk**

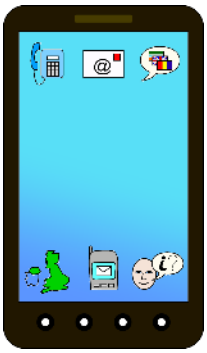


Telling a child that someone has died

You might have to tell a child that the person has died.

You may find this hard, or not know what to say.

There is information about talking to children about death on our website: **www.mariecurie.org.uk/support**

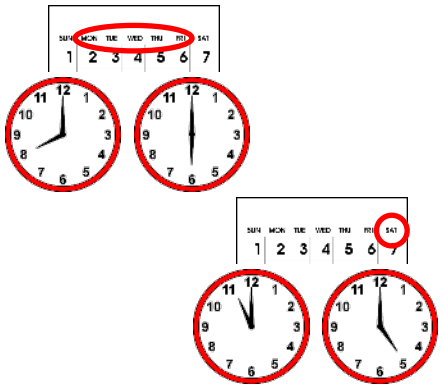


Or you can call our Support Line on **0800 090 2309**.

How Marie Curie can help

There are lots of different ways Marie Curie can answer questions or support you.

You can phone us to talk about what is happening and how you are feeling. You can call our Support Line on **0800 090 2309**.

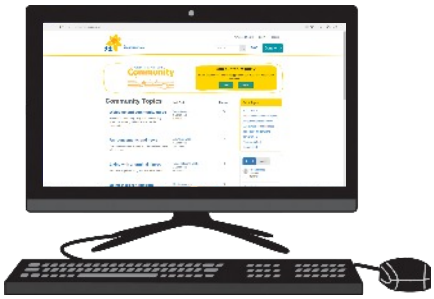


It is open 8am – 6pm Monday to Friday and 11am – 5pm on Saturdays.

There is also information on our website: **www.mariecurie.org.uk/support**

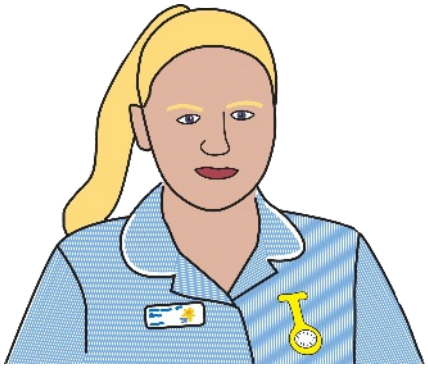
The information on our website is not EasyRead but if you call us we can explain things to you.

Marie Curie Community



Share ideas or talk to other people who are coping with grief after someone has died:
www.community.mariecurie.org.uk
24 hours a day

Marie Curie Nurses



Some people want to stay in their own home when they are dying. Sometimes a Marie Curie Nurse can help give care at home:
www.mariecurie.org.uk/nurses

Marie Curie Hospices

A hospice is a place that cares for people who have an illness they will probably die from and can support their family and friends: **www.mariecurie.org.uk/help**

Marie Curie Helper

Our trained volunteers can visit the person for a chat or take them to appointments:
www.mariecurie.org.uk/helper

How you can help us

Please tell us what you think about this booklet.

It will help us to write better information for people who are coping with feelings after someone has died.

You can email us at:
review@mariecurie.org.uk

Or call our Support Line on
0800 090 2309.

How this booklet was made

This is an EasyRead booklet about coping with feelings after someone dies.

It was written by the charity Marie Curie.

This booklet uses words and pictures to make the information easy to understand.

It meets the European EasyRead Standard.

The **Your Voice Counts -** making EasyRead information.

Artwork includes material from the Inspired EasyRead Collection and cannot be used anywhere else without written permission from Inspired Services.

www.inspired.pics

How you use this booklet is up to you, not Marie Curie.

You should still get information from your doctor (GP), nurses, or other professionals.

It can help to speak to your doctor or other professionals before you decide about things like your health, care and finances.

Marie Curie – why we're here

We're here for people living with any terminal illness, and their families. We offer expert care, guidance and support to help them get the most from the time they have left.

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