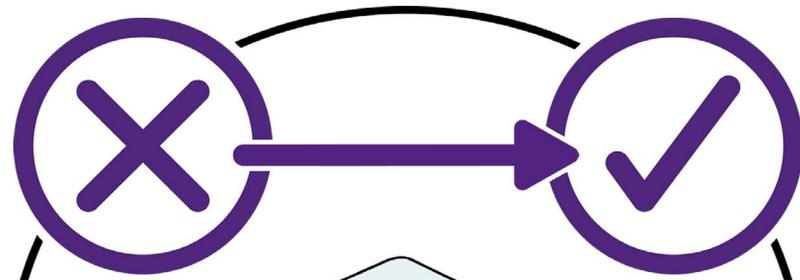


In partnership with

**MACMILLAN**  
CANCER SUPPORT



# Things that are important to me

Sharing what is important to me  
with my healthcare team



# How to use this booklet



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



You can use this book to write about what is important to you.



When you have written in this book 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 book. This should be someone who knows you well and can help you.



## Things that are important to me

### About me

My full name

The name I like to be called

**name**

# The best way to communicate with me



Do you like people to:

- talk to you
- write things down
- draw pictures
- use a talking mat
- use a talking tablet
- use pictures

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# How I feel when I go to the hospital or doctors



Do you feel:

- happy
- unhappy
- worried

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# Things that make me feel scared, unhappy or nervous



This could be things like:

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

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# Things that help me stay calm and relaxed



This could be things like:

- knowing what is going to happen to me
- having less people around me
- having someone with me that I trust
- listening to my music

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# The most important people to me



**Name**

**Who they are to me**

**How to contact them**

# What I would like you to know



These can be things your doctor or nurse needs to know about you to look after you well.

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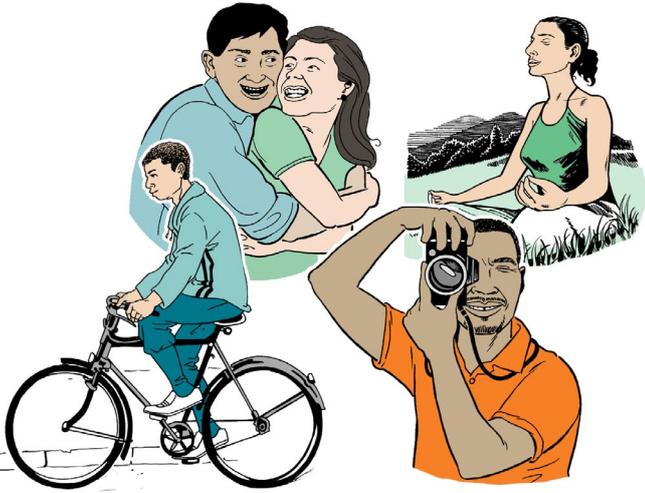
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# My life so far



These can be any important times in your life, dates, interests and things you like doing.

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# 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**



# Thank you



We hope you found this booklet helpful.



For more information and support please visit the Enable Scotland website:

[enable.org.uk](http://enable.org.uk)



# How Macmillan can help you

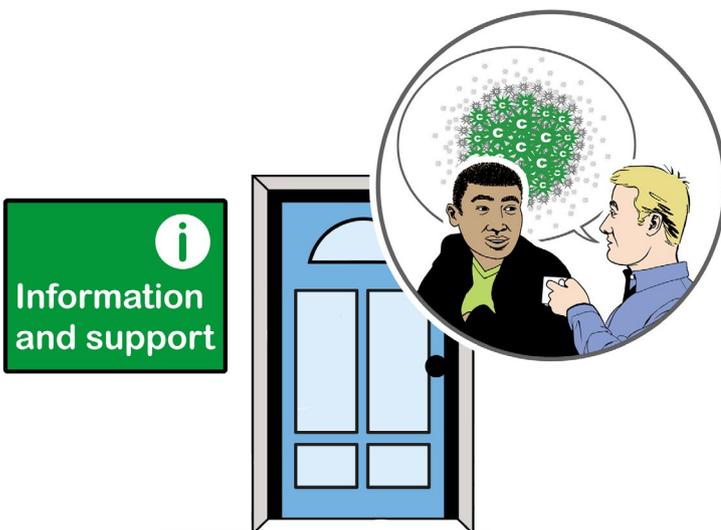


You can get support from:

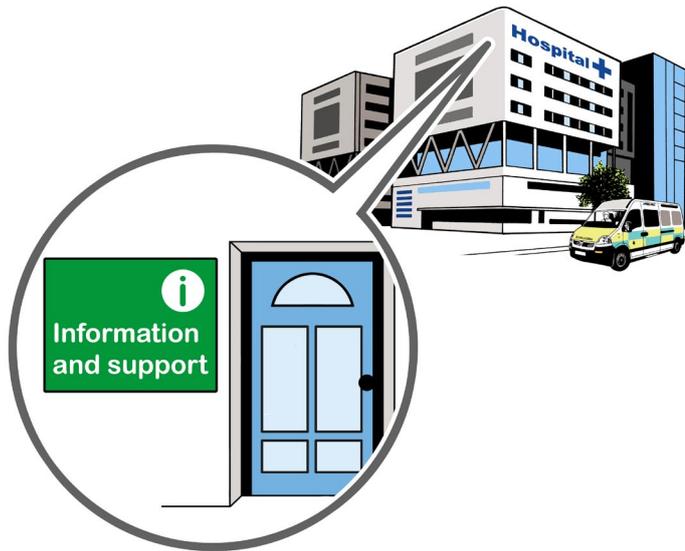
- The Macmillan Support Line. Call **0808 808 00 00** 7 days a week, 8am to 8pm.



- The Macmillan website. Visit [macmillan.org.uk](http://macmillan.org.uk) for lots of information about cancer and living with cancer.



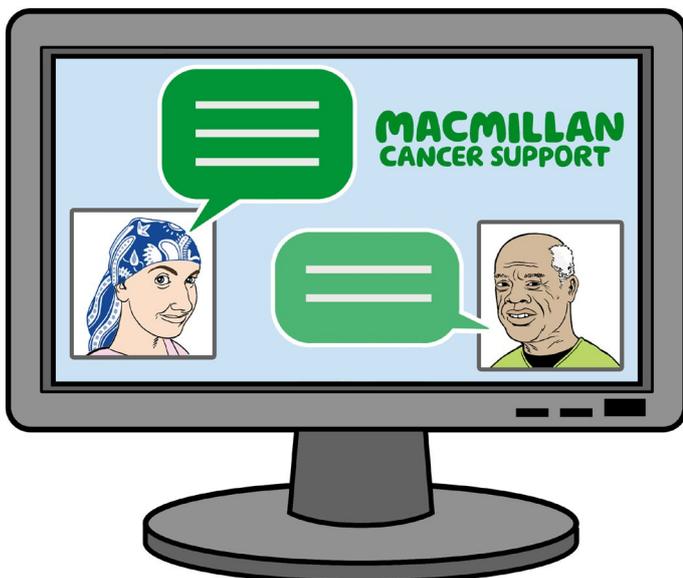
- Information centres. At an information centre, you can talk to a cancer support specialist and get written information.



Find your nearest centre at [macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres) or call us. Your hospital might have a centre.



- Local support groups. Find a group near you at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us.



- The Macmillan Online Community. You can talk to other people in similar situations at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)



# More easy read booklets



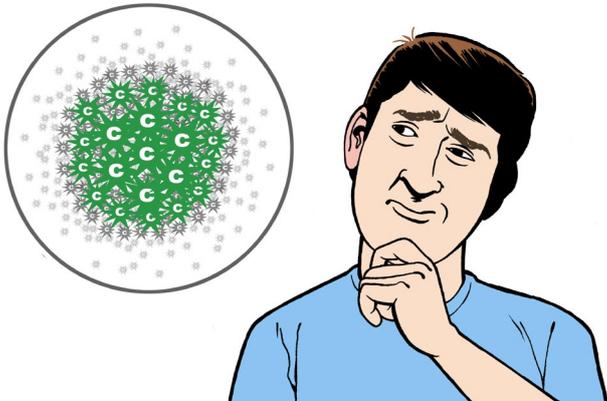
Order more easy read booklets from [macmillan.org.uk/easyread](http://macmillan.org.uk/easyread)

There are booklets on lots of topics:



## About Macmillan

- How Macmillan Cancer Support can help you



## About cancer

- Lung cancer
- What is cancer?



## Signs and symptoms

- Breast care for women
- Cervical screening
- How to check your balls [testicles]
- Screening for cancer
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer

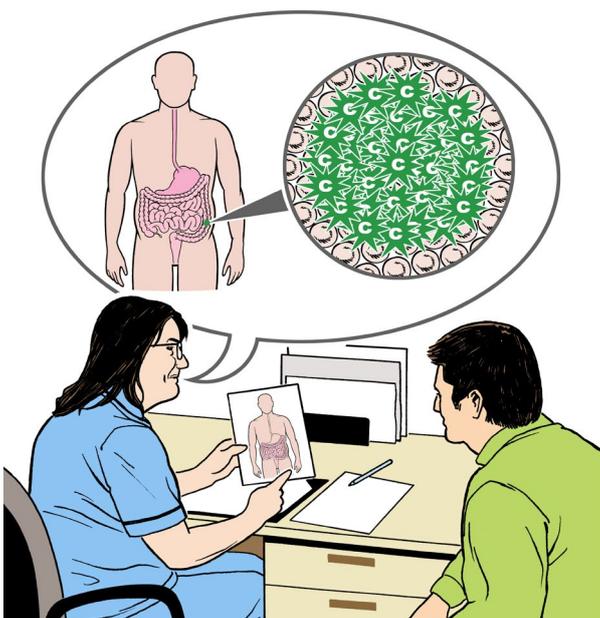


## Living a healthy life

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

## 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



## Treatment for cancer

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

## Living with cancer

- 7 steps to equal healthcare
- After treatment for cancer
- Cancer and Coronavirus
- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- Talking about cancer and your feelings
- Things that are important to me
- Work and cancer
- Your feelings 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
- Getting ready to die
- If you are dying from cancer
- Making decisions about the future if you are dying
- Spirituality and religion at the end of life
- The end of life
- Thinking about your funeral
- Who can help if you are dying



## After someone dies

- Going to a funeral when someone dies
- Grief and loss when someone dies
- How you may feel when someone dies
- What can help you feel better when someone dies

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

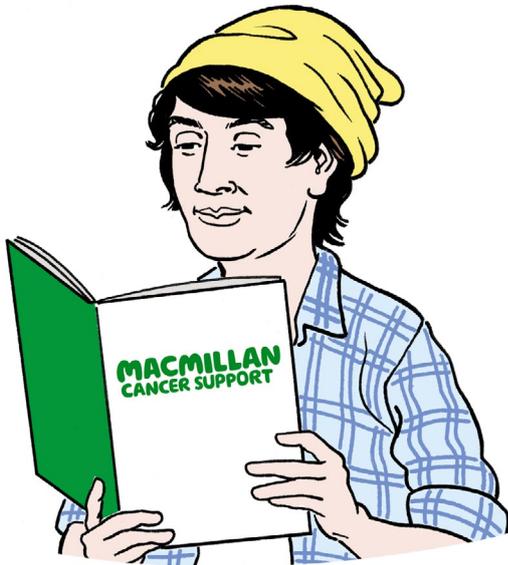


# More information and resources



## Macmillan website

There is lots of information about cancer at [macmillan.org.uk](http://macmillan.org.uk)



## Booklets about cancer

You can order booklets about cancer from [be.macmillan.org.uk](http://be.macmillan.org.uk)



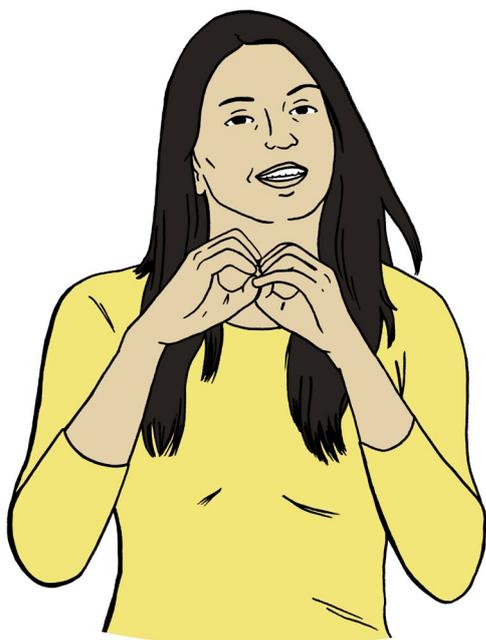
## Videos

You can watch videos about cancer at [macmillan.org.uk/videos](http://macmillan.org.uk/videos)



## Audio

You can listen to information about cancer and order CDs from [macmillan.org.uk/audio](https://www.macmillan.org.uk/audio)



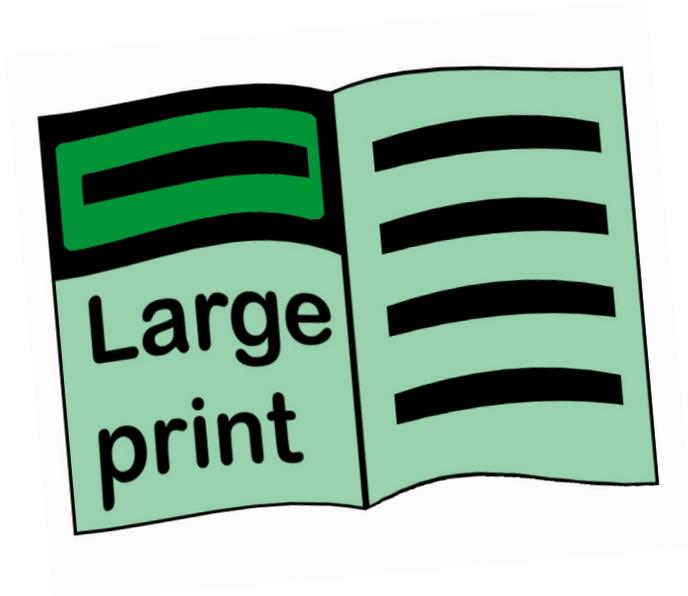
## British Sign Language (BSL)

You can watch information in BSL at [macmillan.org.uk/bsl](https://www.macmillan.org.uk/bsl)



## eBooks

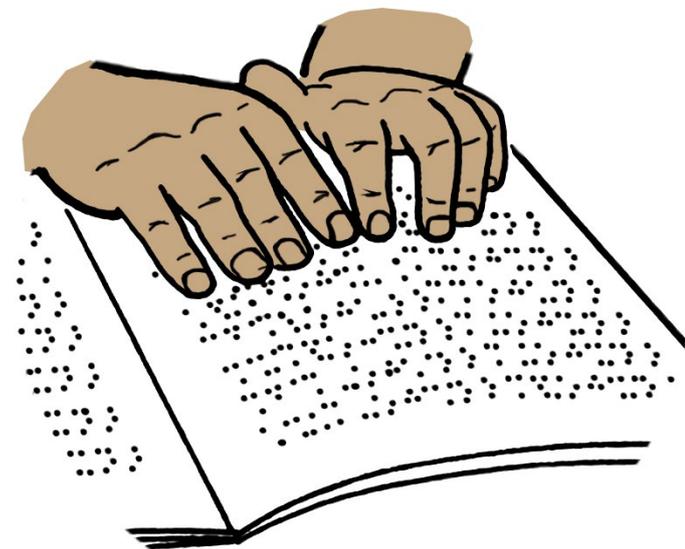
You can get eBooks about cancer from [be.macmillan.org.uk](https://www.be.macmillan.org.uk)



## Large print

Tell us if you need information in large print.

Email: [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)



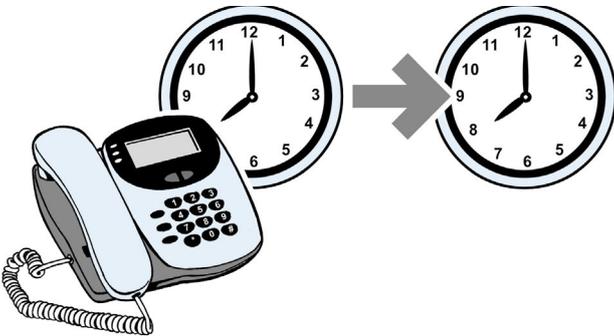
## Braille

Tell us if you need information in Braille.

Email: [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)

This booklet is about cancer.

It is for anyone who has a learning disability or 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 the Macmillan Support Line using the Next Generation Text (NGT) service by dialling  
**18001 0808 808 00 00**



- Or go to the website  
**[macmillan.org.uk](http://macmillan.org.uk)**

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