



HOSPICE AT HOME
WEST CUMBRIA

Enhancing life, excelling in care

Registered Charity No. 1086837

E A S Y R E A D

CARE AND SUPPORT

2024



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This booklet uses easy words and pictures to help you get information about Hospice at Home West Cumbria.



You might want someone to help you look at this information so that you can talk about it.



There is a word bank at the end of this information to help you with hard words.



This information can help you learn about Hospice at Home West Cumbria. You can contact us for more information or if you are worried about your health you can talk to your Doctor.



You can contact Hospice at Home West Cumbria on: 01900 705200



Or find information on our website. [Click here](#)



Hospice at Home West Cumbria is a charity that helps people when they have a palliative illness. This means people who have an illness they will probably die from.

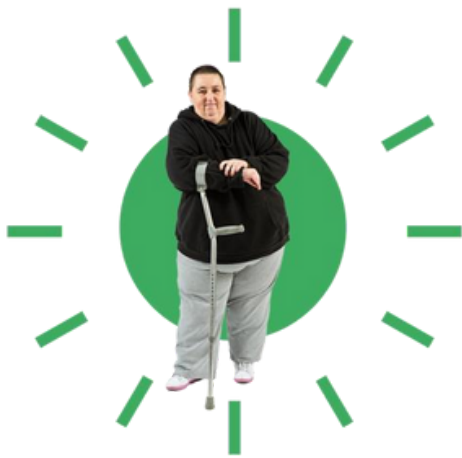


Hospice at Home West Cumbria also help family and friends and those who are bereaved.

You can find out more about grief and loss when someone dies by [clicking here](#).



Hospice at Home West Cumbria offers support to people in their own homes, in care homes, nursing homes or in community hospitals.



They help by offering nursing support, emotional support, complementary therapies and lymphoedema care.



Home Nursing

Trained hospice nurses offer palliative care nursing support.



This is nursing care and support to help a person during the last weeks and days of their life until they die.



Our nurses can offer respite care.



This means they can help look after someone who is dying so that their carer or family can take a break.



Lymphoedema Support

Our trained lymphoedema nurses give treatment, support and advice.

You can find out more about lymphoedema services by [clicking here](#).



Complementary Therapies

Trained complementary therapists offer different treatments to help you feel relaxed.

To find out more about complementary therapies [click here](#).



Emotional Support means you can talk to someone about your thoughts and feelings.



Group Support
You can talk to people in a group.



Sharing your thoughts and feelings can help you feel better and learn new ways of coping.



Patient Support Volunteers
Patient support volunteers are trained volunteers who offer friendship to the person who is ill.



We will meet with you to decide together what is the best support for you.



All support is provided free.



For more information or to arrange support please telephone Hospice at Home West Cumbria on 01900 705200.

WORD BANK



Palliative illness

Palliative illness means that a person's illness cannot be cured. It means making the person as comfortable as possible with medicines.



Palliative Care

This is care and support to help a person during the last weeks and days of their life until they die.



It also means helping people cope with their feelings and spiritual needs.



Bereavement

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



Lymphoedema

Lymph is a clear liquid which is carried in little tubes around our bodies. It carries white blood cells which help us to fight infections.

Oedema means swelling.

Lymphoedema is when the little tubes that carry the lymph swell up. Not all swelling is lymphoedema.



Complementary Therapy

Therapies such as massage that help you to feel relaxed and cope with pain.