



Supporting someone with breathlessness

'Supporting Someone with Breathlessness' has been designed as a source of help and advice specifically for informal carers (family/friends) of people with breathlessness

How carers and patients can use this resource

To find the right information for you:

On the homepage there are six support topics listed that carers told us they want to know more about. Within each you can see, hear and read advice from experts, carers and patients.

On the homepage, click on either "Cancer" or "COPD" depending on the illness the person you support is living with. This will take you to the right information for their illness. If the person you support is living with BOTH cancer and COPD, please ask your health care team which illness you should click on – you can also take a look at our other guide [How to use for carers of people without COPD or cancer guide \(PDF462KB\)](#) which tells you the support topics which are suitable for anyone with breathlessness, regardless of their illness.

You can use this resource in several ways

Carers have told us they like to learn in a range of ways, not always by just looking at websites. So this resource has been designed to be used in several different ways.

These include:

- **looking at it on your own** – exploring the pages, reading the material and watching the videos on the topics that interest you
- **looking at it with the person you support (the patient)** – you might like to look at it on your own first, then look at it with the patient and it can help start a discussion around the topic(s)
- **looking at it within a support group** – if you belong to a support group you could explore the website with the group to help start group discussions around particular topics
- **downloading and printing topics** for yourself, the patient, or for family, friends or other carers and patients
- **sharing it with a health care professional** – if you've found the resource useful you might like to share it with the health care team you are in contact with so that they can share it with other carers and patients

There is no right or wrong way to use it

We simply suggest you use it in the best way to meet your learning needs.

Let us know what you think

Whichever way you use this resource we would be interested to hear how you get on – please let us know via our feedback page by visiting <https://supporting-breathlessness.org.uk/feedback-and-evaluation/>

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