



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

Finding the right information for you if you are supporting someone with breathlessness NOT CAUSED BY COPD OR CANCER:

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

Each of the support topics has information for managing breathlessness due to COPD or cancer. You will also find information that is helpful for carers and people with breathlessness due to other illnesses too. Use the boxes below to guide you to the information right for you.

The 'Support Topics' listed below may be useful for carers and people with breathlessness due to illnesses other than COPD or cancer (or those supporting someone who is living with BOTH cancer and COPD):

	Ways to ease breathlessness
	Stress, panic and breathlessness <ul style="list-style-type: none">• Stress and breathlessness – an unhelpful cycle
	Keeping active
	Living a fulfilling life <ul style="list-style-type: none">• Looking after your own health• Pacing• Permission• Problem solving• Prioritising• Planning
	Managing infections





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	<p>What to expect in the future</p> <ul style="list-style-type: none"> • Talking about the future with others • When someone is close to dying • Talking with your healthcare team • When someone dies
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The ‘Support Topics’ listed below are **not** suitable for carers and people with breathlessness due to illnesses other than COPD or cancer:

‘Support Topics’ not suitable for carers and people with breathlessness due to illnesses other than COPD or cancer		
	<p>Understanding breathlessness – cancer Understanding breathlessness – COPD</p>	
	<p>As the patient becomes more unwell – cancer As the patient becomes more unwell – COPD Accessing care and support – cancer Accessing care and support – COPD</p>	

If you are interested in learning more about the topics listed above that are not suitable for carers of illnesses other than COPD or cancer, please speak with your healthcare team. They should be able to advise you and direct you to information that is specific to the particular illness you are dealing with. Similarly, if the person you support is living with BOTH cancer and COPD, but you want to learn more about the topics listed in the box above, please ask your healthcare team which illness you should click on for each of these two topics.

****If you have any medical concerns or queries please contact your healthcare team****

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