



Supporting someone
with breathlessness

Support topics for carers supporting someone with breathlessness due to cancer

Understanding breathlessness in cancer

Stress, panic and breathlessness

Ways to ease breathlessness

Keeping active

Living a fulfilling life

Managing infections

Looking after your own health

As the patient with cancer becomes more unwell

Accessing care and support in cancer

Talking to the healthcare team

When someone dies

This booklet was downloaded from the “*Supporting Someone with Breathlessness*” website: a source of help and advice made for family and friends of people with breathlessness (sometimes called “carers”). It was made with a range of experts including health professionals, health researchers and carers of people with breathlessness. This booklet contains some of the key information from the website – there is more information on the website, including short film clips from clinical experts in breathlessness, experienced carers and patients that may be helpful. <https://supporting-breathlessness.org.uk/>

