

# At every step of the journey

Throughout your illness your doctor, community nurse and social care professional, will all work together to plan a package of care that looks after you're physical, emotional, spiritual and practical needs. They will also look at the needs of your carer and family, and how to support you to stay in your own home if this is your preference.

**The following services are available to support you and your carer/family throughout:**

**Specialist Care**

In addition to the care provided by your GP and community nursing team, your illness and the symptoms you experience may also mean that you need specialist support from a range of professionals. This includes hospital and community nurses and doctors who specialise in providing advice and care.

**Psychological Support**

Accepting that there isn't a cure for your illness can often be difficult to come to terms with. This time can also be difficult for the person giving care, who faces the probability that they may soon be bereaved. Many people find that talking to someone about their fears for the journey ahead helps them to face the future and make informed choices about how they would wish to be cared for.

**Spiritual Care**

Facing illness and coping with giving/receiving care often involves facing loss and feelings of grief. These feelings can be very powerful and hard to make sense of and may be made worse because of thoughts of losses experienced during your life and what the future holds. Many people are able to find comfort from thinking about their life in a spiritual context and find it helpful to have access to a spiritual professional.

**Practical, social and emotional issues**

At any stage of care a variety of practical, social and emotional issues can arise for which you may need additional support.

**Services to meet patient needs (also known as respite care)**

The practical tasks of caring for someone near to the end of life can seem daunting or tiring for some relatives and carers. This can lead to symptoms known as "carer fatigue", where the role of caring for someone can also affect the health and quality of life of the carer. Without the proper support, this can mean that those they are caring for are not able to achieve their end of life wishes or end up feeling like a burden on their family or carer. Short break services are available in Redbridge to support carers to carry on with daily activities, including work, leisure, and home life, to enable them to balance these with their caring responsibilities. These short break (or respite) services include home nursing services and day care facilities.

**Adult Social Services**

Redbridge Council can offer practical support. You may need an assessment to find out if you are eligible for services. Support available includes Self Directed Support packages, Direct Payments, equipment and aids for daily living, care at home, respite care, day care/day activities, and respite.

**Other End of Life Care factsheets which may be of interest:**

Factsheet 1: Care in the last year of life	▶	Factsheet 6: Care after death	▶
Factsheet 2: Support in the last six months	▶	Factsheet 7: Frequently Asked Questions	▶
<b>Factsheet 3: At every step of the journey</b>	▶		
Factsheet 4: Approaching the final weeks	▶		
Factsheet 5: Care in the last few days	▶		