“You had a way of helping me. You did this gently, empathetically and professionally”
This leaflet explains how our team can provide support and advice to help you and your family cope with the emotional, physical and financial effects of an advanced illness.

Coping with your illness
When you are diagnosed with a life-limiting illness it is natural to experience a range of emotions and coping with the stress and uncertainty of your situation can be difficult. You and those close to you may be experiencing a wide range of emotions as well as practical and financial concerns, leaving you feeling anxious and worried about how you are going to cope.

Emotional support
Sometimes it can be difficult to talk to your family and friends about your feelings and you may find it helpful to talk to someone trained to listen and respond to your needs. Trinity’s Patient and Family Support team are here to help you find ways to cope with your situation. Our staff are specifically trained to understand and address the emotions you are going through and will help you explore the issues that might be troubling you.

We can offer:
• Individual, couple and family talk therapy or art therapy to help you address a variety of issues including the effects of illness and treatment, family dynamics and communication, coping with loss and change, anxiety and depression.
• Practical advice and support in planning for the future.

• Group support - our support groups bring people together who are in similar circumstances and allow participants to gain support and encouragement from each other.
• Pre-bereavement advice and support.

Support for children
At Trinity, we understand that families can be affected when someone is ill, particularly children and young people. The thought of talking to a child about a life-limiting illness can feel like quite a challenge. While it’s natural as a loved one to want to protect your child from bad news, they will intuitively know when something is not right. It is important to tell them what is happening so that they don’t become anxious or confused. The Patient and Family Support team can provide you and your family with advice and guidance in supporting children facing bereavement. Furthermore, our team also provides support to children who would benefit from talking to someone outside the family as well as support for their schools.

Help with your finances and legal matters
We recognise that great comfort and peace of mind can be had by addressing the practical and financial issues that arise from coping with a life-limiting illness.

It is not unusual for you and your family to worry about money and how you are going to make ends meet in what can be rapidly changing circumstances. Our Welfare Rights Advisor can help you apply for benefits that you and your family may be entitled to. Our team will also be able to give you guidance and direct you to the right resources on a variety of legal matters, such as making a Will and setting up Powers of Attorney in relation to your financial affairs or personal welfare.

Getting the help you need
The Patient and Family Support team are here to ensure you get the help and the services that you need. All the services we offer are free and you can choose what works best for you in terms of how you access them.

“I really cannot imagine what we would have done without Trinity”