

# Living with ongoing cancer



MAGGIE'S

Everyone's home of cancer care



The devastating effects of COVID-19 and its impact on people with cancer has led to cancer treatments, including palliative care and clinical trials being delayed. It is estimated the fallout from this will result in around 60,000 premature deaths, and it may take 10 years for cancer survival rates to return to levels achieved pre the pandemic.

Maggie's helps people with all the challenges cancer brings, including in the last year or 18 months of life. We support people, and the people that they love, to adjust to limited treatment choices, face the prospect of dying and choose the best quality of life.

We help people to:

- Manage overwhelming feelings and live with uncertainty.
- Feel confident discussing death and other difficult subjects with the people that they love, including young children.
- Make practical decisions about money, work, wills, legal matters, and funeral planning.
- Learn about advanced care planning and be fully aware of the palliative care support available for them locally.
- Talk about spirituality and how to still find meaning in everyday life even when time is short.
- Reflect on the legacy they wish to leave and how they wish to be remembered.

- Adjust at their own pace without being hurried by the expectations of others.
- Strengthen family resilience in the way that feels right, taking into account of changing relationships, blended and estranged families.
- Do what matters even when their body is changing and be a valued version of themselves, as a father, mother, lover, parent and friend.
- Grieve the loss of the future they thought they would have, celebrating the life they have lived, and confiding past regrets and trauma.
- Connecting with others close to death, sharing experiences and drawing strength from one another.
- Keep activity and food as a valued part of life.

For more information contact Maggie's  
Cambridge:

01223 249220

[Cambridge@maggiescentres.org](mailto:Cambridge@maggiescentres.org)