

24. Bathing & dressing

Some people may find bathing and/or dressing difficult when they have cancer. This can be for a variety of reasons, including the effects of the disease itself, or as a result of certain types of treatment for cancer (e.g. weakness after surgery, exhaustion during chemotherapy or radiotherapy, etc.).

In addition, patients may be in pain or feeling discomfort, mobility may be decreased, shortness of breath may be a factor, or there is simply a lack of help in the home.

How can I manage my problems bathing and dressing?

- You are not alone with these issues, people with cancer commonly experience difficulties with bathing and dressing.
- It is important to use the support that may be available from family and friends to help you when you most need it.
- If the problem is associated with pain, fatigue or breathing difficulties, further information in this directory on these topics may be of help.
- An occupational therapist (OT) may be able to assess your needs. You might be able to manage better with the use of equipment or aids that are available from an OT. Occupational therapists may be able to come to your home to assess which aids may be helpful for you. Referral to an occupational therapist can be made by your GP or hospital doctor.
- Assistance can be sought through social services or other charitable organisations to help with your bathing and dressing.

Living With and Beyond Cancer Information Sheet

24. Bathing & dressing— Resources/Information

Local Resources:

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| <p>Care Direct Adviser Devon County Council Tel: 0345 155 1007 Monday to Friday: 8.00am - 8.00pm. Saturday: 9.00am - 1.00pm Email: csc.caredirect@devon.gov.uk https://www.devon.gov.uk/care-and-health/</p> | <p>Telephone support service for older people, vulnerable adults and their carers. Information and advice to help people stay independent. Answers all initial adult social care/social services calls for Devon County Council.</p> |
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National Resources:

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| <p>NHS Website</p> | <p>Online information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing.</p> |
| <p>Macmillan Cancer Support Line www.macmillan.org.uk Call 0808 808 00 00 — 7 days a week 8am—8pm</p> | <p>Calls are free of charge from all consumer landlines and mobile phones plus all mobile networks. Please note that calls to this number are not free when made from outside the UK. If you are calling from outside of the UK call on +44 207 091 2230</p> |
| <p>Macmillan on-line Community</p> | <p>Online support— to share experiences or vent your emotions find others who understand—join today!</p> |
| <p>Marie Curie Support Line — Living with a terminal illness and looking for support www.mariecurie.org.uk/help/support/marie-curie-support</p> | <p>Calls are free of charge from all consumer landlines and mobile phones plus all mobile networks. The Support Line is open 8am – 6pm Monday to Friday and 11am – 5pm Saturday</p> |

Other Resources :

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| <p>Macmillan Booklets:</p> | <p>Cancer and complementary therapies PDF— MAC11645 Complementary & Natural Healthcare Council (CNHC)</p> |
| | <p>Managing the symptoms of cancer MAC11671</p> |
| | <p>How are you feeling? PDF — MAC11593_E05_N</p> |
| | <p>Understanding chemotherapy MAC11619_E15</p> |
| | <p>Understanding radiotherapy PDF— MAC11640_E12_N</p> |