



Talking to family and friends

Information for patients with Type 1 Gaucher disease
who have been prescribed Cerdelga

Talking to family and friends

Support and Networks

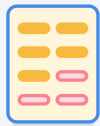


▼ This medicine is subject to additional monitoring. This will allow for quick identification of new safety information. You can help by reporting any side effects you may experience. If you get any side effects talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard.

What support can they provide you?

Having the right type and amount of social support is really important as it will help you to manage your Gaucher Disease type 1 even more effectively.

What kind of support can be useful?



Practical Support

Such as lifts to appointments, collecting your prescriptions or helping round the house



Information Support

Such as giving you new information, and making suggestions or recommendations about living with Gaucher Disease type 1



Emotional Support

Such as being there to listen to you when you need it, giving you a hug, and reassuring you when you may feel a bit low

How to increase and improve your support networks

- ▶ Make sure you **ask people for support** - if you don't ask they might not know you need it
- ▶ **Don't just rely on one person** - make sure you have a wide network of support
- ▶ **Feel confident** to say you are OK if you don't need any support
- ▶ Use **local support networks** or online support groups- these often include people who really understand your experience
- ▶ Remember it is a 2 way process- **family and friends will need support from you** too even if they don't ask!
- ▶ **Have some fun** - take time out to spend time with those close to you, doing something you really enjoy, such as a film at the local cinema



