

# PULMONARY FIBROSIS SUPPORT

## Pulmonary Fibrosis Charities

- Action for Pulmonary Fibrosis <https://www.actionpf.org/>  
[A charity there to support those living with pulmonary fibrosis and assist research into effective treatments, and ultimately a cure, for the disease](#)
- Pulmonary Fibrosis Trust <https://pulmonaryfibrosistrust.org/>  
[A charity whose focus is on providing practical support to those living with pulmonary fibrosis](#)
- British Lung Foundation <https://www.blf.org.uk/>  
[A charity looking after the nation's lungs. Seeking to make sure that one day everyone breathes clean air with healthy lungs](#)

## Managing Breathlessness

- British Lung Foundation: <https://www.blf.org.uk/support-for-you/breathlessness/how-to-manage-breathlessness>
- NHS: <https://www.nhs.uk/conditions/idiopathic-pulmonary-fibrosis/>
- Breathing Matters: <https://www.breathingmatters.co.uk/category/idiopathic-pulmonary-fibrosis/>
- NHS Breathless video [https://www.youtube.com/watch?v=\\_YFIUYdyt14](https://www.youtube.com/watch?v=_YFIUYdyt14)
- Calm - mindfulness app (for meditation and sleep) - <https://www.calm.com/>

## Other useful links

- Equipment and adaptations Disabled Living Foundation [helpline@dlf.org.uk](mailto:helpline@dlf.org.uk)
- Benefit entitlement, e.g. Personal Independence Payment, Universal Credit, Employment Support Allowance, Carers Allowance [www.citizensadvice.org.uk/benefits](http://www.citizensadvice.org.uk/benefits)  
[www.adviceuk.org.uk](http://www.adviceuk.org.uk)
- Disability Rights [Disabilityrightsuk.org](http://Disabilityrightsuk.org)
- Financial/Debt advice [www.stepchange.org](http://www.stepchange.org) Macmillan Grants
- Return to driving DVLA 0300 790 6806 [www.motability.co.uk](http://www.motability.co.uk)
- Mental Health - MIND <https://www.mind.org.uk/>

## Support For Carers:

- Please check out our wellbeing page for suggestions about how you might care for yourself <https://www.stfrancis.org.uk/our-care/wellbeing>
- Check in with your local carers support network:  
<https://www.carersinherts.org.uk/>  
<https://carersbucks.org/>
- The Hospice of St Francis regularly runs a care towards the end of life care course for carers - a 6 week course that offers emotional and practical support. Subjects covered include community nursing, benefits and finance, legal matters, funeral planning, difficult conversations, wellbeing and caring for carers. Please contact <mailto:hospiceofstfrancis.berkhamsted@nhs.net> if you want details of upcoming courses.