

What the Caregiver Needs to Know – Heart Failure

- Caregiver Information

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A caregiver is someone that takes responsibility for the care and well-being of another person playing a role in certain parts of the care required. You may be a relative, significant other, neighbor, or friend. Whatever your role may be, it is important for you to learn about the condition as well. Understanding diabetes and the basic care needs are very important. Your support can add to his or her quality of life and make managing diabetes less of a challenge. Diet, exercise, healthy life style changes and medications are just the beginning of the journey to staying well. Learn more and you will be better able to help.

Remember...when caring for another person it is important to take care of yourself too! Seek out assistance from others when needed and be aware of your own limitations. Try the helpful websites selected just for you!

HEART FAILURE SPECIFIC CAREGIVING:

Innovative Caregiver Practices: A Resource Practice Guide (Department of Veterans Administration: Office of Care Coordination)

[PDF attached](#)

Living with Advanced Congestive Heart Failure: A Guide for Family Caregivers

(The Washington Home Center for Palliative Care Studies: A Division of Rand Corporation)

[PDF attached](#)

Tips for Family and Friends (Heart Failure Society of America)

<http://www.hfsa.org/pdf/module7.pdf>

How Should I communicate With Heart and Stroke Patients (American Heart Association)

<http://www.americanheart.org/downloadable/heart/1161714673459LN-0979%20ABH%20ComPatients.pdf>

Caregiver's Guide (American Heart Association)

<http://www.americanheart.org/presenter.ihtml?identifier=1412>

Heart of Caregiving (American Heart Association)

<http://www.americanheart.org/presenter.ihtml?identifier=3039829>

Forum: Heart Failure: Find partners in living the best life with heart failure by participating in this forum that supports both patients and caregivers (American Stroke Association and American Heart Association)

<http://my.americanheart.org/jiveforum/forum.jspa?forumID=16>

GENERAL CAREGIVING:

Supporting Veterans' Caregivers: A Frequently asked Questions Guide

(Department of Veterans Administration: Office of Care Coordination)

PDF attached

Quick Tips for Caregivers (American Heart Association)

<http://www.americanheart.org/presenter.jhtml?identifier=109>

Top 10 Tips for Caregivers (American Heart Association)

<http://www.americanheart.org/presenter.jhtml?identifier=3039889>

What are the Caregiver's Rights? (American Stroke Association and American Heart Association)

<http://www.americanheart.org/downloadable/heart/1161374477265LN-0979%20ABH%20Rights.pdf>

What is Caregiver Burnout? (American Heart Association)

<http://www.americanheart.org/downloadable/heart/1161371220458LN-0979%20ABH%20Burnout.pdf>

Signs of Caregiver Burnout (American Stroke Association and American Heart Association)

<http://www.strokeassociation.org/presenter.jhtml?identifier=3042559>

How Should I Communicate, As a Caregiver (American Heart Association)

<http://www.americanheart.org/downloadable/heart/1161372300402LN-0979%20ABH%20CareCom.pdf>

How Should I Care For Myself, As a Caregiver (American Heart Association)

<http://www.americanheart.org/downloadable/heart/1161372917247LN-0979%20ABH%20CaringCare.pdf>

Caregiver Journal Pages: Download and print the caregiver journal. These pages offer tips and inspiration to make the caregiver's job easier, and space to express one's personal thoughts and needs. Journaling is a valuable way for the caregiver to relieve stress, organize one's thoughts and spend time by oneself. (American Heart Association)

<http://www.americanheart.org/presenter.jhtml?identifier=3040052>

Caregiver Challenges: www.caregiverchallenges.org

Family Caregiving 101: <http://www.familycaregiving101.org/>

Family Caregivers Alliance: <http://www.caregiver.org/caregiver/jsp/home.jsp>

National Family Caregivers Association: <http://www.nfcacares.org/>

National Alliance for Caregiving: <http://www.caregiving.org/>

National Family Caregiver Support Program:
<http://www.aoa.gov/prof/aoaprogram/caregiver/caregiver.asp>

Eldercare Locator: <http://www.eldercare.gov/Eldercare/Public/Home.asp>

Administration on Aging: <http://www.aoa.gov/>

The Caregivers Marketplace (TCM): <http://www.caregiversmarketplace.com/>

Well-Spouse Foundation: <http://www.wellspouse.org/>

National Organization for Empowering Caregivers: <http://www.nofec.org/index.html>

Rosalynn Carter Institute for Caregiving: <http://www.rci.gsw.edu/>