

# HEART SUCCESS CARE PARTNERSHIPS: PROVIDING SHARED SUPPORT AND EMPOWERMENT

A care partner can be **anyone who helps someone else optimize their health.**

A child, parent, sibling, friend, cousin, church or community group member – anyone who is invested in supporting someone’s heart success journey. The once traditionally one-sided care taking relationship has evolved into a care **partnership** between two or more people – founded in honesty and action to ensure success in managing heart failure.<sup>1</sup>

As a care partner, it is important to be **proactive in supporting and empowering** whomever you are caring for, while also leaving room for other personal responsibilities, hobbies, etc.



**Below are tips for care partners and other members of the care team to help ensure balance is achieved within the partnership.**



## I can help someone living with heart failure by:

- ♥ Initiating a conversation to **determine roles and responsibilities** within our partnership
- ♥ Discussing what **day-to-day tasks I can take over**, such as driving to and from appointments, picking up medications or helping with activities of daily living
- ♥ **Talking with other members of the care team** to see what additional daily tasks can be divvied up, such as grocery shopping or meal preparation



## I can assist on a day-to-day basis by:

- ♥ **Providing emotional support** and asking if they are having a “good day” or a “bad day” – being flexible in my care approach and helping accordingly<sup>2</sup>
- ♥ **Starting a group text message with other members of the care team** to document any changes in daily activity or behavior, as well as any potential side effects they could be experiencing from medications



## I can help ensure doctor visits go smoothly by:

- ♥ Helping **prepare for appointments** and making sure they have the most up-to-date list of medication before leaving
- ♥ **Accompanying them to appointments** and actively taking notes and asking questions
- ♥ Encouraging them to **know their family medical history** to help answer any questions doctors may have



### I can encourage and help implement healthy lifestyle changes by:

- ♥ **Modifying favorite family recipes** to include heart healthy foods, less sodium and limited processed foods<sup>3</sup>
- ♥ **Scheduling food delivery services** that adhere to heart healthy guidelines if I am unable to help with cooking or grocery shopping
- ♥ Proposing and discussing **attainable exercise goals** and finding workout classes, gyms or outdoor spaces that can be fun for both of us<sup>4</sup>

One thing I can do to better help is \_\_\_\_\_

I can help to provide day-to-day support by \_\_\_\_\_

I can ensure doctor visits go smoothly by \_\_\_\_\_

A lifestyle change that I can help implement is \_\_\_\_\_

One thing I can do to take care of myself is \_\_\_\_\_



### I can continue to support myself by:

- ♥ Making sure I am **taking care of my own needs** and reminding myself that a commitment to someone else starts with a commitment to myself
- ♥ **Taking some "me" time** to ensure I continue to stay healthy – both physically and emotionally
- ♥ **Asking for help** from extended family, friends, community members or others if I feel like who I am caring for can benefit from additional care partners to help take on additional responsibilities

Heart failure can be complicated to manage for those living with the condition as well as those helping to care for them.<sup>5</sup> Take the time to make sure all involved are supported and empowered to foster a successful partnership.

Visit [www.HFHearYourHeart.com](http://www.HFHearYourHeart.com) to learn more.

# HEAR YOUR HEART™



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These recommendations were created in collaboration with Dr. Alanna Morris, MD, MSc, FHFS, FACC, FAHA, Associate Professor of Medicine, Division of Cardiology, Emory University School of Medicine, and advocate of the Hear Your Heart campaign.

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