



The purpose of this guide is to help patients and families find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Mardigian Wellness Resource Center located off the Atrium on Floor 2 of the Cardiovascular Center. Visit our website at <http://www.umcvc.org/mardigian-wellness-resource-center> and online Information guides at <http://infoguides.med.umich.edu/home>

Brochures, Fact sheets

- American Heart Association
 - How Can I Support My Loved One?
 - How Should I Care for Myself, as a Caregiver?
 - How Should I Communicate, as a Caregiver?
 - How Should I Communicate with Heart and Stroke Patients?
 - How Can I Support My Loved One?
 - What Are the Caregiver's Rights?
 - What Is Caregiver Burnout?

These fact sheets are available at:

<https://www.heart.org/en/health-topics/consumer-healthcare/answers-by-heart-fact-sheets/answers-by-heart-fact-sheets-lifestyle-and-risk-reduction>

- Family Caregiver Alliance (FCA)
 - Caregiving 101: On Being a Caregiver
 - Caregiving at Home: A Guide to Community Resources
 - Caregiving with Your Siblings
 - Depression & Caregiving
 - Emotional Side of Caregiving
 - Hiring In-Home Help
 - Holding a Family Meeting
 - Hospital Discharge Planning: A Guide for Families and Caregivers
 - Taking Care of YOU: Self-Care for Family Caregivers
 - What Every Caregiver Needs to Know about Money

These fact sheets as well as others are available at:

<https://caregiver.org/fact-sheets>

Many of these sheets are available in Spanish, Chinese, Korean, and Vietnamese.



- Heart Failure Society
 - **Tips for Family and Friends**
<http://www.hfsa.org/wp-content/uploads/2016/07/Module-7-update-compressed.pdf>
- National Institute on Aging
 - **Caregivers and Exercise - Take Time for Yourself**
<https://go4life.nia.nih.gov/sites/default/files/CaregiversandExercise.pdf>
 - **So Far Away: Twenty Questions and Answers About Long-Distance Caregiving**
<https://www.nia.nih.gov/sites/default/files/long-distance-caregiving.pdf>

Books

Caregivers of Cardiovascular Patients

- Meyer, Maria M. et al. **The Comfort of Home for Chronic Heart Failure: A Guide for Caregivers.** Portland, OR: CareTrust Publications LLC, 2009.
- Meyer, Maria M., Paula Derr, & John Caswell. **The Comfort of Home for Stroke: A Guide for Caregivers.** Portland, OR: CareTrust Publications LLC, 2007.
- Palmer, Sara. **When Your Spouse Has a Stroke: Caring For Your Partner, Yourself, and Your Relationship.** Baltimore, MD: Johns Hopkins University Press, 2011.
- Senelick, Richard. **Living with Stroke: A Guide for Patients and Families.** Birmingham, AL: Health South Press, 2010.

General Caregiving

- Abramson, Alexis. **The Caregiver's Survival Handbook.** New York, NY: AJ Associates LLC, 2011.
- Brent, Carolyn. **The Caregiver's Companion: Caring for Your Loved One Medically, Financially and Emotionally While Caring for Yourself.** Don Mills, Ontario, Canada: Harlequin, 2015.



- Brown, Denise M. **The Caregiving Years: Six Stages to a Meaningful Journey.** Chicago, IL: Tad Publishing, 2014.
- FitzPatrick, Jennifer L. **Cruising Through Care Giving: Reducing the Stress of Caring for Your Loved One.** Austin, TX: Greenleaf Book Group Press, 2016.
- Gross, Jane. **A Bittersweet Season: Caring for Our Aging Parents—and Ourselves.** New York, NY: Vintage Books, 2011.
- Hohler, Sharon E. **Caregiver's Guide: Care for Yourself While You Care for Your Loved Ones.** Jefferson, N.C.: McFarland & Co., 2012.
- Kriseman, Nancy L. **The Mindful Caregiver: Finding Ease in the Caregiving Journey.** Lanham, MD: Rowman & Littlefield, 2014.
- Lunden, Joan and Newmark, Amy. **Chicken Soup for the Soul: Family Caregivers: 101 Stories of Love, Sacrifice and Bonding.** Cos Cob, CT: Chicken Soup for the Soul Publishers, 2012.
- Meyer, Maria M., Paula Derr. **Caregiving in the Comfort of Home: A Complete Guide for Caregivers.** 4th Edition. Portland, OR: CareTrust Publications LLC, 2014.
- Morris, Virginia. **How to Care for Aging Parents: A One-Stop Resource for All Your Medical, Financial, Housing, and Emotional Issues.** New York: Workman Publishing, 2014.
- Pacini, Greg. **Journey Beyond Diagnosis: Support During and After Illness for Survivors and Those who Love and Care for Them.** St. Louis, MO: Reedy Press, 2005.
- Sheehy, Gail. **Passages in Caregiving.** New York: Harper Publishing, 2010.



Audio Visual Resources

- **Your Heart Surgery: Realization and Repair (American Heart Association)**
<https://www.youtube.com/watch?v=wMDUXJiXqpw>
This video features helpful tips from others who have successfully recovered from heart surgery, including how to plan and prepare for your surgery.
- **Your Heart Surgery: Rehab and Recovery (American Heart Association)**
https://www.youtube.com/watch?v=Af0zMG_1A8s
This video features helpful tips from others who have successfully recovered from heart surgery, including how to maximize your recovery at home.

Web Resources

- **AARP - Caregiving**
http://www.aarp.org/home-family/caregiving/?cmp=RDRCT-CRGNG_APR12_012
This site provides both practical and emotional information on Caregiving, including webinars and videos. An Online Community is also available.
- **American Heart Association - section for Caregivers**
<http://www.heart.org/>
→ Above the red bar across the top, click on “Caregiver”
This section provides information on the rights and responsibilities of caregivers, as well as lifestyle and communication tips.
- **CarePages**
<https://www.carepages.com/>
CarePages offers free web sites and patient blogs to help connect friends and family during a health challenge.



- **Caregiver Action Network (CAN)**
<http://www.caregiveraction.org/>
CAN is a national nonprofit organization dedicated to empowering family caregivers to act on behalf of themselves and their loved ones, and to remove barriers to their health and wellbeing. Their site has useful information and tips for caregivers under “Resources”.
- **Eldercare Locator - U.S. Administration on Aging**
<http://www.eldercare.gov/eldercare.NET/Public/index.aspx>
Helps you to locate services for older adults and their families within your community.
- **Family Caregiver Alliance (FCA) - Caregiving Info & Advice**
<http://www.caregiver.org/>
FCA’s mission is to improve the quality of life for caregivers and those they care for through information, services, and advocacy.
- **Family Caregiver Council**
<http://familycaregivercouncil.com/>
Leaders of national family caregiver organizations, innovative companies in the active aging space, and aging experts have joined together to form a resource to support the family caregiver.
- **Lotsa Helping Hands**
<http://lotsahelpinghands.com/>
This site lets you create a Care Community and then invite friends and family to join. This can help with coordination of care and include a schedule and tasks which community members can volunteer for.
- **National Alliance for Caregiving**
<http://www.caregiving.org/>
The National Alliance for Caregiving is a non-profit coalition of national organizations focusing on advancing family caregiving through research, innovation and advocacy. Their site also provides information for caregivers.

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