

Information for
***Caregivers of
Cardiovascular
Patients***



Last revised: July 7, 2010

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 Wellness Resource Center, room 2101 in the Cardiovascular Center.

Brochures, Fact sheets

General Resources

- **Family Caregiver Alliance** - Caregiving Issues and Strategies Fact Sheets
 - Caregiving
 - Caregiving and Depression
 - Community Care Options
 - Hiring In-Home Help
 - Holding a Family Meeting
 - Hospital Discharge Planning: A Guide for Families and Caregivers
 - Making Choices for Everyday Care (for Families)
 - Residential Care Options
 - Taking Care of YOU: Self-Care for Family Caregivers

→ Access: <http://www.caregiver.org/>
→ Click on "Fact Sheets and Publications"
→ Click on "Caregiving Issues and Strategies"
Easy-to-read fact sheets also available in Spanish and Chinese.
- **National Alliance for Caregiving Publications**
 - Care For The Family Caregiver: A Place To Start
 - A Family Caregiver's Guide to Hospital Discharge Planning (English and Spanish)

→ Access: <http://caregiving.org/pubs/brochures.htm>

- **National Family Caregivers Association**
 - Speak Up
 - 10 Tips for Family Caregivers (English and Spanish)
 - A Home Healthcare Primer
 - A Support Group Guide
 - Caregiver Self- Advocacy: 4 Messages to Live By
 - Care Management Techniques You Can Use
 - Believe in Yourself: Take Charge of Your Life
 - Reaching Out for the Help You Need
 - Improving Doctor Caregiver Communications
 - Share the Caring: Action Checklists for Family Caregivers
 - Telephone Techniques for Family Caregivers
 - When Your Loved One is Hospitalized
 - When Your Loved One Isn't Very Lovable
 - The Stress of Family Caregiving
- Access at: <http://www.thefamilycaregiver.org/>
- Click on "Caregiving Resources"
- Click on "Tips and Tools"

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.

General Caregiving

- American Red Cross. **Family Caregiving.** Yardley, Pa: StayWell, 2007. Includes a DVD (1 hour, 49 minutes).
- Meyer, Maria M., Paula Derr, & John Caswell. **The Comfort of Home: A Complete Guide for Caregivers.** Portland, OR: CareTrust Publications LLC, 2007.
- 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.

Web Resources

General Web Resources

- **American Heart Association** – section for Caregivers
 - Access: <http://www.heart.org/>
 - On 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. Click on “Resources” for information on caregiving after heart surgery, heart attack, heart failure, and stroke.
- **Family Caregiver Alliance** - Caregiving Info & Advice
 - Access: <http://www.caregiver.org/>
 - Click on “Caregiving Info & Advice”

Numerous resources including caregiver FAQs and tips, a state-by state guide, and personal stories.
- **Family Caregiving 101** – Supported by the National Family Caregivers Association & National Alliance for Caregiving
 - Access: <http://www.familycaregiving101.org/>

This site provides basic information on how to manage caregiving and how to connect with others. It also addresses different stages of caregiving such as preparing to be a caregiver, ongoing care, and life after caregiving.
- **National Family Caregiver Alliance**
 - Access: <http://www.thefamilycaregiver.org/>

Information for caregivers including how to work with other caregivers, audio and video clips, tips, statistics, and support.
- **Strength for Caring** - Caring for Specific Conditions: Stroke, Heart Disease, and Hypertension
 - Access: <http://www.strengthforcaring.com/>
 - Click on “Caring for Others”
 - Click on “Caring for Specific Conditions”
 - Select a condition from the list

Support Organizations

- **Family Caregiver Alliance**
Web: <http://www.caregiver.org/>
Phone: 800-445-8106
- **National Family Caregiver Alliance**
Web: <http://www.thefamilycaregiver.org/>
Phone: 800-896-3650

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

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Document #365/ Revised July 2010
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