



## How can I help?

If you're caring for someone at home, you can help your loved one with a variety of activities. You can:

- Learn how to communicate well with your loved one's health care team. Ask questions and talk about any concerns.
- Help the person with daily tasks, such as bathing, eating or managing their medication.
- Learn to cook foods for your loved one that are low in saturated fat, sodium and added sugars.
- Encourage healthy lifestyle changes. It's easier — and more fun — for your loved one to make changes if you're making changes at the same time.
- Find a physical activity you both enjoy and do it together.
- Help your loved one stop smoking, and if you smoke, make a plan to quit together.
- Drive the person to their medical appointments.

## What could change and how can I deal with it?

You may have less time to yourself as you take on a caregiving role. One of the most important things you can do for yourself and your loved one is to make time and space for yourself.

You or your partner may be a little anxious about sex. It's important to talk openly about your feelings with each other. Avoid rushing into sex to prove things are "back to normal." Take your time and ease back into sexual activity.



## How might I feel and what can I do?



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*Heart Insight*

Do you have questions for your doctor or nurse?

**Where can I take a CPR class?**

**What can I do to help with rehabilitation?**

**MY QUESTIONS:**

We have many other fact sheets to help you make healthier choices to reduce your risk for heart disease, manage your condition or care for a loved one. Visit [heart.org/AnswersByHeart](http://heart.org/AnswersByHeart) to learn more.