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, room 2101 in the Cardiovascular Center. Visit our website at http://www.umcvc.org/mardigian-wellness-resource-center

**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 under the Caregivers Heading at: [http://www.heart.org/HEARTORG/Conditions/More/ToolsForYourHeartHealth/Answers-by-Heart-Fact-Sheets-Lifestyle-and-Risk-Reduction_UCM_300611_Article.jsp](http://www.heart.org/HEARTORG/Conditions/More/ToolsForYourHeartHealth/Answers-by-Heart-Fact-Sheets-Lifestyle-and-Risk-Reduction_UCM_300611_Article.jsp)

- **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](https://caregiver.org/fact-sheets)

  Many of these sheets are available in Spanish, Chinese, Korean, and Vietnamese.
• Heart Failure Society
  o **Tips for Family and Friends**
    

• National Institute on Aging
  o **Caregivers and Exercise - Take Time for Yourself**
  o **So Far Away: Twenty Questions and Answers About Long-Distance Caregiving**

**Books**

**Caregivers of Cardiovascular Patients**


• Palmer, Sara. **When Your Spouse Has a Stroke: Caring For Your Partner, Yourself, and Your Relationship.** Baltimore, MD: Johns Hopkins University Press, 2011.


**General Caregiving**


• 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.


**AudioVisual Resources**

- **Caregiver Video Resource Center - Caregiver Action Network (CAN)**
  [http://www.caregiveraction.org/resources/videos](http://www.caregiveraction.org/resources/videos)
  Videos focusing on the experiences of other Caregivers.
• **Family Caregiving Alliance Videos**  
  [https://www.youtube.com/user/CAREGIVERdotORG](https://www.youtube.com/user/CAREGIVERdotORG)  
  Choose from many videos focusing on the Caregiver.

**Web Resources**

• **AARP — Caregiving**  
  [http://www.aarp.org/home-family/caregiving/?cmp=RDRCT-CRGNG_APR12_012](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/](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/](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)**  
  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**  
  Helps you to locate services for older adults and their families within your community.
• **Family Caregiver Alliance (FCA)** - Caregiving Info & Advice
  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**
  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**
  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**
  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.