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 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

- 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
  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.

• FitzPatrick, Jennifer L.  *Cruising Through Care Giving: Reducing the Stress of Caring for Your Loved One*.  Austin, TX: Greenleaf Book Group Press, 2016.


Audio Visual Resources

- **Videos of Surgical Procedures: Blood, Heart and Circulation (MedlinePlus)**
  https://medlineplus.gov/surgeryvideos.html

- **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  
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.